Introduction

Success in athletics/activities can be attributed to a combination of factors, such as good coaching techniques, self-discipline, and the ability to persevere and remain dedicated. This handbook contains information that should be carefully read and followed by all student athletes. In addition to the rules and regulations governing each sport, it contains policies, which, if practiced consistently by all student athletes, will result in a successful program. If organization and discipline are learned from one’s involvement in interscholastic athletics, than participation can be considered one of life’s successful life ventures. The students and/or team do not benefit when the rules are bent. This only leads to resentment on the part of students who are giving 100%. The coach/advisor who enforces the material contained in this manual will be a winner.

Athletics/activities holds a prominent position in the programs of Harbor Creek High School. However, at no time will athletics/activities be permitted to become competitive with the academic philosophy of our school.

Progressive educators have long acknowledged it is a privilege for a student to participate in interscholastic athletics/activities. It is a privilege for a student to represent his/her school and to participate in a well-organized program, which is of special interest to him/her and which the school provides coaching, equipment, and facilities.

Because it is a privilege to represent a school in athletics/activities, it follows logically that the school must have the authority to revoke the privilege when the student does not conduct him/herself in an acceptable manner. Not only does this responsibility exist while he/she is on or off the playing field, the court, or the track, but it exists while he/she is in school.

Participation in interscholastic athletics/activities is completely voluntary. No student is obligated to take part in any interscholastic athletic/activity. Furthermore, participation is not required for graduation, nor must the student have athletic/activity credits for college entrance. Those who participate must give extra effort and extra time. In these respects, preparation for and participation in interscholastic athletics is different from intramurals.

Because interscholastic athletics/activities are voluntary and because those participating represent their student body, the students must meet the highest standards in relation to academic requirements, school citizenship, and sportsmanship. Also, because the dignity of the school program is reflected through interscholastic athletics/activities, those who take part must conduct themselves in a manner in which is above reproach. Therefore, selection of candidates is necessary. It must not be based upon athletic performance alone, but also upon attitude, conduct, cooperation, and an earnest and sincere desire to represent the student body in a manner in which compliments the school and the community.

The need for the high standards of conduct is aggressively defended. First, any lowering of standards for a successful season is deplored because resulting successes are temporary and the program suffers. Second, interscholastic athletics/activities are not intended to rehabilitate all of the undesirable characteristics. Neither is it for the purpose of retraining and reforming those who have poor character traits. Rather, the privilege of representing the school should be extended to those who have earned the opportunity through the criteria listed above. This policy was adopted by the Harbor Creek School Board June 18, 1998, and is intended to be beneficial to all - school board, administration, coaches, parents, and athletes.
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Section 1: Athletic Department Overview

Philosophy

It is the basic educational philosophy of the Harbor Creek School District (HCSD) to prepare our students to become productive, contributing citizens of our community and society. The athletic program is a complete extension of this philosophy. The athletic program in the HCSD is designed to generate school spirit and to promote a wholesome atmosphere of good sportsmanship, teamwork, and healthy competition among the students. The administration of the HCSD believes that the record of victories compiled by the various teams does not necessarily measure the success of the athletic program. It would never presume to dictate to any coach the methods, style of play or procedures they should use in preparing their squads for competition. However, there are several guiding principles, which in keeping with the educational nature of coaching seem necessary to be established as an overall framework of operation of the athletic department.

Moreover, members of each squad should reflect the highest order of ability, behavior, actions, and attitudes. Actions, such as using tobacco, drugs or profanity on the field of play, will require disciplinary action. They cannot be tolerated and can only lead to an unsuccessful program. Furthermore, effective coaching requires efficient planning. Practice, as well as every phase of the entire sport activity, must be planned in advance.

Objectives

1. To provide natural outlets for students desiring to participate on teams in competition with other teams of similar abilities.
2. To assist in the development of school and student morale.
3. To teach good sportsmanship, teamwork and skill development.
4. To help develop lifetime skills.

Sponsored Interscholastic Athletics

1. Cross Country: Varsity, Jr. High
2. Football: Varsity, Jr. Varsity, Jr. High
3. Golf: Varsity
4. Soccer, Boys': Varsity, Jr. Varsity
5. Soccer, Girls': Varsity, Jr. Varsity
6. Volleyball, Girls': Varsity, Jr. Varsity, Jr. High (Spring)
8. Basketball, Boys': Varsity, Jr. Varsity, Freshman, 8th Grade, 7th Grade
9. Basketball, Girls': Varsity, Jr. Varsity, 8th Grade (Fall), 7th Grade (Fall)
10. Swimming/Diving, Boys': Varsity
11. Swimming/Diving, Girls': Varsity
13. Baseball, Boys': Varsity, Jr. Varsity
15. Tennis: Varsity
16. Track & Field, Boys': Varsity
17. Track & Field, Girls': Varsity
## Athletic Department Directory

