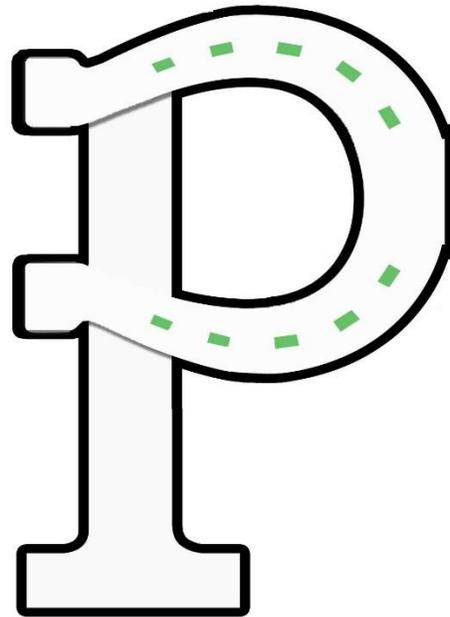


Portage Area School District



Athletic Department

Coaches' Handbook

2017-18



Athletic Department Directory

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Portage, PA 15946
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Cecere, Ralph	HS Prin./D6 Committee	1250	rcecere@mustangmail.org
Kick, Marsha	Athletic Dept. Secretary	1360	mkick@mustangmail.org

Office	Extension
Athletics	1360
Superintendent	1200
Business	1230
Guidance	1300
High School	1260
Elementary	1420

Media Directory

Media	Phone Number	Email
Tribune Democrat	532-5080	sports@tribdem.com
Altoona Mirror	946-7444	sports@altoonamirror.com
Portage Dispatch	472-4110	
Portage Dispatch		Sports.mainline@gmail.com
WJACTV-6	255-7651	
WTAJ-10	1-800-762-6053	



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1.0 Introduction to Portage Area School District Athletics

1.1 Coaches Handbook

The purpose of this handbook is to aid the Portage Area School District coaches in their administrative functions and duties throughout the year. It will provide Athletic Department recommendations and current Portage Area School District policies.

Each coach should read the contents of this handbook carefully. It will answer many questions related to athletic policy as established by the Athletic Department, the administration and the Portage Area School Board.

This handbook should be used in conjunction with the Teacher and Student Handbooks that contain expanded information on many of the topics included in this handbook in particular the school's discipline policy.

Copies of this handbook are available at the Athletic Office. Any questions or proposed changes to this handbook should be forwarded to the Athletic Director.

1.2 Philosophy

Athletics are an integral part of the total educational process of Portage Area School District. Being involved in athletics provides our students with opportunities to develop leadership skills and to learn the ideals of fair play and ethical behavior. It should also provide our students with the unique opportunities for self-discipline, self-sacrifice, and loyalty to the community, the school and the team.

PASD encourages all students to participate in athletics by offering a well-rounded program of interscholastic athletics for both young men and women. Competition and cooperation are prized in our culture, and both are fostered by a well conducted athletic program under competent leadership. Athletics which are regulated to meet educational objectives can provide a major contribution to the physical and moral development of students.

Interscholastic athletics is a voluntary program. Students are not obligated to participate and participation is not required for graduation. Thus, competition in high school athletics is a privilege and not a right. Accompanying this privilege is the responsibility to conform to standards established by Portage Area School District, PIAA, and the individual athletic program. This privilege may be revoked if the athlete fails or refuses to comply with the rules.

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1.3 Mission Statement

The Portage Athletic Department strives for excellence by providing opportunities for student athletes to participate in programs that are designed to develop meaningful standards of athletic performance, leadership, commitment to one's team, critical thinking, problem solving, self-discipline, self-confidence, scholarship, community service and relations and appropriate conduct within the educational and social environments of the school district and community.

It is our responsibility to provide student-athletes the opportunity to participate in a variety of sports; to be coached by knowledgeable and caring individuals; to learn the value of hard work, competition, team play, individual effort and sportsmanship; and to ensure each athlete an enjoyable and rewarding experience.

1.4 Objectives of Interscholastic Athletics at PASD

- To give the PASD student body a variety of opportunities to experience the benefits of participation in athletics.
- To ensure that student athletes are exposed to positive role models in both coaches and teammates.
- To maintain a consistency of effort and expectation throughout the entire athletic program.
- To develop life skills in student-athletes including self-discipline, work ethic, motivation, leadership, time management, sportsmanship, responsibility, self-esteem and an understanding of the relationship between individual effort and team success.
- To promote the physical and emotional well-being of all participants
- To contribute positively to school spirit and community pride.
- To help student-athletes learn and master the skills and knowledge necessary to competitively engage in the sport in which they are participating.
- To teach student athletes the benefits derived and lessons learned from both winning and losing.
- To ensure that the student athlete is enjoying the experience that participation brings.
- To enhance the possibilities for student athletes to go on to post-secondary education.



1.5 Indicators of a Successful Athletic Program

At the end of each school year, the success of the athletic program should be evident. Each coach has an important role in the success of the athletic program. Desired attributes of the Portage Area Athletic Program include:

- A wide variety of athletic teams that provide opportunities for all Portage students.
- All approved coaches are certified (PIAA requirement by July 1st, 2018).
- Coaches and athletic department staff are excellent role models for student athletes.
- Student athletes are excellent role models for other students and strive to maintain;
 - good grades
 - good behavior in and out of school
 - to be a positive member of our community.
- Athletic program consistently supports the development of student-athletes and their teams to be the best that they can be.
- Issues are addressed and resolved in a timely manner.
- Student-athletes prepare themselves mentally and physically for the demands of their sport.
- Athletic program receives consistent positive feedback from student athletes, parents and coaches.
- Students freely encourage younger student athletes to participate in the athletic program.
- A significant number of students participate in the sports programs.

1.6 High School Academics Responsibilities

The Portage Area School District recognizes that a student's first priority must be to the academic program. Since participation in the athletic program requires a significant commitment of time, parents and coaches are encouraged to monitor academic progress. When required to do so, student athletes must attend academic obligations prior to practicing or competing with their team.

PASD uses the requirements set by the PIAA:

“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.”

