



FOX CHAPEL AREA SCHOOL DISTRICT



STUDENT HANDBOOK

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Assistant Athletic Director:
Assistant to the AD:
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E-mail:
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Athletic Schedule Information:
Website:

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Dear Parents and Student Athletes:

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

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

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

There are important forms contained in this handbook that need to be signed and completed prior to the first day of practice or your son or daughter will not be able to participate in high school interscholastic sports. The forms are:

1. Athletic Handbook acknowledgement form,
2. PIAA comprehensive preparticipation physical evaluation,
3. HIPPA release form, and
4. Use of social media

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

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

Sincerely,

Michael L. O'Brien
Athletic Director



IMPORTANT!!

We, the undersigned, have read the procedures and regulations outlined in the Fox Chapel Area School District Student Handbook and do hereby agree to the terms as presented.

This form must be returned to each team coach before the first practice.

Athlete's Name: _____
(PLEASE PRINT)

Athlete's Signature: _____

Parent/Guardian Signature: _____

Phone: _____

Date: _____



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FOX CHAPEL AREA SCHOOL DISTRICT ATHLETIC MISSION STATEMENT

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

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

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



FOX CHAPEL AREA SCHOOL DISTRICT ATHLETIC OVERVIEW

ATHLETICS

The interscholastic sports program consists of 25 varsity teams, 16 junior varsity teams and two junior high programs. All of these groups compete in the Pennsylvania Interscholastic Athletic Association (District 7), commonly known as the Western Pennsylvania Interscholastic Athletic League (WPIAL).

SPORT	SEASON			LEVEL			GENDER		NOTES	
	FALL	WINTER	SPRING	MS	FR	JV	VARS	BOYS		GIRLS
Baseball			X	X	X	X	X	X		
Basketball	X	X		X	X	X	X	X	X	MS girls' basketball is a fall sport
Cheerleading	X	X		X		X	X		X	
Cross Country	X			X			X	X	X	
Field Hockey	X			X		X	X		X	
Football	X			X	X	X	X	X		
Golf	X					X	X	X	X	
Gymnastics		X					X		X	
Lacrosse			X			X	X	X	X	
Softball			X	X		X	X		X	
Soccer	X			X		X	X	X	X	
Swimming/Diving		X					X	X	X	
Tennis	X		X			X	X	X	X	Girls = fall offering Boys = spring offering
Track			X	X			X	X	X	
Volleyball	X		X	X		X	X	X	X	HS Girls' Volleyball is a fall sport; Boys' is a spring sport; MS Girls' begins in Feb.
Wrestling		X		X			X	X		



PHYSICAL INFORMATION

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

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

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

- 1.) Physical Examination Form/PIAA—Must be completed and turned into the **HEAD COACH OR ATHLETIC OFFICE NO LATER THAN the specified date denoted on the FCASD website.** This includes the PIAA physical form and a complete medical history. The physical booklet **MUST** be signed by a physician and parent where appropriate. Furthermore, all information **MUST** be completed in its entirety.

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

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

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

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



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

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

Section 1. Schools Should:

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

Section 2. Student Athletes Should:

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

Section 3. Coaches Should:

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

Section 4. Contest Officials Should:

- Have thorough preparation in the current rules and approved officiating techniques of the sport.
- Be physically fit and mentally alert.
- Have a neat, distinctive, and approved uniform.
- Report for duty at least 30 minutes before the scheduled start of a contest.
- Honor all agreements to officiate contests.
- Control one's temper in all relations with students, coaches, member schools, and spectators.

In addition, contest officials should call them as they see them. Make clear any interpretations and announcements. Following a contest officiated, officials should not discuss plays or student athletes of a team in that contest with any of their future opponents.

Section 5. Athletic Directors Should:

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

Section 6. Principals Should:

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

Section 7. Public Should:

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

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

SPORTSMANSHIP EXPECTATIONS

Expectations

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

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

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

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

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

Responsibilities

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

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

- Show respect for the opponent at all times. The opponent should be treated as a guest, greeted cordially, and treated respectfully at all times.

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

Acceptable Behavior

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

Unacceptable Behavior

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



ADMINISTRATIVE ORGANIZATION

Chain of Command

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

STATEMENT OF PHILOSOPHY

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

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

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

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

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

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

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

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



PIAA CONSTITUTION AND GUIDELINES ATHLETIC COURTESY

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

- A. Contest rules are to be regarded as mutual agreements, the spirit or letter of which no honorable person would break. The stealing of advantage in sport is theft.
- B. No advantages are to be sought over others except those in which the contest is understood to show superiority.
- C. Unsportsmanlike or unfair means are not to be used, even when opponents use them.
- D. Visiting teams are to be honored guests of the home team, and should be treated as such.
- E. Remember that student spectators represent their school the same as student athletes.
- F. Any spectator who continually evidences poor sportsmanship should be requested not to attend future contests.
- G. Decisions of contest officials are to be abided by, even when they seem unfair.
- H. Contest officials and opponents are to be regarded and treated as honest in intention. In contests when opponents conduct themselves in an unbecoming manner, and when contest officials are manifestly dishonest or incompetent, future relationship with them should be avoided.
- I. Good points in others should be appreciated and suitable recognition given.
- J. The practice of "booing" is regarded as discourteous and unsportsmanlike.