<table>
<thead>
<tr>
<th>Position / Team</th>
<th>Name</th>
<th>Telephone</th>
<th>Extension</th>
<th>E-Mail</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sr. High Principal</td>
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<td>1368</td>
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<tr>
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<tr>
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<tr>
<td>Athletic Trainer</td>
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<tr>
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<tr>
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</tr>
<tr>
<td>Football</td>
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</tr>
<tr>
<td>Golf</td>
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</tr>
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</tr>
<tr>
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</tr>
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<tr>
<td>Basketball, Boys'</td>
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</tr>
<tr>
<td>Basketball, Girls'</td>
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<tr>
<td>Cheerleading, BB</td>
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<tr>
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<td>Cheerleading, WR</td>
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<tr>
<td>Swimming, Boys'</td>
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<tr>
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<tr>
<td>Wrestling</td>
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<tr>
<td>Baseball</td>
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</tr>
<tr>
<td>Softball</td>
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<tr>
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</tr>
<tr>
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<tr>
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</tr>
</tbody>
</table>
Section 2: Policies & Procedures

Athletic Schedules

Coaches, students and community members are able to access up-to-date scheduling information for HCSD athletics through the school’s website www.hcsd.iu5.org or through www.highschoolsports.net. Once at HighSchoolSports.net, choose Pennsylvania as the state and then choose Harbor Creek as the school. At the top of Harbor Creek High School’s opening page is the athletic department’s contact information, as well as a local weather report. Events are listed for the current day or in a weekly format. By ‘rolling over’ a particular event with the mouse, pop-up screens will appear and provide additional detailed information about the event. By clicking on ‘Click here to view the month’ the current month of activities as well as other months can be viewed.

Athletic Season

A student athlete shall make a total commitment to that program in which he/she participates. Therefore the student athlete shall not participate in more than one sport per athletic season. Exceptions may be made on a case-by-case basis and for post-season play. Student athletes may not quit one sport and try out for another after the season has begun without mutual consent of both coaches and the athletic director.

In order for the student athlete to be eligible for a varsity letter, team/individual awards, the student athlete is required to be an active team participant and complete the athletic season, including post-season playoffs, tournaments, and exhibitions. The exception will be illness/injury in which participation is limited. Awards will not be given to any student suspended and/or dismissed for the remainder of the season for violating established team guidelines and/or the Student Code of Conduct.

Attendance

Each member of any team is required to make a commitment to that sport/activity during the season. Part of that commitment involves being at every scheduled practice and contest throughout the season. Unexcused absences from a scheduled practice/contest will be addressed in the following manner:

1. Communication between the head coach, student athlete and parent/guardian.
2. Suspension from the team and possible dismissal for the remainder of the season if subsequent violations occur. Suspensions are at the discretion of the coach/advisor, while dismissal requires administrative approval.

Athletic Letter & Certificate

Students in grades 9-12 are eligible to receive a varsity athletic letter and certificate. The athletic letter requirements vary among each particular sport/activity and are listed in the Student Athlete Handbook.

Students in grades 7-8 are eligible for a junior high athletic participation certificate. These are usually issued at the conclusion of the particular season.
Hall of Fame

The purpose of the Harbor Creek High School Athletic Hall of Fame is to recognize those individuals or teams who have brought distinction, honor, and excellence to Harbor Creek High School in the field of athletics. Athletes, teams, coaches, managers, or other individuals associated with athletics may be nominated for this recognition.

Nominations will be accepted from the public for any athlete who graduated from Harbor Creek and made a lasting athletic impression, and meets the following criteria.

1. An athlete may be selected provided that a minimum of ten (10) years have elapsed since their graduation from Harbor Creek High School.
2. A team may be selected provided that a minimum of ten (10) years have elapsed since the season for which they are being recognized.
3. A coach may be selected provided they have a minimum of ten (10) years of coaching experience for the Harbor Creek School District.
4. Individual/team nominations must be of good character at the time of their nomination. An individual’s post-secondary accomplishments may also be considered when reviewing their nomination.
5. Individual nominations may be made posthumously.
6. Special nominations may include trainers, equipment managers, event personnel, and other individuals who have made outstanding contributions to athletics at Harbor Creek High School.

Special nominations will also be accepted from the public for any individual who meets the following criteria.

1. Any Harbor Creek High School athlete or coach who has been selected for induction in any national athletic hall of fame or national athletic foundation may be eligible for immediate induction.
2. Any Harbor Creek High School athlete or coach who is a participant in an athletic event in the International Olympic Games may be eligible for immediate induction.
3. Any Harbor Creek High School athlete or team that achieves a PIAA championship may be eligible for immediate induction.
4. At the discretion of the committee, the waiting period for a nomination may be waived.
5. Any Athletic Hall of Fame Committee member may be inducted into the Hall of Fame, but they must abstain from participating in any discussion or vote pertaining to their selection.

Nominations forms can be picked up at the school’s athletic office or online at [www.hcsd.iu5.org/athletics](http://www.hcsd.iu5.org/athletics). Nominations can be submitted annually for consideration and will be accepted until December 15th in the year prior to induction.

Scholar Athlete Award

Students in grades 9-12 are eligible to receive a scholar athlete award. The scholar athlete program requirements are listed below and can be satisfied each year while the student is in the senior high school.

1. Successfully complete a minimum of one varsity athletic season during the particular school year.
2. Beginning in the athlete’s freshmen year, the athlete must successfully maintain a minimum cumulative QPA of 3.75 or above, which will be evaluated at the end of the 3rd quarter of that particular school year.