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2.0 The Portage Area School District Athletic Coach

2.1 Coaches Code of Conduct

- Set an example both on and off the playing field/area. Be a living example of sound personal values and good sportsmanship.
- Approach competition as a healthy and constructive exercise, not as a life and death struggle that requires victory at any price.
- Recognize that the participants in individual or team sports are young men and women with human frailties and limitations who are capable of making mistakes.
- Be modest in victory and gracious in defeat and instruct your players accordingly.
- Be sensitive to the feelings and needs of your players, and use good judgment when addressing them, avoiding offensive or sexist comments.
- Be positive and nurturing with the student-athletes.
- Do not use, or allow the use by others, of profanity, crude or abusive language with players, opponents, officials or spectators.
- Respect the judgment of the officials. Although it is reasonable for the coach to question an official's decisions or even disagree with decisions, the official's decision must be accepted graciously.
- Instruct the players to respect the officials and not to argue, demonstrate or be abusive. Any questions with officials concerning rules interpretation should be made by the captain or coach.
- Avoid behavior in game situations that will incite players, opponents or spectators.
- Instruct players in the elements of good sportsmanship and remove players from competition who demonstrate un-sportsmanlike behavior.
- Implement the rule of no cell phone use (except for emergencies) during practices and games by example.
- No coach should use alcohol, tobacco, or other drugs before, during or immediately after any interscholastic contest until his/her supervisory duties are completed for that contest.
- Communicate often. Remember, communication is a two way street. Be willing to listen to players and parents for the sole purpose of creating an educational environment of growth and development and team play.
- Educate and discourage the team members about hazing. Monitor and report any signs of it.



2.2 Job Description and Requirements

All interscholastic athletic team coaches are directly responsible to the Athletic Director. In fulfilling their duties and responsibilities, all coaches are expected to:

- Assume complete responsibility for the conduct of their coaching staff and team.
- Establish rules above and beyond the Athletic Department's and PAHS rules and ensure that these rules are fully explained to all athletes.
- Supervise team members at all times before, during and after practices/games/team functions
- Establish positive relationships with coaches, athletes, parents and community members
- Ensure that your athletes are properly equipped for practice and competitions.
- Supervise the use, issuance, return, cleaning, and storage of equipment, uniforms and supplies.
- Prepare and communicate a schedule of practices, scrimmages, and facility use and submit it to the Athletic Office
- Follow the facility schedules produced by the Athletic Office
- Attend meetings called by the Athletic Director, Administration and School Board. Attend league, district and coaches' association meetings.
- Administer first aid as required and report all injuries to the Nurse's Office, Athletic Director and Athletic Trainer.
- Complete and submit accident reports to the Athletic Office in timely manner.
- Report scores to Athletic Director and appropriate news media immediately after the contest.
- Update and monitor the Athletic Department's website and Maxpreps.com
- Secure the assistance of staff to aid in conducting games when not paid for by the District; for example, statistician, scorekeeper, timers, etc.
- Schedule and conduct practices on a regularly scheduled basis
- Educate the team about hazing and discourage it from happening.
- Educate the team about the negative effects of tobacco, drugs, and alcohol use.
- Secure all offices, closets and building exits when leaving school facilities.
- Complete end of season inventories and reports.
- Create and submit equipment and supply requests to the Athletic Director
- Conduct themselves in a professional manner during all practices and games
- Keep abreast of the latest development, rule changes and modifications in their sport,
- Keep current certifications required by Portage Area School District and/or the PIAA.
- Fundraise and work with booster program. Clear all fund raising for your program with the Athletic Director prior to discussion with parents, students or community members.
- Follow the Drug and Alcohol policies and recommendations for students and coaches set by Portage Area School District and the Athletic Department.
- Follow the Portage High School Student Handbook policies and procedures.
- Support and conform to the Athletic Department and PASD policies and decisions



2.3 Appointment to Coaching Position

The success of our athletic program will depend upon our ability to secure the services of highly qualified and motivated coaches. All coaching positions are yearly appointments, and there is no tenure. Each coach will be evaluated annually by the Athletic Director, the Administration, and the PASD School Board.

Current Portage Area School District employees will follow the current PAEA-PASD teacher's contract regarding application process and determination of coaching hires. Candidates who are not current PASD employees must follow all requirements set by PASD to become a candidate for a coaching position.

The following criteria will be used for all interscholastic athletic coaching assignments:

Mandatory:

1. High school graduate
2. Completion of Act 34 Criminal Clearance
3. Completion of Act 114 FBI Clearance
4. Completion of Act 151 Child Abuse Clearance
5. Completion of approved Concussion Awareness course
6. Completion of approved Sudden Cardiac Arrest course
7. *Starting 7/1/18, certified by PIAA (completion of approved education & First Aid courses)*

Preferred:

1. Background and coaching experience in specific sport
2. References from people with experience and knowledge of the sport.
3. Recommendation by current PASD coach, Athletic Director, and/or Administration.



2.4 Coaching Duties and Responsibilities – Pre Season

A. Meeting with Athletic Director

Meet with the Athletic Director before the official start of the season.

B. Complete Concussion and Sudden Cardiac Arrest Courses required by the PIAA.

Complete and provide certifications to the Athletics Office.

C. Meeting with assistant coaches

Organize meeting with assistant coaches to prepare for season. You should discuss the informational contents of this handbook and the criteria for assessment when cuts are being made. This is also a good time for your staff to complete concussion and sudden cardiac arrest testing.

D. Meeting with Athletes

Conduct pre-season meetings with potential squad members to discuss tryouts, practice schedules, team and department rules, and other important matters. Try to plan the meeting in between seasons or sports. Avoid meeting with players who are involved in another school sport.

E. Secure Keys

Contact the Athletic Director or the High School Principal to request facility keys. Keys only provide access the athletic wing and are only distributed by the High School Principal. Only coaches employed by PASD will be provided keys.

F. Equipment/Supplies

Make sure that your request orders have been received and are complete. Store the equipment in your team's designated storage area. Let the Athletic Director know of any issues or special equipment needs or requests.

G. Facilities

- Communicate your facility and time requests for your season with the Athletics Office.
- If multiple coaches request the same facilities and times, then those coaches/teams will rotate times at that facility on a week by week basis.
- All requests for use of facilities before, during, and after the season must be made through the Athletic Office.
- Weekend and holiday vacation practice schedules should be determined before the season so that school staff and the student-athletes can make arrangements.
- Any changes in the practice schedule should be reported to the Athletic Office as soon as possible.
- Discuss with the Athletic Director of any special field, facility, or equipment preparations.
- Understand that in-season teams get facility priority over out-of-season teams.

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H. Physical Examinations and Concussion Testing

All student-athletes must have a physical examination form and concussion test completed before competing in practices or try outs. Check with the Athletic Office and/or Nurse Office to make sure that your athletes have up to date physical exams and concussion test.

I. Scheduling of Scrimmages

Scrimmage schedules should be submitted to the Athletic Director well in advance of the season so that arrangements for officials and transportation can be made

J. Bus times

Check with the Athletic Office to review and recommend bus arrival and departure times for away contests.