PIAA ELIGIBILITY

A. Age

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

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

B. Attendance

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

Students will be ineligible to participate in any activity or sport if he/she has missed more than **20 school days during a semester**, unless the absence is verified by a doctor's written excuse. Students must attend **at least two (2) full periods on the day of the event or practice in order to participate in that sport or activity**. If an event is scheduled on a Saturday, the student must be in school on Friday, and attend at least two full periods to be eligible to play or participate.

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

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

amended), court subpoena, or quarantine, or an absence of five (5) or more school days due to the same confining illness, such absence may be waived from the application of this rule by the PIAA District Committee. **Attendance at summer school does not count toward the required 45 days.** Absence from school for an entire semester, or for several semesters will disqualify a pupil for the same period as stated in this section. Fifteen days or more of enrollment in a semester in any secondary school will count as one semester of membership. Attendance at summer school does not count as a semester or part of a semester.

C. Parental Consent

A pupil will be eligible for practice or participation in each sport only when there is on file with the athletic director a certificate of consent, which is signed by the student's parent or guardian. The only valid certificate of consent is the PIAA Parent's Certificate. **NO ATHLETE WILL BE PERMITTED TO PLAY UNLESS THIS CERTIFICATE IS TURNED IN TO THE ATHLETIC OFFICE OR ATHLETIC TRAINER.**

D. Completion of Sports Physicals Requirement:

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

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

E. Recertification

Any student who (1) previously participated in PIAA interscholastic athletic competition pursuant to a CIPPE; and (2) is seeking to participate in practices, interschool practices, scrimmages, and/or contests in subsequent sport(s) in the same school year, must, no earlier than six weeks prior to the first practice day of the next sports season, complete and turn in to that student's principal the CIPPE Recertification by parent/guardian form. The principal, or principal's designee, of that student's school must review the Supplemental Health History of that student and if any Supplemental Health History questions are either checked yes or circled, shall require that student to submit a completed Section 8 Recertification by Licensed Physician of Medicine or Osteopathic Medicine. Forms are to be submitted to the principal or principal's designee of that student's school prior to that student's additional participation in interscholastic athletics.

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

Physicals for Participation in Athletics:

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

1. The date and place of preparticipation physicals will be announced daily, in the school, starting four (4) weeks prior to physicals being administered. Furthermore, physical information can be found on FCTV, Edline, and on the FCASD Athletic website. Physicals will be announced in early April/May for fall sports, October for winter sports, and February for spring sports.

2. Students must obtain the PROPER forms from the athletic office or @ www.fcasdashletics.org.
No other forms will be accepted.
3. Only ONE physical will be needed to participate in interscholastic sports during an academic year. However, students who are injured during a particular season will be required to be *re-examined or certified* that the student's condition is satisfactory before he/she may begin to practice in the next sports season or continue in the current season.
NOTE: Injured student athletes will only be permitted to return to play once a medical clearance is provided to the trainer by the treating physician.
4. Completed physical forms are to be turned in to the head coach, athletic trainer, or athletic office NO LATER than two (2) weeks prior to the first practice date, as established for their sport by the PIAA. These dates will be posted on the district's website. *If completed physical forms are not received within the time frame stated above (no later than two [2] weeks prior to the first practice date), the student will NOT be allowed to participate in that season's sporting activities.*
5. The trainer must approve all completed physical forms. The trainer will forward the names of all approved athletes to the athletic director.
6. Coaches of each sport will hold a preseason meeting with their team prior to the first practice.
7. Any athlete without the proper physical documentation will not be permitted to participate in tryouts, practices or games. The above information will be communicated to coaches, students and parents. The ultimate responsibility for obtaining a physical exam and becoming eligible to participate in a sport will be up to the student. SEE SAMPLE PHYSICAL FORMS UNDER THE "FORMS" SECTION.
8. ImPACT testing is required for all "collision" sports.

F. Transfers

All transfer students and questions of residence will be thoroughly checked by the athletic director to see if they are in compliance with all PIAA rules before the students can be declared eligible to compete on an interscholastic sports team.

G. Period of Participation

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

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

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

1. The PIAA Board of Control, following a written request of the District Committee, may waive the eight (8)-semester limit in cases of long-confining illness or injury, which necessitates repeating a grade.

2. A principal of a PIAA member school may, by written petition to the District Committee, request that additional semesters be granted to a student who is repeating a grade or semester, except where such repetition is in whole or in part for academic reasons.

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

H. Representation

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

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

1. On teams of a regularly organized junior high school, or a combination of junior high schools within the same school district.
2. Where a school district does not have a junior high school recognized as such by the Pennsylvania Department of Education, the principal of the high school may, by obtaining a special dispensation from the Board of Control, organize special representative teams consisting of players from the 7th, 8th, and 9th grades of his/her school district. The eligibility of members of such special representative teams will be determined in accordance with the provisions of the junior high school eligibility rules, and the high school principal will be responsible for

the eligibility of all players of such teams. In no case, however, shall competition on such special representative teams by 7th and 8th grade pupils be considered as constituting a part of the pupil's eligibility period of competition when they later enroll in grades above the 8th. It is further provided that the coach of such a special representative team shall meet the requirements of the PIAA Coaches' Rule.