During the 4th quarter and near the end of the spring season, scholar athletes and their parents/guardians will be invited to a recognition program. At this program, scholar athletes will receive their award certificate and a scholar athlete t-shirt.

**Senior Athlete Award**

Students completing their senior year are eligible to receive a senior athlete award. The senior athlete award program requirements are listed below and can only be fully satisfied during the student’s senior year.

1. Successfully earn and accumulate a minimum of eight varsity athletic letters, throughout grades 9-12.
2. Successfully earn a minimum of two varsity athletic letters during the student’s senior year.

At the conclusion of the spring season, senior athletes eligible for the senior athlete award program will be verified and presented with their awards plaque at commencement.

**Wall of Recognition**

The athlete must have satisfied one or more of the following criteria to be inducted on the Wall of Recognition at Harbor Creek High School. Athletes, who have had such an exceptional performance/career, in a particular sport/event, will be officially recognized with a plaque outside of the junior high gymnasium.

1. The athlete must have participated in one of the Harbor Creek High School sponsored interscholastic athletic sports. For those individuals that do not meet these criteria, a separate format for recognition will be developed by the administration.
2. All of the Pennsylvania state champions and those recognized by an acceptable source, (i.e. – Associated Press, United Press, Pennsylvania State Coaches Associations, etc.) will have a picture plaque placed on the wall outside of the junior high gymnasium.
3. Picture plaques for Pennsylvania State champions (team or individual) will remain permanently on the wall outside of the junior high gymnasium.
4. Picture plaques for those earning Pennsylvania All-State recognition (as noted by the PIAA Policies & Procedures for Championships) remain for a period of one year on the wall outside of the junior high gymnasium. At that time the nameplate (with vital information) will be permanently transferred to a sport specific wall plaque, also outside the junior high gymnasium.
**Chain of Communication**

The chart to the right shows the proper procedure to follow when initiating communication or a complaint, regarding interscholastic athletics.

A detailed complaint procedure can be obtained from the athletic office. All communications or complaints must be submitted in writing to be resolved formally.

The following items are some appropriate concerns to discuss with the coaches:
1. The physical and mental treatment of your child
2. Ways to help your child improve his/her skills
3. Concerns about your child’s behavior

The following items are not appropriate to discuss with the coaches:
1. Playing time
2. Team strategy or play calling
3. Other student athletes

**Interscholastic Eligibility: Academic**

Academic eligibility for athletic activities is based on the premise that academic performance is the keystone of the curriculum and the standard against which participation is measured. The appropriate building level administrator will monitor the weekly eligibility of students.

The following individuals are subject to this administrative procedure:
1. Student-athletes
2. Cheerleaders
3. Marching Band
4. Members of the school’s performing arts productions (plays/musicals)

All school rules and regulations are in effect for individuals while participating in an identified activity. Coaches, directors, or advisors may apply further, reasonable and necessary rules unique to the particular activity for which they have responsibility. All such additions will have been approved by the school administration in advance of sharing with the students (team rules and regulations, syllabus, etc).

All students who participate in the identified activities must meet certain responsibilities:
1. All student-athletes must first comply with the PIAA standards in order to be eligible.
2. A student must pursue an approved schedule, which meets the necessary academic requirements of the high school, and maintain an appropriate record of high school citizenship and attendance. Eligibility to participate in an identified activity may be suspended or revoked for unsuccessful academic progress, repeated infractions of school rules, or poor attendance.
Initial Eligibility

1. Initial eligibility will be determined by the student’s work in the previous grading period. At the end of the school year, the student’s final grades/credits will be used.

2. The PIAA minimum for initial eligibility is the student must have passed at least four full-credit subjects, or the equivalent, during the previous grading period. A student who is ineligible at the end of a grading period will be ineligible for the first fifteen school days of next grading period. Ineligible students will not be able to participate in any contests or performances, however they may be able to practice upon approval of the administration.

3. A student with more than two or more failing grades in the previous grading period will be placed on a probationary status for a two-week period. During which the student will have to implement an academic improvement plan and improve his/her performance. Failure to show improvement will result in an ineligible status for a one-week period.

4. A student on probationary status will complete the academic improvement plan, within two school days. The plan will be signed by a parent/guardian, monitored by the coach/advisor. Failure to submit a plan may result in immediate ineligibility.

In Season Eligibility

1. The student must be passing at least four full-credit subjects, or the equivalent, on a weekly basis. Two failing grades will result in immediate probationary status for a one-week period. During the probationary period, the student will have to implement an academic improvement plan and improve his/her performance. Failure to show improvement will result in an ineligible status for a one-week period.

2. At the discretion of the administration, a student who is ineligible at the end of a grading period will be ineligible for the first fifteen school days of next grading period. Ineligible students will not be able to participate in any contests or performances. However, the ineligible students may be able to practice upon approval of the administration.

3. Ineligibility begins and ends on Monday of each week at 8:00 AM. At the discretion of the administration, ineligible students may participate and/or practice in an activity.