J. Pre-season workouts

All pre-season workouts are not mandatory and are open to all eligible Portage Area High School students. Please refer to PIAA rules pertaining to these workouts. Refer to Section 6.0, "Sharing Athletes Guidelines".

K. Supervision

Teams and individual players must be supervised at all times during any team function.

L. Volunteer Coaches

A potential volunteer coach must complete the Volunteer Coach Application. Volunteer coaches must be approved by the school board before they can attend any practice or team function. Volunteer coaches also must complete concussion and sudden cardiac arrest courses and provide copies of the completion certificates to the Athletics Office.

M. Statisticians

Find individuals to record and maintain statistics for your season.

N. Technology

Familiarize yourself with MaxPreps.com and the Athletics area of the school website.

O. School Issued Equipment form

Complete this form when distributing school issued equipment to your student-athletes. The completed form must be submitted to the Athletics Office before the first competition.



2.5 Coaching Duties and Responsibilities – In Season

A. Parents meeting

Conduct a meeting with the player's parents at the beginning of the season to explain the program's expectations and demands. You can also use this time to discuss your booster program.

B. Physical Examination

Before an athlete can participate on an interscholastic athletic team, he/she must have completed an approved medical examination and an updated health history form. It is each coach's responsibility to ensure that the names of all squad members appear on the sports eligibility list distributed by the Athletic Office and/or Nurse's Office. Athletes whose names do not appear on the approved list cannot participate. It will be their responsibility to have a medical examination performed by their private physician and forwarded to the Nurse's Office for approval.

C. Concussion Testing

Before an athlete can participate on an interscholastic athletic team, he/she must have a valid IMPACT concussion test.

D. Academic Eligibility

PASD uses the requirements set by the PIAA:

“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.”

The HS office will send you information if one of your student-athletes is academically ineligible. If a student-athlete is ineligible, he/she can practice, but cannot participate in any games for one week, starting on Monday.

E. Rosters

Completed rosters must be turned in to the Athletic Director **one week** after the first practice. Also, inform the athletic office of any additions or subtractions to the roster throughout the season **as soon as possible**.

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E. Equipment

Organize and distribute equipment. Keep records of the distributed equipment to ensure its return.

Coaches are responsible for:

- Issuing equipment and uniforms at the beginning of each sports season and supervising its return at the conclusion of each season. This should not occur during the academic school day.
- Ensure that each player is properly equipped.
- Promote taking care of the equipment and uniform items. Lost or intentionally damaged items will be charged (restitution) and replaced by the student athlete.
- Maintaining inventories of all equipment and uniform items.
- Provide instructions for proper laundering of uniform items.
- Securing equipment in designated storage areas so it is not accessible by players, students, and the public.
- Maintaining an organized and clean storage area/closet

F. Facilities

- Coaches are responsible for:
 - Securing practice schedules through the Athletic Office
 - Following the monthly schedule that is produced and distributed by the Athletic Office
 - Notifying the Athletic Office of any changes to the practice schedule as soon as possible.
 - Maintaining a safe and clean facility
 - Notifying the Athletic Office of any issues or damage to the facility as soon as possible.
 - Shutting down the facility after use (lights off, doors closed, outside access locked, etc.)
 - Supervising the facility at all times when student athletes are present or scheduled to be present.
- In-season school sponsored sports/activities will be given priority for facility use over out-of-season sports/activities, outside groups, and youth teams.

G. Supervision of Teams and Players

- It is the responsibility of the head and assistant coach to supervise his/her team members. The players must be supervised at **ALL** times during team functions.
- Coaches should arrive early to team functions, before the student-athletes arrive.
- The coach should be the last person to leave the facility or locker room.
- Before leaving, loose equipment should be picked up, equipment stored in designated storage, showers and lights turned off, and windows and doors secured.
- Coaches should make sure that their athletes have been either picked up by their parents or have received a ride home. Before leaving, coaches should make sure that all of their players have left the school or facility.
- Coaches should not allow their student athletes to enter classrooms or other areas of the school without being supervised.



H. Practice

- Coaches should be the first to arrive and the last leave a scheduled practice/team function.
- School hired coaches should be present at all practices/team functions.
- Accurate participation records of practices/team functions should be kept and maintained.
- Practices should be organized and planned to address safe activities and conditions and to promote maximum student athlete participation.

I. Practice cancellation

- Please notify the Athletic Office of any cancellations or changes to your practice schedule as soon as possible.

J. Games/Competitions

- Coaches should arrive at the school/facility before the student athletes.
- Appropriate dress/attire should be worn for your particular sport and weather conditions. You are encouraged to wear Portage Area apparel or colors. Avoid wearing jeans.

K. Game cancellations

In the event of inclement weather or unforeseen emergencies or circumstances, the Athletic Director will determine if the game or event will be cancelled or postponed. The High School Principal and the Head Coach will be consulted before a final decision is made.

L. Rescheduling Games

The Athletic Director will consult with the Head Coach to reschedule a postponed home game/event. The Athletic Director and Head Coach will discuss rescheduling an away game/event, but the final decision will be made by the league or opposing team.

M. Transportation

- All buses will be ordered by the Athletic Office.
- Coaches should communicate with the Athletic Office regarding bus arrival and departure for away games/events.
- Coaches are responsible for communicating bus departure times to their student athletes.
- At least one PASD employed coach or current PASD staff member must ride the bus with the team.
- Coaches are not responsible for transporting student athletes to or from events unless approved by the Athletic Director or High School Principal.
- All student athletes are expected to use the transportation provided by the school. Special circumstances should be communicated with the Athletic Director or High School Principal before the event.
- Coaches have the discretion to release a student to ride home with their parents or legal guardian only if they have face to face communication with the parents or legal guardian after the event.

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- In the event parent pick-up is delayed and that parent cannot be reached, the coach has the discretion to discuss and arrange for alternate transportation with that student athlete.
- Coaches are completely responsible for the conduct and actions of their players on the bus.
- Coaches should inspect the bus before and after the game to check for damage and articles that have been left.
- Coaches should have a list of all passengers on the bus in case of an emergency.

N. Officials

- All game officials will be assigned by the league and/or Athletic Office.
- Regardless of an official's ability, it shall be the coach's responsibility to treat him/her with respect and to demand similar respect from the players. When coaches confer with Officials, the exchange should be under control and within professional bounds.
- Communicate with the Athletic Director of requests to add or remove officials for games/events. Requests will be honored only in extreme circumstances.
- Contact the Athletic Director and/or High School Principal to discuss unusual or inappropriate interactions with an official during a game/event.