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





FOX CHAPEL AREA HIGH SCHOOL COMMUNICATIONS

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

Communication / Information Coaches Should Provide to Parents:

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

Communication / Information Parents Should Provide to Coaches:

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

Appropriate Concerns for Parents to Discuss with Coaches:

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

Issues NOT Appropriate to Discuss with Coaches:

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

Procedures for Discussing Parental Concerns:

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

COMMUNICATIONS

Administrators:

Mr. Michael Hower	Sr. / Lead Principal	412-967-2432
Mr. Dan Lentz	Program Principal	412-967-2436
Dr. Rebecca Cunningham	Assistant Principal-Sr. Program	412-967-2448
Mr. John McGee	Assistant Principal-Intermediate Program	412-967-2434
Jonathan Nauhaus	Acting DMS Principal	412-767-5343
Mr. Michael O'Brien	Athletic Director	412-967-2420
Mr. John Panos	Athletic Trainer/Assistant AD	412-967-4407
Ms. Sherri Mohn	Assistant to the Athletic Director	412-967-2421



STUDENT PARTICIPATION IN EVENTS

Philosophy

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

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

Expectations

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

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

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

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

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

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

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

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



ATHLETIC TRYOUTS AND ELIGIBILITY

Tryouts and Eligibility Guidelines

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

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

- Before a student is permitted to participate in tryouts and practices, he or she first must submit the mandatory forms (see forms section, beginning on page A-1): PIAA Comprehensive Initial Preparticipation Physical Evaluation (CIPPE) packet forms Sections 1-6, the HIPPA release form, and Use of Social Networking Sites form. Student-athletes who participate in more than one sport per school year must also submit Sections 7 and 8, Re-Certification forms. Only student-athletes who participate in wrestling must complete Section 9.

Forms should be read and signed by the student athlete and his or her parent/guardian and submitted to the team coach or athletic director prior to tryouts and the first practice.

- Students must be present physically at tryouts and the first practice in order to qualify for the team. If a student is physically unable to do so, he/she must meet with the coach prior to the first day of practice.
- Students are required to attend preseason participation meetings prior to the start of the regular season.

Withdrawing from a Team

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

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

Absentee Rule

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

HONORS AND AWARDS

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

Scholar-Athlete Award

Student athletes eligible for this honor must maintain a cumulative a Grade Point Average (GPA) of 3.5 or higher for the grading period in which they participate in a school-sponsored varsity sport, or maintain a cumulative GPA of 3.5 or higher for the school year. Weighted GPAs shall be used to calculate this award. Players are eligible to receive the honor one time each school year. All awards will be distributed by the respective coaches, through the athletic office, or in a student's QRT by the end of the school year.

Team GPA Award

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

Letter Awards

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

Basic Rules that Apply to All Prospective Athletic Letter Award Candidates

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

DISCIPLINARY ACTIONS, EJECTIONS, AND HAZING

Detentions and Suspensions

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

Ejections

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

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

Hazing Policy

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

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

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

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

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

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

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

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



PARTICIPATION OF HOMESCHOOLERS IN ATHLETIC AND EXTRACURRICULAR ACTIVITIES

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

Parents must verify the following for their home-schooler:

1. Proof that the student is maintaining a 2.0 QPA during the last school year.
2. All students in 7th-12th grades who participate in athletics must attain a 2.0 QPA during a weekly academic eligibility report that must be submitted to the athletic director every Monday morning.
3. Weekly reports of acceptable grades are due to the principal according to similar procedures required for enrolled students.
4. Records showing the student was not absent from instruction that school day and/or more than 20 days during the previous semester unless eligible for exemption, as stated in Article III, Section 2, of the PIAA Bylaws.

5. For participation in athletics, the homeschooled student and his/her parent must complete the PIAA physical eligibility requirements and CIPPE registration form required to be a member of an athletic team.

6. The student must meet the Fox Chapel Area School District's requirements for physical examinations and ImPACT testing. Furthermore, all required documents need to be submitted to the athletic department prior to the start of the season.

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

Evidence of insurance must be given to the athletic director.