Interscholastic Eligibility: Attendance

A student must be in school before 8:00 AM and remain in school the balance of the day in order to actively participate in a performance, contest, or practice on that day. If the student has an approved school absence, an exception will be made.

College visitations, funerals, and other extenuating circumstances will be dealt with on an individual basis. If a student is absent the last school day of the week and the competition is on the following non-school day, the student must have administrative and parental permission to participate. It is also recommended that the coach call the parent regarding the absence.

If the student is absent from school during a semester for a total of twenty or more school days, the student will lose his/her eligibility. The eligibility will be reinstated after being in attendance for a total of forty-five school days following the twentieth day of absence, as established by the PIAA.

A student, who has been injured and has been referred to a physician for medical treatment, cannot return and participate until medical clearance has been granted in writing by the parent and the practicing physician.
NCAA Division I or Division II Initial-Eligibility

Students should contact the counseling office during their junior year to begin the registration process with the NCAA Clearinghouse.

Source: NCAA Initial-Eligibility Clearinghouse - July 2013

What is the NCAA Eligibility Center? Why is it Important?
The NCAA Eligibility Center took over operations for the NCAA Initial-Eligibility Clearinghouse in November 2007. The Eligibility Center certifies the academic and amateur credentials of all students who want to play sports at an NCAA Division I or II institution as freshmen. In order to practice, play and receive an athletic scholarship, students need to meet certain academic benchmarks. An additional certification process exists to make sure the student is still an amateur, which is necessary in order for the student to compete.

Academic Credentials + Amateurism Status = College Eligible

What are the Academic Initial-Eligibility Requirements?
The following requirements must be met in order for a student to be able to practice, play and receive a scholarship at an NCAA Division I or II college or university.

Division I
1. Graduate from high school
2. Complete a minimum of 16 core courses
3. Present the required grade-point average (GPA) (see the sliding scale in the Guide for the College-Bound Student-Athlete for Division I)
4. Present a qualifying test score on either the ACT or SAT (see the sliding scale in the Guide for the College-Bound Student-Athlete)
5. Complete the amateurism questionnaire and request final amateurism certification

Division I Core-Course Breakdown (Courses Must Appear on your List of Approved Core Courses)
- 4 years of English
- 3 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science if offered by your high school)
- 1 extra year of English, math, or natural or physical science
- 2 years of social science
- 4 years of extra core courses from any category above, or foreign language, non-doctrinal/comparative religion/philosophy

Division II
1. Graduate from high school
2. Complete a minimum of 14 core courses (Note: increase to 16 core courses for class of 2013 and beyond)
3. Present a minimum 2.000 core-course grade-point average (GPA)
4. Present a minimum 820 SAT score (critical reading and math only) or 68 sum ACT score qualifying test score on either the ACT or SAT
5. Complete the amateurism questionnaire and request final amateurism certification
Division II Core-Course Breakdown (Courses Must Appear on your List of Approved Core Courses)

- 3 years of English
- 2 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science if offered by your high school)
- 2 additional years of English, math, or natural or physical science (3 years required in 2013 and beyond)
- 2 years of social science
- 3 years of extra core courses from any category above, or foreign language, non-doctrinal/comparative religion/philosophy (4 years required in 2013 and beyond)

For additional information, students/parents may refer to the current Student Scheduling Guide, see a grade level counselor in the Counseling Department, or contact the NCAA Clearinghouse at (877) 262-1492 or at https://www.eligibilitycenter.org

Comprehensive Initial Pre-Participation Physical Examination (CIPPE)

The PIAA and HCSD require athletes to have a comprehensive initial pre-participation physical examination (CIPPE) before entering interscholastic practices, scrimmages or contests. The HCSD requires the CIPPE or re-certification be given prior to each sport season. The athletic director/school nurse will make arrangements with school’s physician for these examinations. The head coach and/or delegated assistant(s) will confirm that all candidates have this CIPPE or re-certification prior to any participation.

Release & Waiver of Liability Form

The HCSD requires athletes to have a Release and Waiver of Liability form signed before entering interscholastic practices, scrimmages or contests. The HCSD requires this waiver to be updated prior to each sport season, if necessary. The head coach and/or delegated assistant(s) will confirm that all candidates have this waiver form signed prior to any participation. Breach of this requirement will necessitate administrative discipline.

Sports Medicine & Safety Guidelines

The HCSD provides an athletic trainer, who is certified by the National Athletic Trainers’ Association. This individual is responsible for the prevention, treatment, and rehabilitation of athletic medical injuries/illnesses. The athletic trainer is also available for educating, counseling, and making referrals regarding the health and well being of student athletes.

Listed below are a few of the basic sports medicine guidelines, as provided by the PIAA, to its member schools and athletic personnel. If additional information is needed, student athletes and parents should contact the athletic trainer.
Athletic Emergency Plan (AEP)

The administration of the HCSD believes that the health and safety of those affiliated with its athletic program is of the utmost importance. The HCSD relies upon the efforts of team physicians, emergency medical services, its certified athletic trainer, athletic director, coaching staff, and event staff, to ensure the safety of all student-athletes and the spectators at the various athletic events and practices.