O. Coach or play ejection

Notify the Athletic Director if a coach or player was ejected from the game/event by an official.

I. Early Dismissal for Away Games

Confirm and discuss with the Athletic Office and High School Principal if it is necessary for your team and its coaches to be excused during the academic school day. Also, send an email to the school staff before noon with a list of your student-athletes that are being dismissed.

J. Teaching Obligations

Communicate with your building Principal of situations when coaches must be excused during the academic school day. Please give the Principal notification as soon as possible so arrangements can be made for classes and duties.

K. Media

- Each coach is responsible for notifying news media of the results of all contests. The home team is responsible for calling the scores to:
 - Tribune Democrat 532-5080
 - Altoona Mirror 946-7444
 - Portage Dispatch 472-4110
 - WJAC TV 255-7651
 - WTAJ TV 1-800-762-6053
- Coaches should highlight outstanding performances, school records that were broken, and unusual occurrences of a positive nature.



- Coaches are encouraged to pursue ways in which to publicize their teams and recognize the achievement of their team members through school (announcements and email) and local media (TV and newspapers)
- Coaches should cooperate with the yearbook staff for team pictures and information.
- Coaches should update results and statistics on Maxpreps.
- Coaches should be prepared for interviews conducted by member of the press. Here are some tips for dealing with the media:
 - Always try to promote Portage Area School District, staff, and coaches.
 - Always be positive in your approach and remarks.
 - Never say anything negative about a student athlete, another school, team, or an official. If you can't say anything good, say nothing at all.

P. Parents

Inform the Athletic Director of ANY issues, inappropriate behavior, or inappropriate interactions with a parent/guardian/family member of your student athletes. Parents should not discuss game strategies or playing time with a coach. If necessary, a meeting can be scheduled with a parent, Head Coach, Athletic Director, and High School Principal to discuss any issues or concerns.

Q. Spectator Issues

Inform the Athletic Director and High School Principal of any inappropriate behavior or interactions with spectators during a game/event. Game managers and School Security should remove spectators from a home game/event if they are not complying with PASD sportsmanship policies and procedures.

R. Boosters/Fund Raising

Inform the Athletic Office of any fund raising activities or booster activities involving student athletes or school facilities.

J. Athletic Trainers

The Athletic Department will provide coaches a schedule when the trainer will be present at the school and/or individual practices. The trainer will be present at all home games/competitions. Please contact the trainer if you have any issues or questions pertaining to injuries. Reminder: Coaches are still the first responder in accidents or injuries and must act properly.

The trainers will:

- Stock and distribute all first aid kits
- Consult with coaches on all student athlete injuries

The coaches will:

- Speak to the trainers regarding procedures for student athletes
- Regularly check with any injured athlete
- Obtain medical kits from the trainer



K. Accident Reports

If a student-athlete is injured during a team function, the Head Coach must complete an accident report and submit it to the Athletic Office or HS Nurse as soon as possible.

L. Statisticians

Secure responsible people to take stats and/or official book during competition. Make sure the score, stats, and all other information are correct to maintain accurate records.

M. Managers

Team managers should assist the coaches and player s with equipment, hydration, and cooling needs. Managers should not participate in team practices, pre- game warm ups, or games. Coaches are responsible for the team managers.

N. Inclement Weather or Emergency Dismissal

Practices and school sponsored activities are cancelled if there is an early dismissal from school due to inclement weather or an emergency. PIAA playoffs games are an exception. The PASD School Board has the right to override this policy in special circumstances.

O. PIAA-District 6 Playoffs

Teams will enter District 6 Playoffs if they qualify (District 6 requirements) or have at least a .500 winning percentage at the application deadline. Coaches are responsible for completing the form and sending to the Athletic Director before the playoff deadline.

P. Extra Earning Pay

Varsity coaches who are employed by PASD will qualify for extra earning pay if their team qualifies for district and state playoffs. Please refer to the current PAEA Teacher's Contract for more details.

Q. Absent from School

Coaches are responsible to be aware if their student-athletes are absent from school and/or ineligible to participate in team activities that day or evening. Students must be in school by 9:15am to be eligible to participate in extra-curricular activities. If the student comes to school after that deadline, or misses the entire day, then he/she must present a documented excuse from a licensed medical provider to the Athletic Director to be able to participate in team activities. For special circumstances, the student-athlete should communicate with the administration prior to a tardy or absence that may have affect after school activities.

R. Payment

If coaches meet their in-season obligations, they will be paid mid-season and at the end of the season. The end of season payment will be released after all end of season duties are completed. Refer to the business office extracurricular payment schedule for exact dates.



2.6 Coaching Duties and Responsibilities – Post Season

A. Awards/Honors

Notify the Athletic Office of selections for All Conference, All Star games, and other awards or honors required or sponsored by your sport. Also, communicate with the Athletic Office and High School Principal of team banquet, gatherings, or special ceremonies.

B. Equipment Return

- Give your student-athletes prior notice of uniform and equipment return day and time.
- Supervise the return of all issued equipment and uniforms. Collection should not occur during the academic school day.
- Submit the names of those athletes who failed to return equipment or uniforms.
- Do NOT have the student-athletes drop off equipment in the HS or Athletics Office, unless prearranged with the Athletic Director.
- Complete the Inventory of Equipment and Uniform Forms and return it to the Athletic Director.
- Store equipment and uniforms in an organized manner in the designated storage areas.
- Prepare reconditioned items for shipment.

C. Budget / Purchasing

All supplies and equipment for all phases of the interscholastic athletic program will be budgeted and purchased through the Athletic Director in accordance with District policy. No items may be purchased without prior approval of the Athletic Director. At the conclusion of the season, the Head Coach should submit an up to date inventory list and an equipment requisition form to the Athletic Director. The coach and the Athletic Director will discuss equipment needs and prepare budget requests. Items requested will be given priority as they pertain to safety, need and cost. Then the Athletic Director, Head Coach, and Business Manager will meet to finalize the requests.

D. Statistics and Records

Provide your team and individual statistics and any broken records to the Athletic Director. Make sure that the statistics are accurate.

E. College recruitment

Help your senior student athletes with recruitment or placement at the college level. Communicate with college coaches and supply them the necessary information to allow your players the opportunity to play at the next level. Also, keep your student athlete and parents/guardians informed of any interest by colleges or college coaches.

F. School Issued Equipment form

Complete this form when collecting school issued equipment to your student-athletes. The completed form must be submitted to the Athletics Office at the conclusion of your season.