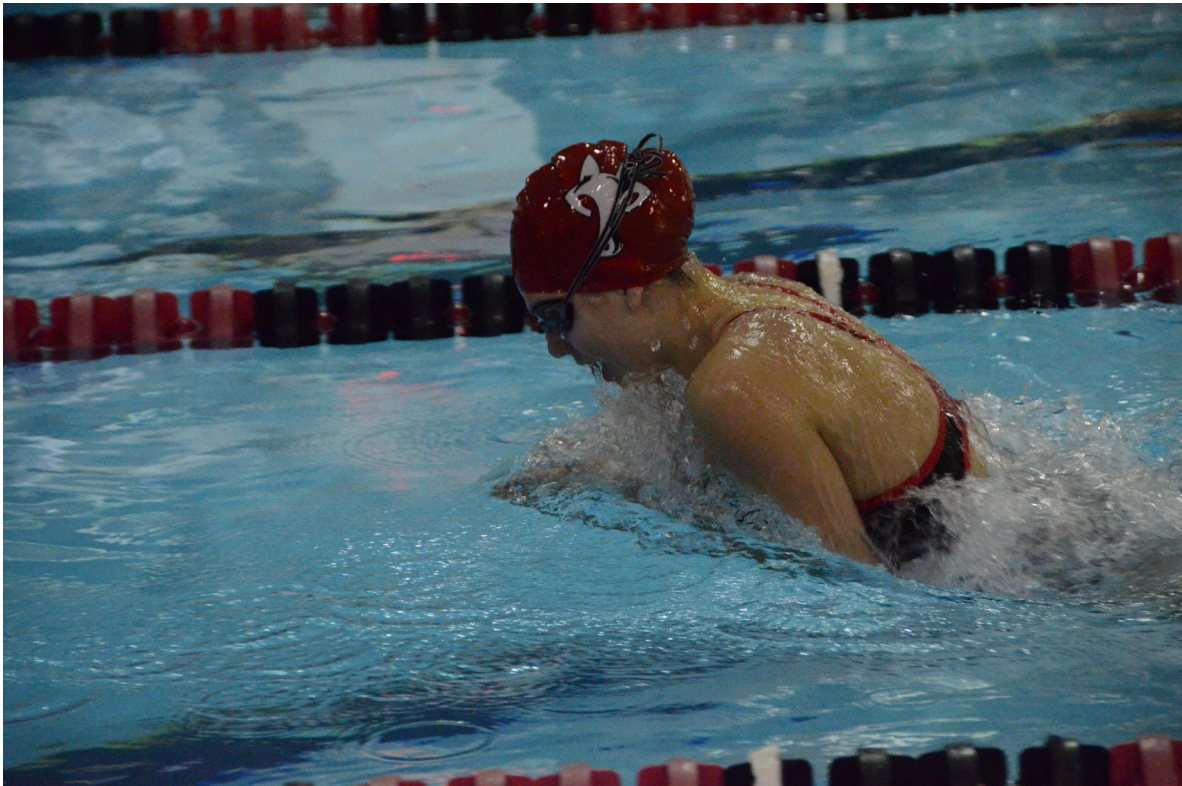
Homeschoolers are required to follow the same tryout and audition procedures as enrolled students.

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

CANCELLATIONS OF PRACTICE AND COMPETITIONS DUE TO INCLEMENT WEATHER

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

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



WEIGHT ROOM/FITNESS CENTER REGULATIONS AND USE OF FACILITIES

1. Shirts and shoes are required at all times; tank tops are acceptable.
2. Nobody is to be in the weight room alone. Wait outside the weight room for a coach. Under NO circumstances is any student permitted to be in the weight room unsupervised.
3. Lifters must work with a partner.
4. Replace all weights on racks immediately following use.
5. Know your limits! Work with the instructor in determining your limits.
6. Do the lifts correctly. It is better to use lighter weights for lifting than heavier weights and run the risk of injury.
7. Warm up with the proper stretching exercises.
8. No chewing gum or eating candy while lifting.
9. No food or drinks allowed inside the weight room.
10. No horseplay or profanity.
11. Do not abuse the equipment. This equipment will have to be used for years to come. Please respect all school district property.
12. Any equipment that is broken must be reported immediately to the athletic director.
3. **No practice arrangements – formal or informal – are permitted without the presence of supervisory coaching personnel.**
4. **Students are not to remain after school unless coaches are present.**
5. Athletic shoes with spikes are not to be worn in the building.
6. Athletes are to leave their automobiles in the designated student parking areas.
7. Athletes may not practice without properly signed physical cards returned to their coach.

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

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

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

Instructions for Student Athletes

1. Athletes will not be permitted in any area of the building after school, except those areas designated by the coaches or athletic director.
2. Athletes should report immediately to the locker rooms after the dismissal bell in the afternoon, and practices should be scheduled to begin at a definite time.

GUIDE TO ATHLETIC COMPETITION AT THE COLLEGE LEVEL/RECRUITING

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

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

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

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

Levels of Play

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

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

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

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

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

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

THE REALITIES OF COLLEGIATE SPORTS

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

DO YOU MEASURE UP FOR THE NCAA?

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

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

6' 10"+

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

6' 5"

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

0-3

Recruiting handicap for D-1 women golfers

Scratch

Target recruiting handicap for D-1 men's golf

8

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

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

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

*Annual amount of
NCAA scholarships awarded*

\$1 Billion

*Potential earnings gap over a life-
time between someone with a high
school diploma and someone with
a college degree*