The development and annual revision of the AEP addresses the proper coordination of efforts for all involved parties. The AEP details the response for injury management, student-athlete health and safety guidelines, as well as various environmental and facility safety procedures. The HCSD continually strives for excellence in its athletic program and the AEP is just one facet of those efforts. AEP objectives are listed below, while a detailed version can be obtained in the athletic office.

1. To provide for the health and safety of those affiliated with the athletic program.
2. To maintain a coordinated response by individuals responsible for the health and safety of those affiliated with the athletic program.

Blood Borne Pathogens

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous membrane exposure when contact with blood or other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of or disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth-guards and other articles containing body fluids.

Coaching Education

Sports-related injuries in high school sports can be serious or even life-threatening situations if not managed correctly. Two areas that require specific attention are concussions/traumatic brain injuries and sudden cardiac arrest.
National Federation of State High School Associations (NFHS) and Centers for Disease Control and Prevention (CDC) have teamed up to provide information and resources to help educate coaches, officials, parents and students on the importance of proper concussion recognition and management in high school sports. This program helps all understand the impact sports-related concussion can have on players, how to recognize a suspected concussion, the proper protocols to manage a suspected concussion, and steps to help players return to play safely after experiencing a concussion. To better understand concussions in sport, all members of the athletic department and coaching staff are required to log onto the NFHS site, via www.nfhslearn.com and satisfactorily complete the online program titled Concussion in Sports – What You Need to Know. This must be completed once each school year, before the P.I.A.A.’s mandatory first day of practices of that particular’s coach’s season.

The Pennsylvania Department of Health, the Pennsylvania Department of Education, and the P.I.A.A. are teaming up to develop a awareness program that will help educate coaches on the nature of sudden cardiac arrest, the associated risks, as well as the signs and symptoms inherent to the condition. The program will also identify guidelines that coaches and athletic medical personnel must adhere to when considering removing a student-athlete from practice or play, and under what conditions he/she can be reinstated to activity. To better understand sudden cardiac arrest in sports, all members of the athletic department and coaching staff will be required to complete a program offered by a provider approved by the Pennsylvania Department of Health. This must be done annually and before the P.I.A.A.’s mandatory first day of practices of that particular’s coach’s season.

Concussions

Concussion and second-impact syndrome are two potentially life-threatening risks to which student athletes are exposed. Some of the mild concussions, the so-called "bell rung" or "ding," with no loss of consciousness or posttraumatic amnesia may go unrecognized by the coaches, athletic trainers, teammates or team physicians. If there are any questions as to the severity of past head trauma, clearance should be deferred until further records are obtained and/or a neurosurgical evaluation is performed. No athlete should be allowed to return to contact sports until proper medical evaluation is obtained. Attending medical staff should not allow a player to resume participation in sports until the injured student athlete has fully recovered from his/her post-concussive symptoms.

With regard to injury prevention in athletics, coaches, athletic trainers and medical personnel should strive to help educate the player in proper techniques so that these injuries can be minimized. All medical personnel need to be reminded that all unconscious student athletes should be suspected of a cervical-spine injury until proven otherwise. Special care to the cervical spine should always be used in transporting an unconscious player.

Harbor Creek is a participating school with the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) Program. It is a scientifically validated computerized concussion evaluation system. Given the inherent difficulties in concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing. This type of concussion assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. The ImPACT assessment is administered by the athletic trainer and establishes a baseline set of test results. All student-athletes in the following contact/collision sports will have the pre-test ImPACT assessment performed: Football, Soccer, Basketball, Diving, Wrestling, Baseball, Softball, and Pole Vaulting.
Eating Disorders

Many student athletes face a different paradox in their training regimes. They are encouraged to eat to provide the necessary energy sources for performance, yet they often face self or team-imposed weight restrictions. Emphasis on low body weight or low body fat may benefit performance only if the guidelines are realistic, the caloric intake is reasonable, and the diet is balanced. The use of extreme weight-control measures can jeopardize the health of the student athlete and possibly trigger behaviors associated with defined eating disorders.

Although anorexia and/or bulimia are much more prevalent in females, eating disorders also occur in males. Eating disorders are often an expression of underlying emotional distress that may develop long before the individual becomes involved in athletics. It has been suggested that stress, whether it be from participating in athletics, striving for academic success, or pursuing social relationships, may trigger psychological problems, such as eating disorders, in susceptible individuals. Eating disorders can be triggered in such individuals by a single event or comments from a person important to the individual. In athletics, such triggering mechanisms may include offhand remarks about appearance or constant badgering about a student-athlete's body weight, body composition or body type. Eating disorders often experienced by student-athletes and their warning signs include:

Anorexia Nervosa - Self-imposed starvation in an obsessive effort to lose weight and to become thin. Warning signs--Drastic loss in weight, a preoccupation with food, calories and weight, wearing baggy or layered clothing, relentless, excessive exercise, mood swings, and avoiding food-related social activities.

Bulimia - Recurring binge eating usually followed by some method of purging such as vomiting, diuretic or laxative abuse, or intense exercise. Warning signs--Excessive concern about weight, bathroom visits after meals, depressive moods, strict dieting followed by eating binges, and increasing criticism of one's body.