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2.7 Coaching Duties and Responsibilities – Summer

A. Facility Use

Coaches are responsible for:

- Contacting the Athletic Office to secure facility use
- Notifying the Athletic Office of any changes to the facility schedule
- Following the facility schedule that was produced and distributed by the Athletic Office.
- All teams will share, or rotate if necessary, the school facilities.
- Notify the Athletic Office and submit Facility Request to the Administrative Office of summer camps at school facilities.

B. Summer workouts

All summer workouts are voluntary and are open to all eligible Portage Area High School students. Please refer to PIAA rules pertaining to these workouts.

C. Supervision

Teams and individual players must be supervised by a School Board approved coach during any team function.

D. Overnight trips/camps

Coaches must follow PASD policies when taking their teams or player(s) to an overnight trip or camp. The coaches are responsible for their athletes at ALL times.

E. Transportation

Teams must use their own transportation methods during the summer off season time. PASD vehicles are not available to transport student athletes to summer leagues and camps.



3.0 Injury Prevention and Procedures

3.1 Pre-Season

A. Check PIAA requirements

1. Valid physical with completed PIAA CIPPE forms
2. IMPACT (Concussion) testing
3. Sudden Cardiac Arrest waiver forms completed by athlete and guardians
4. If applicable, Section 8 form completed by MD or DO

B. Communicate with Nurse

Provide a list of potential student athletes and check for any special medical needs.

C. Communicate with Athletic Trainer

Provide a list of potential student athletes. Discuss schedule and times when the Athletic Trainer can be present at practice or available for examination.

D. CPR and First Aid certified

It is highly recommended to have coach on staff who is CPR and First Aid certified by the Red Cross.

E. Education

Check for new laws and review current PIAA and PASD injury prevention and procedures. Visit the PIAA website or meet with the Athletic Trainer, HS Nurse and/or Athletic Director for more information.

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3.2 In-Season

A. Meet with parents

Explain the PIAA and PASD requirements and policies for in season sports injuries. Discuss:

1. PASD injury procedures
2. Athletic Trainer services
3. HS Nurse role
4. PASD Accident Reports
5. Insurance claims and forms
6. Concussion and Sudden Cardiac Arrest prevention and procedures
7. Return to play procedures (Section 8 and Doctor's Notes)

B. Meet with student-athletes

Discuss injury prevention and injury procedures. Encourage them to communicate ALL incidents.

C. Injury occurs

Notify the Athletic Trainer of any injury when it occurs. If the Athletic Trainer is unavailable, then a First Aid certified coach must attend to the injury. If the injury is potentially serious, call the parents. In case of all emergencies or life threatening injuries, call 9-1-1. Note: All injured athletes must be evaluated and treated!

D. Head injuries

If an athlete receives a blow to the head and exhibits any signs, symptoms, or behaviors that indicate a possible concussion, the athlete must be immediately removed from any/all physical activity. Continuing to participate after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death. Athletes exhibiting signs, symptoms, or behaviors that indicate a possible concussion should be refereed for medical assessment. Please note: while the school district performs baseline testing using the *IMPACT* testing software prior to a student participating in athletic programs, the district does not use the software to assess an athlete following a blow to the head.

E. Notification of injury

If an injury that occurs during a team function, please notify the following:

1. Athletic Trainer
2. Parents/Guardians
3. HS Nurse & Athletic Director via PASD Accident Report

F. Accident Report

A PASD Accident Report must be completed when an injury occurs during a team function. Regardless of the disposition of the student athlete, the head coach is responsible to complete and submit an accident report to the Athletic Director within 24 hours of the injury. The completed form should be handed to the HS Nurse or Athletic Director. (Form is available on school website)



G. Doctor/ER visits

If a student athlete is seen by a Doctor, then he/she must communicate with the Athletic Trainer or HS Nurse and provide a "Doctor's Note" to the HS Office and/or HS Nurse.

H. Restrictions

Follow all restrictions and instructions provided by a Doctor and communicated by the Athletic Trainer and/or HS Nurse.

I. Medical Ineligibility List

If the injury results in the student athlete needing time to heal and recover, he/she will be placed on a medical ineligibility list. This list will be emailed to all coaches each day. The student will remain on this list until Section 8 of the CIPPE has been completed by an MD or DO or the MD or DO gives permission in another written form. Under no circumstances can a student play/practice if listed as medically ineligible.

J. Return to play

Student athletes cannot return to participation until showing evidence of being cleared by a Doctor. ALL clearance notes MUST be seen by the HS Nurse or Athletic Director. Then the HS Nurse will remove the student athlete from the Medical Ineligibility List and the coaches will be notified by the HS Nurse or AD. If the student brings clearance to practice or an event, the coach should notify the AD before allowing the student to participate. The orders should then be forwarded to the school nurse or AD the next day.

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4.0 Fitness Center

4.1 Fitness Center Regulations

- Current PASD students, in grades 7-12, are eligible to use the Fitness Center.
- Fitness Center is available to PASD students during student hours, with their team and PASD paid coaches, and/or with a PASD coach during 5am-9pm hours.
- For a PASD staff member/ paid coach to be eligible to utilize the Wellness Center and equipment, he/she must have on file in the district office the signed statement of agreement. An employee is defined as an individual receiving a payroll check. Spouses, children, family members, or other individuals are not permitted entry.
- Volunteer coaches can only be in the facility while in the presence of a paid coach. They can only use the facility during their sport's designated PIAA season.
- The Center is open to PASD employees Sunday thru Saturday from 5:00am until 9:00pm, but not during the school day when in session. Exercising over lunch or during preparation periods is prohibited. On school holidays or breaks, including the summer, the facility is open to employees from 5:00am to 9:00pm. In the event school is closed for inclement weather, employees are not permitted use of the facility.
- Staff members/coaches cannot use the facility equipment while supervising student athletes.
- Before using the facility and equipment each visit, students and employees are required to sign the daily log sheet located on the counter.
- Individuals must wear appropriate athletic attire when exercising in the Wellness Center. Clothing that includes hard metals (ex. rivets, buttons, etc.), has inappropriate messages/meanings, or open-toed foot wear are not permitted.
- Ensure proper technique and use of equipment for your safety and a safe environment. If unsure how to use a particular piece of equipment, seek assistance. Resistance training lifts (free weights) require a spot by a competent partner.
- Maintain a clean and organized facility. Ensure that all weights, dumbbells, and exercise equipment are properly stored following use. To maintain hygiene, disinfectant wipes are available. Wipe down equipment after use.
- No inappropriate language or sexual content should be displayed on the radio or TV.
- Promote a positive learning and working environment. No profanity, harassment, or hazing.
- Locker rooms may be used and accessed from the Wellness Center. However, locker rooms are off limits when events/games are being held in the HS gymnasium.
- Wellness Center cameras are used to ensure safety and accountability for the Wellness Center