\$1 Million

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

Football 5.7%

Men's Hockey 11%

Baseball 6.1%

Basketball (W) 3.3%

Soccer (M) 5.5%

MARKETING TIPS TO GET NOTICED AND OBTAIN AN ATHLETIC SCHOLARSHIP

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

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

- 1. High school grades count!** Many top universities have stringent minimum academic entrance requirements. When awarding scholarships, coaches want to feel confident knowing a player has the academic skills to remain eligible. What's more, if a coach has to decide between two equally matched recruits for a scholarship, the one with the higher GPA is going to get stronger consideration.
- 2. Bigger isn't always better.** Be realistic in your expectations. Do not make the mistake of ignoring small-to mid-sized colleges by failing to include them in your marketing efforts. There are many excellent, highly-competitive teams at small-to mid-sized schools and the demands are less. Consider whether it is more important to play regularly, be on a starting lineup early in your collegiate career, or be part of a team that offers little, if any, playtime.
- 3. Make the first move.** Create an introductory letter and résumé/player profile sheet that highlight athletic and academic accomplishments, and update it regularly. Begin to send them to coaches in your junior year. (samples on pages 27 and 29)
- 4. Seeing is believing.** Many coaches don't come to regular season games, but often will attend regional and state high school championships, and AAU, club or elite team games and tournaments. Make them aware of your schedule so they can come and see you play. Include venues, start times, and field numbers, or if they have not been announced yet, do not forget to update them when the details become available.
- 5. Pictures tell a thousand words.** Even if a coach has seen you in action, your performance is only a snapshot in time. Videotape your games in your sophomore and junior years, and then create a 5-6 minute highlight film to submit to coaches once your season concludes in your junior year. Some experts suggest including a mistake or two immediately followed by a quick and smart recovery (even the most talented athletes are not perfect all of the time). Remember to label the tape with your name, address, school name, etc. If this tape sparks a coach's interest, he or she may ask you for more film at a later date.
- 6. Don't waste your summers and off-season time.** Attend reputable summer camps, join elite teams, play on an AAU team, or join a summer league. Camps sponsored by and staffed with college coaches give you the opportunity to get noticed and perform in front of them for four or five days.
- 7. Be persistent, but not annoying.** If a coach does not respond to your letter of introduction, résumé/player profile, or highlight film, follow up with an e-mail or phone call. There may be a reason totally unrelated to you that has caused a delayed response.

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

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

Recruiting Services

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





SAMPLE INTRODUCTORY LETTER

Date

Your Address

College Coach's Name

College Address

Dear (Coach's Name):

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

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

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

Sincerely,

(sign your name here)

(type your name here)

Enclosures: Résumé/Personal Profile

KEY RECRUITING CHECKLIST FOR STUDENT ATHLETES

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

- ☐ Respond immediately to any coach who shows interest in you.
- ☐ Write a thank you note to coaches, assistant coaches, or recruiters who take the time to meet with you personally or come to watch you play.
- ☐ Keep your academic record in good standing and maintain a minimum Grade Point Average (GPA) of 2.0 out of 4.0 in your core courses.
- ☐ Keep a record of your athletic achievements.
- ☐ Regularly update your résumé/player bio to reflect academic and athletic improvements and achievements. (sample on page 29)
- ☐ Attend summer camps held by colleges and reputable coaches and participate on off-season AAU/league/elite teams.

Freshman and Sophomore Years

- ☐ Work with your guidance counselor to plan a challenging academic program that will meet NCAA requirements.
- ☐ Take the PSAT test in October of your sophomore year.
- ☐ Participate on high school athletic teams.
- ☐ Participate in off-season programs in your sport.
- ☐ Attend summer athletic camps at colleges that interest you.
- ☐ After your sophomore season ends, ask your coach for a realistic athletic evaluation, if he or she feels you can play collegiate sports, and at what level—Division I, II, III, or other.
- ☐ Ask coaches for help in the recruiting process.
- ☐ Create a résumé/player bio and continually update it throughout your high school athletic career. (sample on page 29)
- ☐ Begin videotaping your games to compile a 5-6 minute highlight film that can be sent to coaches in your junior year.

Junior Year

- ☐ Meet regularly with your guidance counselor to assure compliance with NCAA By Law 14.3.
- ☐ Take the SAT or ACT prep classes.
- ☐ Take the SAT or ACT in spring.
- ☐ Work with your guidance counselor to develop a list of colleges for your academic match.
- ☐ Ask coaches for an honest re-evaluation of your athletic performance, and if they have seen improvement.
- ☐ Ask coaches for their assistance in the recruiting process.
- ☐ Complete your 5-6 minute highlight film to send to coaches.
- ☐ Send a letter of interest to college coaches (sample on page 27) along with your updated résumé/player bio.
- ☐ Create a filing system to keep track of colleges that respond to your inquiry.
- ☐ Participate in summer programs and camps, such as AAU teams, state select teams, summer leagues, and elite/travel teams. Scouts often attend these events.
- ☐ Decide if you will use a professional recruiting service.

Senior Year

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

SAMPLE RÉSUMÉ/PLAYER BIO



JANE DOE

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

POSITION

JERSEY NO:

Personal

Height:

Weight:

Birth Date:

Parents' Names:

Academics

USA High School

100 Anywhere Street

City/State 00000

Guidance Counselor:
(Name)

xxx-xxx-xxxx

CLASS of 20__

Cumulative GPA 0.0

Junior Year GPA 0.00

SAT Performance:

Verbal _____

Math _____

Writing _____

Academic Awards/Honors

(List in bullet-point format)

School awards/scholarships

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

Honor societies

Local, regional, and national scholastic competitions

High School Athletics

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

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

Phone Number/E-mail Address

Athletic Awards/Achievements

Individual Accomplishments

Performance (Example, track and field):

100 meters _____

200 Meters _____

400 Meters _____

Records Set or Broken

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

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

Team Accomplishments

Records

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

Club/AAU/Elite Team Experience

Team Name

Current Head Coach

Phone Number

E-mail Address

Age group and teams if more than one

Regional History

List year and names of significant tournaments and results

State History

List year, names of significant tournaments and results

Tournaments

List years and names of significant tournaments and results

Additional Training

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

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE

DIVISION I AND II INITIAL-ELIGIBILITY REQUIREMENTS

Core Courses

- *NCAA Division I requires 16 core courses. NCAA Division II currently requires 14 core courses.* Division II will require 16 core courses for students enrolling on or after August 1, 2013. See the charts below.
- *NCAA Division I will require 10 core courses to be completed prior to the seventh semester (seven of the 10 must be a combination of English, math, or natural or physical science that meet the distribution requirements below).*

Test Scores

- *Division I* uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is shown on the next page.
- *Division II* requires a minimum SAT score of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. *The writing section of the SAT is not used.*
- The ACT score used for NCAA purposes is a *sum* of the following four sections: English, mathematics, reading, and science.
- *When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to*

the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.