Bulimarexia - Anorexia nervosa with the practice of one or more bulimic behaviors. It is important to note that the presence of one or two of these warning signs does not necessarily indicate the presence of an eating disorder. Appropriate professionals should do absolute diagnosis.

Anorexia and bulimia lead to semi-starvation and dehydration, which can result in loss of muscular strength and endurance, decreased aerobic and anaerobic power, loss of coordination, impaired judgment and other complications that decrease performance and impair health. These symptoms may be readily apparent or they may not be evident for an extended period of time. Many student athletes have performed successfully while experiencing an eating disorder. Therefore, diagnosis of this problem should not be based entirely on a decrease in athletic performance. Coaches, athletic trainers, and supervising physicians must be watchful for student athletes who may be prone to eating disorders, particularly in sports in which appearance or body weight is a factor in performance. Decisions regarding weight loss should be based on the following recommendations to reduce the potential of an eating disorder:

1. Weight loss should be agreed upon by the student athlete, parent, and coach with consultation from appropriate medical and nutritional personnel;
2. A responsible and realistic plan should be developed by all of the individuals involved.
3. Weight-loss plans should be developed on an individual basis.
If a problem develops, thorough medical evaluation of the student athlete suspected of an eating disorder is imperative. Once confirmed, behavior modification should emanate from professional guidance through nutritional, psychological and/or psychiatric counseling.

**State & Local Regulations for Athletics**

Harbor Creek Jr./Sr. High School is a member of the PIAA and subscribes to the philosophy and intent of its constitution and by-laws. The PIAA serves as an overall guide for interscholastic athletics at Harbor Creek High School. The PIAA by-laws that pertain to age, attendance, awards, health, transfers and residence, participation, representation, curriculum, and seasonal rules will be followed. Each coach is responsible to know the rules, inform team members and parents, and to enforce them.

The District 10 Committee will serve as a local guide for interscholastic athletics at Harbor Creek High School. The District 10 Committee will prevail in areas not specifically covered by the PIAA's rules and regulations.

The high school principal and athletic director will maintain and stay abreast of PIAA rules and regulations. Any questions or concerns of athletes, parents or coaches, regarding the either set of rules and regulations, should be directed to the high school principal or athletic director.

**Student Conduct**

Student athletes are expected to adhere to the guidelines established by his/her team and Harbor Creek High School. A violation of team guidelines, the HCSD Student Code of Conduct or the PIAA Rules and Regulations will be handled accordingly by the school administration.

**Team Guidelines**

The head coach/advisor may develop team guidelines that are reasonable and necessary rules unique to the particular activity for which they have responsibility. All such additions will have been approved by the school administration, in advance of sharing with the students (team rules and regulations, syllabus, etc.).

**Harbor Creek School District**

Listed below are some guidelines that pertain to the conduct of students and the HCSD Code of Conduct. If additional information is needed, student athletes and parents should contact the school administration or the athletic office.

**Violations & Suspensions** - For violations involving in-school suspension (ISS), the student athlete will be suspended from active participation in contests throughout the suspension period.

For violations involving out of school suspension (OSS), the student athlete will be suspended from active participation in practices and contests throughout the suspension period.
For severe and/or several violations involving ISS or OSS, the student athlete may lose the privilege to participate in the Harbor Creek High School athletic program, for the balance of his/her high school career.

For Civil law violations involving a student athlete that occur during an athletic season and are determined to be detrimental to the athletic program will result in counseling by the school administration and/or head coach, with possible suspension/dismissal from the team.

**Harassment** - The term harassment includes but is not limited to repeated, unwelcome and offensive slurs, jokes, or other verbal, graphic or physical conduct relating to an individual’s race, color, religion, ancestry, sex, sexual orientation, national origin, age or handicap/disability which create an intimidating, hostile or offensive educational environment.

When a student athlete believes that he/she has been subject to harassment, they shall promptly report the incident, orally or in writing, to the head coach, athletic director or the high school principal.

**Hazing** - For the purposes of this policy 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 or membership in or affiliation with any organization recognized by the Board.

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

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

Common Examples of Hazing:

1. Assigning pranks such as stealing, painting objects or harassment of other groups.
2. Modifying one’s appearance with unusual haircuts, shaving, tattoos or skin markings.
4. Consumption of undesirable foods and/or liquids.
5. Apparel that is embarrassing, lewd or interferes with the educational atmosphere.
6. Playing games where the loser must perform embarrassing acts.
7. Agreeing to do demeaning tasks for others (servitude).
8. Spanking, swatting or hitting with great force.
9. Requiring acceptance of verbal abuse and/or name-calling.
10. Any act that could pose a safety risk or bring shame/discredit to the team or school.

When a student athlete believes that he/she has been subject to hazing, they shall promptly report the incident, orally or in writing, to the head coach, athletic director or the high school principal.
PIAA Rules & Regulations

For student athletes that are ejected from a contest, by a PIAA official, for unsportsmanlike conduct or flagrant misconduct shall be disqualified from participating for the remainder of the day and in the next contest on the next play day at the same level.

Following the disqualification and prior to his/her return to participation, the student athlete will meet with the athletic director/principal. If it is determined that the HCSD Student Code of Conduct was violated, school discipline may also be administered.