4.2 Fitness Center Rules (adopted from Bigger, Faster, Stronger)

- In order to enter or use the fitness center, there must be supervision by a trained staff member, fitness center monitor, or PASD appointed coach.
- Wear athletic and appropriate clothing and footwear.
- No food, candy, or gum. Drinks must be in a sealable, plastic container.
- No horseplay, offensive language, or spitting
- When in doubt, seek proper instruction.
- Use equipment for its intended use, do not modify equipment.
- Use spotters and safety racks.
- Load and unload free weights evenly and carefully.
- Do not drop metal weights or dumbbells on the floor or platforms.
- Bumper plates may only be dropped with control on platforms.
- Put away all weights and equipment and wipe down upholstery after use.
- Immediately reports all accidents, injuries, and equipment damage and failure to staff.

4.3 Fitness Center Monitors and Coaches

- Must be present in the fitness center during assigned days and times. Please contact the Athletic Office prior to the assignment if there are any issues or emergencies.
- Make sure that only the eligible people/students are using the fitness center.
- Do not exercise while monitoring the fitness center. You must monitor the students at all times.
- Ensure that the students are following the rules and guidelines of the fitness center.
- Be aware of any damage or “wear and tear” to the equipment. Document the issue or concern and notify the Athletic Director.
- Make sure lights and electronics are turned off and doors are locked before leaving the fitness center.
- Contact the Athletic Director if there are any issues that occur in the fitness center.

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5.0 Facilities

5.1 Facility Guidelines

Coaches are responsible to:

- Communicate your facility and time requests with the Athletic Office well in advance of the next monthly schedule.
- Follow the Athletic Office issued monthly facility schedule.
- Realize that in-season teams get facility priority over out-of-season teams.
- Understand if multiple coaches request the same facilities and times, then those coaches/teams will rotate times at that facility on a week by week basis.
- Know that all requests for use of facilities before, during, and after the season must be made through the Athletic Office.
- Prepare a list of facility preparation and set up to the Athletic Office in advance to the start of official practice.
- Contact the Athletic Office of any weekend and/or vacation practice so that school staff can make arrangements.
- Report any changes in the practice schedule to the Athletic Office as soon as possible.
- Discuss with the Athletic Director of any special field, facility, or equipment preparations.
- Maintain a safe and clean facility. Use assigned storage areas.
- Notify the Athletic Office of any issues or damage to the facility as soon as possible.
- Shut down the facility after use (lights off, doors closed, outside access locked, etc.)
- Supervise the facility at all times when student athletes are present or scheduled to be present.
- Know that school sponsored sports/activities will be given priority for facility use over youth level teams and outside groups.
- Understand that there will be a rental fee if you are using a PASD facility for personal financial profit. It also must be approved by the Athletic Office and PASD School Board.
- Complete a Facility Request Form and communicate with the Athletic Office to use a PASD facility for a camp or clinic.

5.2 PASD Athletic Facilities

1. Baseball and Softball Complex (off campus)
2. Elementary Gym
3. Fitness Center
4. Football Stadium
5. Len Chappell Gymnasium (High School)
6. HS Softball Field
7. Track complex
8. Wrestling Room



6.0 Sharing Athletes Guidelines

The Portage Areas School District Administration and Athletic Department has developed guidelines to help our student-athletes with the demands of our various athletic programs. Please read, share, and follow the guidelines throughout the school year

6.1 Summer Activities

- Coaches should communicate and coordinate their summer plans and intentions with each other before setting a schedule.
- Coaches should provide a schedule of summer activities to the student-athletes before the last day of school.
- Student-athletes are not required to attend the activities.
- Activities are open to all students of the school districts.
- Provide schedules of any use of PASD facilities to the Athletics Office prior to the activities.

6.2 Out-of-Season Activities (Start of fall sports through end of spring sports)

- Open and announce the planned activity to all students of the school district.
- Activities are volunteer basis. Students are NOT required to attend.
- No consequence for a student-athlete who does or does not attend the activity.
- Skill development, no live contact/competition that may affect the in-season sport.

6.3 Recommendations for all coaches throughout the year

- Communicate with each other the expectations of your activities and your schedules before the season and throughout the season.
- Contact the Athletic Department Office to reserve a facility at least 24 hours before use.
- Contact the Athletic Director if there are any disputes or misunderstandings. Do not involve the student-athletes.
- Avoid sharing athletes during PIAA playoffs. An agreement can be made between the coaches regarding JV players.
- Be aware of the medical status of the student-athletes. Check with the HS Nurse to see if the student-athletes are eligible for activities.
- Understand the Principal/Athletic Director may deny any request for an open out of season activity.
- Support all PASD teams. Avoid negative comments and references about other teams and programs. We should promote all our student-athletes and teams to be successful.
- Think of the student-athlete first! Understand they have academics, families and other obligations besides your team.

PIAA By-Law: Article XVI, Section 1, Guideline 3: “All sports have a defined season, and no sport may operate to the detriment of any other sport.”

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7.0 PASD School Board Approved Extracurricular Policies

Current PASD Policies set by the Administration and School Board:

1. Participation:

An athlete may participate in two sports per season if both coaches agree.

2. Dropping or transferring sports:

Dropping out of a sport is not recommended. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:

- Consult with immediate coach and then the head coach.
- Report situation to the athletic administrator.
- Check in all equipment.

If an athlete wishes to change sports during a season, or after having won an award in one sport and he/she wishes to change sports, he/she shall consult with both coaches concerned and the athletic administrator. This procedure assures a smooth transfer which is in the best interest of the student.

3. Equipment:

School equipment checked out by the student-athlete is his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment is the athlete's financial obligation.

4. Missing practice:

An athlete should always consult his/her coach before missing practice. Coaches will establish policies involving unexcused absences from practice or game.

5. Travel:

All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless previous arrangements are made by the parents for an exceptional situation. This must be signed off in school previous to the event or the student must use school-provided transportation.

- Athletes will remain with their squad and under the supervision of the coach when attending away contests.
- Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
- All regular school bus rules will be followed.
- Dress should be appropriate and in good taste.

6. College recruitment policy:

In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. Coaches should be contacted as soon as



possible. College recruitment information is available in the athletic office. NCAA standards are available to students and families in the athletic office.