Grade Point Average

- *Be sure* to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- *Division I* students enrolling full time before August 1, 2016, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year.
- *Division I* GPA required to receive **athletics aid and practice** on or after August 1, 2016, is 2.000 (corresponding test score requirements are listed on sliding scale B on the next page).
- *Division I* GPA required to be eligible for **competition** on or after August 1, 2016, is 2.300 (corresponding test-score requirements are listed on sliding scale B on the next page).
- *The Division II* core GPA requirement is a minimum of 2.000.
- Remember, the NCAA GPA is calculated using NCAA core courses only.

DIVISION I 16 Core Courses

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

DIVISION II 14 Core Courses

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

DIVISION II 16 Core Courses (2013 and After)

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



SLIDING SCALE A

Use for Division I prior to August 1, 2015

Core GPA	SAT Verbal & Math Only	ACT
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

SLIDING SCALE B

Use for Division I beginning August 1, 2015

GPA for Aid & Practice	GPA for Competition	SAT	ACT Sum
3.550	4.000	400	37
3.525	3.975	410	38
3.500	3.950	420	39
3.475	3.925	430	40
3.450	3.900	440	41
3.425	3.875	450	41
3.400	3.850	460	42
3.375	3.825	470	42
3.350	3.800	480	43
3.325	3.775	490	44
3.300	3.750	500	44
3.275	3.725	510	45
3.250	3.700	520	46
3.225	3.675	530	46
3.200	3.650	540	47
3.175	3.625	550	47
3.150	3.600	560	48
3.125	3.575	570	49
3.100	3.550	580	49
3.075	3.525	590	50
3.050	3.500	600	50
3.025	3.475	610	51
3.000	3.450	620	52
2.975	3.425	630	52
2.950	3.400	640	53
2.925	3.375	650	53
2.900	3.350	660	54
2.875	3.325	670	55
2.850	3.300	680	56
2.825	3.275	690	56
2.800	3.250	700	57
2.775	3.225	710	58
2.750	3.200	720	59
2.725	3.175	730	59
2.700	3.150	740	60
2.675	3.125	750	61
2.650	3.100	760	62
2.625	3.075	770	63
2.600	3.050	780	64
2.575	3.025	790	65
2.550	3.000	800	66
2.525	2.975	810	67
2.500	2.950	820	68
2.475	2.925	830	69
2.450	2.900	840	70
2.425	2.875	850	70
2.400	2.850	860	71
2.375	2.825	870	72
2.350	2.800	880	73
2.325	2.775	890	74
2.300	2.750	900	75
2.275	2.725	910	76
2.250	2.700	920	77
2.225	2.675	930	78
2.200	2.650	940	79
2.175	2.625	950	80
2.150	2.600	960	80
2.125	2.575	970	81
2.100	2.550	980	82
2.075	2.525	990	83
2.050	2.500	1000	84
2.025	2.475	1010	85
2.000	2.450	1020	86



SPORTS MEDICINE/INJURY PROCEDURE

Certified Athletic Trainer

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

Student Insurance

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

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

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

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

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

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

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

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

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

First Aid Kits

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

Ambulance Service

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

Emergency Procedure Plan

Emergency telephone numbers:

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

Information to be given to emergency personnel if requested:

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

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

The person in charge should never leave the injured victim.

Always keep emergency numbers in an easily accessible location.

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

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

When can an athlete return to play?

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



SUDDEN CARDIAC ARREST EDUCATION AND INFORMATION

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

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

How common is sudden cardiac arrest?

The Centers for Disease Control and Prevention estimate that every year there are about 300,000 cardiac arrests outside hospitals. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness;
- lightheadedness;
- shortness of breath;
- difficulty breathing;
- racing or fluttering heartbeat (palpitations);
- syncope (fainting);
- fatigue (extreme tiredness);
- weakness;
- nausea;
- vomiting; and
- chest pains.

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it. Symptoms are the body's way of indicating that something might be wrong. Athletes who experience one or more symptoms should get checked out.

What is the best way to treat Sudden Cardiac Arrest?

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

Keeping student athletes safe while practicing or playing

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

CONCUSSIONS IN YOUTH SPORTS A FACT SHEET FOR ATHLETES

What Is A Concussion?

A concussion is a brain injury that:

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

What Are The Symptoms Of A Concussion?

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

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

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

How Can I Prevent A Concussion?

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

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

CONCUSSIONS IN YOUTH SPORTS A FACT SHEET FOR PARENTS

What Is a Concussion?

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

What are the Signs and Symptoms of a Concussion?

Signs Observed by Parents or Guardians

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

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

Symptoms Reported by Athlete

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

How Can You Help Your Child Prevent a Concussion?

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

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

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

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

DRUG AND ALCOHOL REGULATIONS

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

Anabolic Steroids

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

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

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

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

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

3rd offense: Permanent suspension from school athletics.