Student Obligations

Student athletes in the HCSD are in the public eye and their personal conduct is subject to the scrutiny of community members, fellow students, opponents, and the media. To serve as positive role models, student athletes are required to satisfy several obligations. Such obligations are intended to maintain a level of excellence and integrity for the HCSD and its student athletes.

1. Student athletes should be neatly groomed and properly dressed when traveling to any contest.
2. Student athletes should always show respect for property and authority.
3. Student athletes should emphasize the ideals of sportsmanship, determination, loyalty, ethical conduct and fair play.
4. Student athletes should leave all valuables at home or with coaches/advisors, not in the locker room.
5. Student athletes must return all issued equipment/uniforms which should only be worn/used when authorized by the coach/advisor. Students failing to return issued equipment/uniforms or pay restitution may have future athletic eligibility, school schedules, report cards, and/or diplomas withheld.

Substance Use & Abuse

Alcohol / Drugs / Drug Paraphernalia

The possession, use and/or distribution of alcohol, drugs, and or paraphernalia on school property or within the school’s authority is a violation of the HCSD Student Code of Conduct. The administration will consider all circumstances involved and enforce the policies and procedures identified in the Student Code of Conduct.

1) Possession/Use/Distribution - First Violation
   a) If a student is found improperly or unlawfully possessing, using or under the influence of drugs, narcotics or alcohol which are classified as controlled substances they will be dismissed from the Harbor Creek athletic/activities program. The student will be encouraged to voluntarily enter into a drug and alcohol assessment within 48 hours (i.e. Student Assistance Program (SAP) or GECAC Drug and Alcohol Program). He/she must remain active in completing the program. Reentry in the Harbor Creek athletic/activities program requires full compliance to treatment recommendation by said counselors.
   b) Item(s) will be confiscated and rendered to the school administration.
   c) Parents and law enforcement will be notified.
d) Appropriate disciplinary action will follow the HCSD policies and procedures.
e) The student will forfeit any individual athletic/activity award(s) for that season.

2) Possession/Use/Distribution - Second Violation
   a) If a second offense occurs the student forfeits his/her right of participation for the balance of
      his/her high school career.

**Tobacco / Tobacco Products**

The possession, use and/or distribution of tobacco, and/or tobacco products on school property or
within the school’s authority is a violation of the HCSD Student Code of Conduct. The administration
will consider all circumstances involved and enforce the policies and procedures identified in the
Student Code of Conduct.

1) Possession/Use/Distribution - First Violation
   a) If a student is found improperly or unlawfully possessing or using tobacco products, he/she will
      be suspended the lesser of two (2) contests or five (5) school days and he/she must take part in
      Harbor Creek SAP.
   b) If a violation occurs during a non-competition time of the season, the violator will be penalized
      an automatic two-contest suspension (including scrimmages, tournaments, etc.) along with
      taking part in the Harbor Creek SAP.
   c) Parents will be notified.
   d) The student will forfeit any individual athletic/activity award for that season.

2) Possession/Use/Distribution - Second Violation
   a) If a second offense occurs, the athlete will be dismissed from the Harbor Creek athletic/activity
      program(s) for one (1) calendar year.

**Steroids / Illegal Performance Enhancers**

The possession, use and/or distribution of steroids, and/or illegal performance enhancers on
school property or within the school’s authority is a violation of the HCSD Student Code of Conduct
and Pennsylvania Act 93-1989 (Steroids). The administration will consider all circumstances involved
and enforce the policies and procedures identified in the Student Code of Conduct.

1) Possession/Use/Distribution - First violation
   a) The student will be suspended from school athletics/activities for the remainder of the season.
      The student will be encouraged to voluntarily enter into a drug and alcohol assessment within 48
      hours (i.e. SAP or GECAC Drug and Alcohol Program). He/she must remain active in
      completing the program.
   b) No student shall be eligible to resume participation in school athletics/activities unless there has
      been a medical determination that no residual evidence of steroids exists.
   c) The administration of the school shall require participation in any drug counseling rehabilitation,
      testing, or other program as a condition for reinstatement into the schools athletic/activity
      programs.

2) Possession/Use/Distribution - Second violation
a) The student will be dismissed from the Harbor Creek athletic/activity program for the balance of his/her high school career.

**Transportation**

Student athletes must travel to and from contests in transportation provided by the school district. The following are some exceptions to the transportation guidelines:

1. Injury to the student athlete, which may require alternate transportation.
2. Prior arrangement made in writing between the participant’s parent, athletic director, and coach/advisor for the student to ride with a parent/guardian.
3. When the principal or athletic director has granted permission for alternate transportation.

Parents/guardians may utilize the request form in the back of this booklet for individual or seasonal requests for alternate forms of transportation. Additional copies of the request form can be printed from here or attained through the athletic office.