7. Conflicts in extracurricular activities:

An individual student who attempts to participate in several extracurricular activities will create conflict of obligations and interests. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything possible to avoid continuing conflicts. Positive effort might include being cautious about joining too many activities where conflicts are unavoidable. It also means notifying the faculty sponsors/coaches involved immediately when a conflict arises. When a conflict arises the sponsors/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the principal will make the decision based on the following:

- The relative importance of each event to the student.
- The importance of each event to the school.
- The relative contribution the student can make.
- How long each event has been scheduled.
- Talk with parents.

Once a decision has been made and the student has committed to that decision, he/she will not be penalized in any way by either faculty sponsor/coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

8. Attendance:

Students who miss part of the school day due to illness must be in attendance by 9:15 a.m. in order to play a contest or practice on that date. Students missing school for reasons other than illness must have the principal's approval in order to participate. Students absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is approved by the principal or substantiated with a Doctor's excuse. If coaches call a practice on or over holidays, including hunting, and players miss a practice, the player must produce an excuse, be it doctors or family reasons.

9. Release From Class:

It is the responsibility of student athletes to see their teacher for all make-up work due to an athletic event or extracurricular activity.

10. Grooming and Dress Policy:

A member of an athletic team is expected to be well-groomed. "He/she shows up best who shows off least." Appearance, expression and actions always influence people's opinions of athletes, the team, and the school. Members of a squad have made a choice to uphold certain standards expected of athletes in this community. The following grooming and dress rules will be adhered to by team members:

- Hair styles are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school.

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- An athlete shall dress presentably at all times, on trips, or at assemblies or banquets.
- Only uniforms issued by the athletic department will be worn for contests.
- Athletes will not be permitted to participate until deviations of the above rules are satisfactorily corrected.

11. Vacation Policy:

Vacations by athletic team members during a sport season are discouraged. Parents/athletes wishing to do so may wish to reassess their commitment to being an athlete. In the event of an unavoidable absence due to a vacation, an athlete must:

- Be accompanied by his/her parents while on vacation.
- Contact the head coach prior to the vacation.

12. Squad Selection:

In accordance with our philosophy of athletics and our desire to see as many students participate in the athletic program as possible while at Portage Area, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations of the most effective squad size for any particular sport.

13. Squad Reduction Policies:

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. Prior to trying out, the coach shall provide the following information to all candidates for the team:

- Extent of try-out period
- Criteria used to select the team
- Number to be selected
- Practice commitment if they make the team
- Game commitments

When a squad cut becomes a necessity, the process will include two important elements. Each candidate shall have:

- Competed in a minimum of five practice sessions.
- Been personally informed of the cut by the coach, including the reason for the action.

Coaches will discuss alternative possibilities for participation in the sport, or other areas in the activities program.

14. Reporting of Injury:

All injuries which occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once athletes are treated by a physical, the athlete must obtain the doctor's permission to return to the activity. All head coaches must complete an accident report. Make 3 copies of the report, give one to the nurse, one to A.D. and keep one for your records.



Players: Report your injury to the coach. You must see the trainer. The trainer will send you to the doctor or hospital. If the trainer is unavailable, the coach can send you to the doctor or hospital. We must have the accident report to open the claim on the injured student.

15. Locker Room Regulations:

- Rough-housing and throwing towels or other objects are not allowed in the locker room. Hazing of other players is not allowed.
- All showers must be turned off. The last person to leave the shower room is expected to check all showers.
- No one except coaches and assigned players are allowed in the locker room.
- No **glass** containers are permitted in locker rooms.
- All spiked or cleated shoes must be put on and taken off outside of the locker room in extreme or muddy weather conditions. No metal or hard-plastic spikes or cleats are ever allowed in any other part of the school building.

16. Wellness Center Regulations:

- Any student who uses the wellness center must have a signed parental permission and release form on file in the athletic office.
- Shirts and shoes are required at all times - tank tops are acceptable.
- **No one** is to be in the wellness center alone.
- All students must be under the supervisor of the instructor assigned.
- Lifters **must** work with a partner.
- Replace all weights on racks **immediately** following use.
- Know your limits! Work with the instructor to determine your limits.
- Do the lifts **correctly**. It is better to use lighter weights for correct lifting than heavier weight and run the risk of injury.
- Warm-up with proper stretching exercises.
- No chewing gum or eating candy while lifting.
- No food or drinks inside wellness center.
- No horseplay or profanity.
- No abuse of equipment. Any equipment that is broken must be reported immediately.
- Strength training is not only a supplement to other athletic programs, but also a highly-skilled activity itself.

17. Athletic Award Policy:

A. Varsity Letter Requirements:

The varsity award shall be presented to an athlete who satisfied the participation requirements as listed below, completes all team obligations and receives the recommendation of the coach. (The coach may recommend a waiver of these requirements under an unusual circumstance.)

1. Specific sport requirements
 - a. Baseball/Softball: Played in $\frac{1}{2}$ (50%) of games played
 - b. Basketball: (boys/girls) Participate in fifty percent of regular season games

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- c. Cheerleaders: Meet ninety percent of contest and practice requirements
 - d. Football: Participate in fifty percent of quarters played or play a specialist position, e.g., punter, kick-off squad, return man, extra-punt kicker, in 50% of regular season contests
 - e. Golf: (boys/girls) Participate on the varsity team in at least fifty percent of the matches
 - f. Track: (boys/girls)
 - g. Earn a total of 20 points
 - h. One participation point for finishing in top four in a meet plus actual points won in a meet. Points will be tripled in large meets with eight or more teams
 - i. Volleyball: Participation in fifty percent of scheduled games
 - j. Wrestling: Participation in fifty percent of matches or earn 50 wrestling points: fall - 6; technical fall - 5; decision - 3,4
2. Season is defined as that period of time from the first practice to the awards program.
 3. Manager's award will parallel the regular awards system if they manage for the entire season.
 4. Statistician's award satisfactorily compiles statistics for the entire season.

B. Award Criteria That Pertain to All Sports:

1. An athlete who moves from one level of competition to another will letter at the level of the highest competition provided the athlete has met combined requirements.
2. A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering.
3. Injury Rule: Any athlete who is a starter or plays regularly and was thereafter injured may be awarded a letter, if in the coach's judgment, he would have met the lettering requirements.
4. In a sport where state tournament play is sponsored, athletes may letter if they have become a starter and play 75% of the quarters, innings, matches, or score team points in individual competition in tournament play regardless of other criteria.
5. Complete the season in good standing with the school and coach.

C. Senior Awards

All senior athletes will receive a senior athletic award plaque showing the varsity letters he or she has earned during their career at Portage Area High School.