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

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

Consequences of Drug/Alcohol Violations

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

First Offense

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

1. Submit to the athletic director a written request for reinstatement of eligibility to the athletic program. This letter should outline why the student should be permitted to return to the team.
2. Loss of 25 percent of competition in the athletic season or remainder therein and at the discretion of the principal or athletic director, serve 40 hours of community service as assigned by the high school principal. The community service program component must be completed in its entirety prior to the student returning to competition in any sport. Failure to complete the community service component will result in the student not being allowed to participate in any athletic activities until the community service component is satisfied.
3. A student will be required to adhere to the drug and alcohol regulations of the district. If the student and parents/guardians refuse to follow the established FCASD guidelines regarding drugs and alcohol, the student cannot participate in any athletics activities for one calendar year from the date the decision is rendered by the administration and will be denied any and all benefits associated with being a member of interscholastic teams(s). Further intervention may be required by the administration when deemed necessary.
4. The student must agree to provide results of up to three urinalysis tests if randomly requested by FCASD administration.

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

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

Second Offense

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

1. A student will lose 50 percent of competition in the athletic season or remainder therein, and at the discretion of the principal or athletic director, could be subject to losing 50% of the next school year season in the event that the offense occurs outside of the season in which the student participates, plus serve 50 hours of community service. The community service program component must be completed in its entirety prior to the student's returning to competition in any sport. Failure to complete the community service component will result in the student

Third Offense

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

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



FOX CHAPEL AREA HIGH SCHOOL SPORTS MEDICINE AIR QUALITY GUIDELINES

The Air Quality Index (AQI)

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

How the Air Quality Index (AQI) Works

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

Chain of Command

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

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

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

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

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

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

0-50

Green

Good

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

51-100

Yellow

Moderate

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

101-150

Orange

Unhealthy for sensitive groups

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

150-200

Red

Unhealthy

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

201-300

Purple

Very Unhealthy

ALL student athletes should be removed from outside activity.

> 300

Maroon

Hazardous

ALL student athletes should be removed from outside activity.

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

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

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

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

APPENDIX A: FORMS SECTION





FOX CHAPEL AREA SCHOOL DISTRICT PARENT WAIVER AND PHYSICAL FORMS

Welcome to this year's sports season for the Fox Chapel Area School District! We are glad you have made the decision to participate in the athletic program and look forward to seeing you on the court, field, gymnasium, or in the pool. This section contains important forms that must be completed before trying out or participating on a team.

The Pennsylvania Interscholastic Athletic Association (PIAA) requires all student athletes to complete the forms included in this booklet prior to the first day of legal practice. Completed forms are to be submitted to the coach or athletic office. Please be aware your son or daughter will not be permitted to tryout or practice until these forms have been received.

This booklet contains:

- PIAA Comprehensive Initial Preparticipation Physical Evaluation (CIPPE)

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

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

Section 2...Certification of Parent Guardian

Section 3...Concussion and Traumatic Brain Injury

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

Section 5...Health History

Section 6...Physical Examination Form

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

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

Section 9...Minimum Wrestling Weight

- HIPPA Form



CHECKLIST

Please complete and submit the following forms to the appropriate coach or the athletic office **prior to** tryouts and the first practice or students will not be permitted to participate:

ALL ATHLETES MUST SUBMIT CIPPE SECTIONS 1-6:

- _____ **Comprehensive Initial Preparticipation Physical Evaluation** signed by parent/guardian
- _____ **Certification by Parent/Guardian** signed by parent/guardian
- _____ **Understanding the Risk of Concussion and Traumatic Brain Injury** signed by student athlete and parent/guardian
- _____ **Understanding of Sudden Cardiac Arrest Symptoms and Warning Signs** signed by student athlete and parent/guardian
- _____ **Health History** signed by student athlete and parent/guardian
- _____ **Physical Examination Form** signed by an Authorized Medical Examiner (AME) at an examination conducted at the school by the district's physician group or by an athlete's private physician.

ATHLETES WHO PARTICIPATE IN MORE THAN ONE SPORT PER SCHOOL YEAR MUST ALSO INCLUDE SECTION 7:

- _____ **Recertification by Parent/Guardian** signed by student athlete and parent/guardian when the athlete is playing more than one sport in the same school year. This form should be given to the subsequent coach or the athletic office **no earlier than 6 weeks prior** to the first regular season practice.

If the "yes" box is marked on Section 7, also include Section 8. The medical clearance form

must be completed and signed by the treating medically licensed physician when an athlete sustains a serious illness or injury after the original CIPPEE was submitted.

WRESTLERS ALSO INCLUDE SECTION 9:

- _____ **Minimum Weight Assessment (for wrestlers)** Fox Chapel Area School District athletic trainers will complete this section for athletes participating in wrestling no earlier than six weeks prior to the first regular season contest.

ADDITIONAL FORMS TO SUBMIT:

- _____ **Student Athlete Handbook Acknowledgement** (included in the physical packet) signed by the student athlete and parent/guardian. Complete copies of the athletic handbook can be found by visiting the athletic website at: www.fcasdathletics.org.
- _____ **Use of Social Networking Sites** (included in the physical packet) signed by the student athlete and parent/guardian.
- _____ **HIPPA Form** signed by student athlete and the parent/guardian.