18. Hazing:

1. Purpose - The purpose of this policy is to maintain a safe, positive environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the education goals of the district and are prohibited at all times.
2. Definitions - For purposes of this policy **hazing** is defined as any activity that recklessly or intentional endangers the mental health, physical health or safety of a student for the purpose of initiation or membership in or affiliation with any organization recognized by the Board.

Endanger the physical health shall include but not be limited to any brutality of a physical nature, such as whipping; beating; branding; forced calisthenics; exposure to the elements; forced consumption from social contact, forced conduct, forced conduct which could result in extreme embarrassment or any other forced activity which could adversely affect the mental health or dignity of the individual.



Endanger the mental health shall include any activity that would subject an individual to extreme mental stress such as prolonged sleep deprivation, forced prolonged exclusion from social contact, forced conduct, forced conduct which could result in extreme embarrassment or any other forced activity which could adversely affect the mental health or dignity of the individual. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity even if a student willingly participates.

3. Authority - The Board does not condone any form of initiation or harassment known as hazing as part of any school sponsored student activity. No student, coach, sponsor, volunteer or district employee shall plan, direct, encourage, assist or engage in any hazing activity.

The Board directs that no administrator, coach, sponsor, volunteer or district employee shall permit, condone or tolerate any form of hazing.

The district will investigate all complaints of hazing and will administer appropriate discipline to any individual who violates this policy.

The Board encourages students who have been subjected to hazing to promptly report such incidents to the building principal.

4. Delegation of Responsibility - District administrators shall investigate promptly all complaints of hazing and administer appropriate discipline to any individual who violates this policy.

Students, administrators, coaches, sponsors, volunteers and district employees shall be alert to incidents of hazing and shall report such conduct to the building principal.

The district shall annually inform students, parents, coaches, sponsors, volunteers and district staff that hazing of district students is prohibited by means of:

- distribution of written policy
- publication in handbooks
- presentation at an assembly
- verbal instructions by the coach or sponsor at the start of the season or program
- posting of notice/signs

5. Guidelines - Complaint Procedure

- a) When a student believes that she/he has been subject to hazing, the student shall promptly report the incident, orally or in writing, to the building principal.
- b) The principal shall conduct a timely, impartial, thorough, and comprehensive investigation of the alleged hazing.
- c) The principal shall prepare a written report summarizing the investigation and recommending disposition of the complaint. Copies of the report shall be provided to the complainant, the accused, and others directly involved, as appropriate.

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- d) If the investigation results in a substantiated finding of hazing, the principal shall recommend appropriate disciplinary action, as circumstances warrant, in accordance with the Code of Conduct. Additionally, the student may be subject to disciplinary action by the coach or sponsor, up to and including removing from the activity.

6. Disciplinary Action:

1. First infraction - Student suspended 5 days
2. Second infraction - 10 days suspended and removed from all athletics for the school year

19. SAP Team Recommendation for Extra-Curricular Activities Drugs/Alcohol Policy:

Any student involved in extra-curricular activities will follow the Drug/Alcohol Policy of the school.

Any student found to be involved with alcohol or any illegal substance outside of school during their involvement with their extra-curricular activity will be:

1. Asked to make a self-referral to the SAP Team.
2. Failure to make the self-referral to the SAP Team will result in the expulsion from activity and any other activities until the self-referral is made.

NOTE: If it is the opinion of the Student Assistance Program Team that the student did not complete the intervention program successfully, expulsion from the activity(ies) will result.

20. Academic Requirements:

- In order to be eligible for interscholastic athletics, a pupil must be passing at least four credit subjects, or the equivalent, at the end of each week and the marking period.
- Failure to meet requirements in Section 1, will cause the student to be ineligible based on established PIAA guidelines.

21. Stealing:

Stealing from your own players or other schools will not be tolerated. Following are the consequences:

1st offense - Suspended from current sport for the remainder of season

Level III Offense as per Discipline Policy

2nd offense - Suspended permanently; no further participation

Level III Offense as per Discipline Policy

22. Locker Room Damage:

1st offense - Suspended for one week from the current sport

Level III Offense as per Discipline Policy

2nd offense - Suspended from further participation for the remainder of the year

Level III Offense as per Discipline Policy



23. Parent/Coach Communications:

Parent/Coach Relationship:

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits 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:

- Philosophy of the coach
- Expectations the coach has for your child as well as all players on the squad
- Locations and times of all practices and contests
- Team requirements, i.e., fees, special equipment, off-season conditioning
- Procedure should your child be injured during participation
- Requirements to earn a letter

Communication Coaches Expect From Parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns in regard to a coach's philosophy and/or expectations

As your children become involved in the programs at Portage Area Jr.-Sr.High School and Elementary School, 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:

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. 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 below, must be left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coaches

- Playing time
- Team strategy
- Play calling
- Other student athletes

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Some situations may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other position. When these conferences are necessary, the following procedure would be followed to help promote a resolution to the issue of concern.

The Procedure You Should Follow If 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 Director. He will set up a meeting for you.
3. The Portage Athletic Office telephone number is (814) 736-9636 Extension #1360.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

The Next Step

What can a parent do if the meeting with the coach does not provide a satisfactory resolution? Although total agreement may not always be reached, most often such a meeting does afford the opportunity for productive discussion and understanding. If a parent desires further communication, please call the Athletic Director to discuss the situation. The appropriate next step will be to set up a meeting with the Coach/ Athletic Director/Principal. If further resolution is required, a meeting will be scheduled with the Superintendent of schools. After you have met with the preceding administrators, then you may meet with the Board of Education.

Chain of Command

The Portage Area School District, in conjunction with its Department of Athletics follow the chain of command listed below. We ask that you observe the order of this line of communication if you elect to pursue any concern you may have with regard to the athletic program.

1. Head Coach
2. Athletic Director
3. Principal
4. Superintendent
5. Board of Education

J. Athletic Trainers

The Athletic Department will provide coaches a schedule when the trainer will be present at the school and/or individual practices. The trainer will be present at all home games/competitions. Please contact the trainer if you have any issues or questions pertaining to injuries. Reminder: Coaches are still the first responder in accidents or injuries and must act properly.

The trainers will:

- Stock and distribute all first aid kits
- Consult with coaches on all student athlete injuries



The coaches will:

- Speak to the trainer regarding procedures for student-athletes
- Regularly check with any injured athlete
- Obtain medical kits from the trainer

K. Accident Reports

If a student athlete is injured during a team function, a coach must complete an accident report and submit it to the Athletic Office or HS Nurse as soon as possible.