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



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

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

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

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

Required Signatures:

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

_____ Parent/Guardian Signature	_____ Date
------------------------------------	---------------



**PIAA COMPREHENSIVE INITIAL
PRE-PARTICIPATION PHYSICAL EVALUATION**



INITIAL EVALUATION: Prior to any student participating in Practices, Inter-School Practices, Scrimmages, and/or Contests, at any PIAA member school in any school year, the student is required to (1) complete a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE); and (2) have the appropriate person(s) complete the first six Sections of the CIPPE Form. Upon completion of Sections 1 and 2 by the parent/guardian; Sections 3, 4, and 5 by the student and parent/guardian; and Section 6 by an Authorized Medical Examiner (AME), those Sections must be turned in to the Principal, or the Principal's designee, of the student's school for retention by the school. The CIPPE may not be authorized earlier than June 1st and shall be effective, regardless of when performed during a school year, until the next May 31st.

SUBSEQUENT SPORT(S) IN THE SAME SCHOOL YEAR: Following completion of a CIPPE, the same student seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in subsequent sport(s) in the same school year, must complete Section 7 of this form and must turn in that Section to the Principal, or Principal's designee, of his or her school. The Principal, or the Principal's designee, will then determine whether Section 8 need be completed.

SECTION 1: PERSONAL AND EMERGENCY INFORMATION

PERSONAL INFORMATION

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

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

Current Physical Address _____

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

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

EMERGENCY INFORMATION

Parent's/Guardian's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Secondary Emergency Contact Person's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone # () _____

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

Address _____ Telephone # () _____

Student's Allergies _____

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

Student's Prescription Medications _____

SECTION 2: CERTIFICATION OF PARENT/GUARDIAN

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

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

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

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

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

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

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

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

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

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

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

E. Permission to administer emergency medical care: I consent for an emergency medical care provider to administer any emergency medical care deemed advisable to the welfare of the herein named student while the student is practicing for or participating in Inter-School Practices, Scrimmages, and/or Contests. Further, this authorization permits, if reasonable efforts to contact me have been unsuccessful, physicians to hospitalize, secure appropriate consultation, to order injections, anesthesia (local, general, or both) or surgery for the herein named student. I hereby agree to pay for physicians' and/or surgeons' fees, hospital charges, and related expenses for such emergency medical care.

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

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

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should students do if they believe that they or someone else may have a concussion?

- **Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- **The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- **Concussed students should give themselves time to get better.** If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

How can students prevent a concussion? Every sport is different, but there are steps students can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:
 - The right equipment for the sport, position, or activity;
 - Worn correctly and the correct size and fit; and
 - Used every time the student Practices and/or competes.
- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If a student believes they may have a concussion: Don't hide it. Report it. Take time to recover.

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

Student's Signature _____ Date ____/____/____

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

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

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

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness
- lightheadedness
- shortness of breath
- difficulty breathing
- racing or fluttering heartbeat (palpitations)
- syncope (fainting)
- fatigue (extreme tiredness)
- weakness
- nausea
- vomiting
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it.

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

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

Information about SCA symptoms and warning signs.

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

Removal from play/return to play

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

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

Signature of Student-Athlete

Print Student-Athlete's Name

Date ____/____/____

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date ____/____/____

SECTION 5: HEALTH HISTORY

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

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

#'s	Explain "Yes" answers here:

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

Student's Signature _____ Date ____/____/____

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

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

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

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

Student's Name _____ Age _____ Grade _____

Enrolled in _____ School Sport(s) _____

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

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

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

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

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

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

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

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

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

Due to _____

Recommendation(s)/Referral(s) _____

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

Address _____ Phone (_____) _____

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

SECTION 7: RE-CERTIFICATION BY PARENT/GUARDIAN

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

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

SUPPLEMENTAL HEALTH HISTORY

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

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

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

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

Current Home Address _____

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

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

Parent's/Guardian's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Secondary Emergency Contact Person's Name _____ Relationship _____

Address _____ Emergency Contact Telephone # () _____

Medical Insurance Carrier _____ Policy Number _____

Address _____ Telephone # () _____

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

Address _____ Telephone # () _____

SUPPLEMENTAL HEALTH HISTORY:

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

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

#s	Explain "Yes" answers here:

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

Student's Signature _____ Date ____/____/____

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

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

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

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

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

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

Student's Name: _____ Age _____ Grade _____

Enrolled in _____ School _____

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

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

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

Address _____ Phone () _____

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

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

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

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

Address _____ Phone () _____

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

Section 9: CIPPE MINIMUM WRESTLING WEIGHT

INSTRUCTIONS

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

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

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

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

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

INITIAL ASSESSMENT

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

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

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

Assessor's Signature _____ Date ____/____/____

CERTIFICATION

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

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

Address _____ Phone () _____

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

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

NOTES:

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



USE OF SOCIAL NETWORKING SITES

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

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

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

Name (Please print)

Sport

Signature

Date

Name of Parent/Guardian (Please print)

Signature

Date



FOX CHAPEL AREA HIGH SCHOOL ATHLETIC TRAVEL RELEASE FORM

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

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

(Signature of Parent/Guardian)

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

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

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

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

Signature of Parent or Guardian

Signature of Head Coach

Signature of Athletic Director