**Section 3: Athletic Letter Requirements**

**Cross Country**

1. The participant must have earned ten points in dual and tri-meets (according to the criteria listed below) to be awarded a letter in cross country.
   - a) 1st: 10 points
   - b) 2nd: 9 points
   - c) 3rd: 8 points
   - d) 4th: 7 points
   - e) 5th: 6 points
   - f) 6th: 5 points
   - g) 7th: 4 points
   - h) 8th: 2 points

2. The participant may also have earned ten points in invitational’s and championship meets (according to the criteria listed below) to be awarded a letter in cross country.
   - a) Ten Percent: 10 points
   - b) Twenty Percent: 8 points
   - c) Thirty Percent: 6 points
   - d) Forty Percent: 4 points
   - e) Fifty Percent: 2 points
   - f) Sixty Percent: 1 point

3. The participant must have contributed to a first, second, or third place team finish in a championship meet (Region, District, and State) will receive a letter.
4. A senior member that has participated for at least two complete years, and conducted himself/herself in a manner that he/she has been a positive influence on the cross country program shall receive a letter.
5. The participant must have also abided by all rules and regulations of Harbor Creek High School and cross country program. This includes but is not limited to attendance, equipment responsibility, and training rules.
6. The participant must have completed the season in good standing.
7. The head coach reserves the right to waive the listed standards and award a letter.
Football
1. A player who starts and plays in the majority of the offensive and defensive plays in over one half of the games played.
2. A player, who is a first replacement at an offensive or defensive position and who, when called upon in game situations, was ready and able to make a positive contribution.
3. A player who is close to fulfilling one of the above categories and is a positive force at practice. The player is always at practice and makes positive contributions as a regular member of the scout offensive and defensive teams.
4. A senior member, who has attended practice regularly and made a positive contribution to the team, may be eligible for a service letter.
5. A player who is injured during a practice/contest and would have met the above requirements will be considered for a letter. The player must have attended all practices possible during the rehabilitation, utilized the weight room, and made a positive contribution to the team.
6. The player must have completed the season in good standing.
7. The head coach reserves the right to waive the listed standards and award a letter.

Golf
1. The player must have attended all scheduled practices.
2. The player must have participated in at least seven matches as a regular or four matches as an alternate (11 match’s total).
3. A senior will receive a letter, who has met the standards listed.
4. The player must have completed the season in good standing.
5. The head coach reserves the right to waive the listed standards and award a letter.

Soccer, Boys’
1. The player must have played in at least one quarter of at least half of the varsity matches for that season. (Note: The coaching staff reserves the right to waive the number of minutes per game or number of games played if they feel a player has made a significant contribution to the team in a particular match or in a particular part of the season.)
2. The player must have attended all practices and games unless previously excused for a valid reason (illness, injury, death in the family, etc.) and assisted in team equipment duties each day.
3. The player must have acted in a respectful way toward teammates, coaches and officials.
4. A person who has been a varsity statistician for two full seasons will be eligible for a letter.
5. The player must have completed the season in good standing.
6. The head coach reserves the right to waive the listed standards and award a letter.

Soccer, Girls’
1. The player must have played the equivalent of one quarter of at least seventy five percent of the matches scheduled.
2. The player must have attended all practices and games unless excused by the coach.
3. The player must shown sportsmanship and respect to officials, opponents, teammates, and coaches.
4. The player must have met all academic standards set by the school.
5. The player must have completed the season in good standing.
6. The head coach reserves the right to waive the listed standards and award a letter.

Volleyball, Girls’
1. The player must have participated in at least fifty percent of the matches scheduled.
2. The player must have attended and participated in preseason and regular practice sessions, unless excused by the coach.
3. A senior member who has faithfully worked for two or more years may be eligible for a letter.
4. A manager must have completed two years of service in order to be eligible for a letter.
5. The player must have completed the season in good standing.
6. The head coach reserves the right to waive the listed standards and award a letter.

**Cheerleading, Football**
1. The cheerleader must have missed no more than one varsity football game, with prior approval from the advisor.
2. The cheerleader must have missed no more than two practices, regardless of the reason.
3. The cheerleader must have participated in the scheduled extra functions.
4. The cheerleader must have attended, if possible, the cheering camp during the summer.
5. The cheerleader must have completed the season in good standing.
6. The advisor reserves the right to waive the listed standards and award a letter.

**Cheerleading, Basketball**
1. The cheerleader must have missed no more than one varsity basketball game, with prior approval from the advisor.
2. The cheerleader must have missed no more than two practices, regardless of the reason.
3. The cheerleader must have participated in the scheduled extra functions.
4. The cheerleader must have attended, if possible, the cheering camp during the summer.
5. The cheerleader must have completed the season in good standing.
6. The advisor reserves the right to waive the listed standards and award a letter.

**Cheerleading, Wrestling**
1. The cheerleader must have missed no more than one varsity wrestling match, with prior approval from the advisor.
2. The cheerleader must have missed no more than two practices, regardless of the reason.
3. The cheerleader must have participated in the scheduled extra functions.
4. The cheerleader must have attended, if possible, the cheering camp during the summer.
5. The cheerleader must have completed the season in good standing.
6. The advisor reserves the right to waive the listed standards and award a letter.

**Basketball, Boys’**
1. The player must have participated in at least one-half of the total quarters in the regular season (22 games).
2. The player must have completed the season in good standing.
3. A manager must have completed two years of service in order to be eligible for a letter.
4. The head coach reserves the right to waive the listed standards and award a letter.

**Basketball, Girls’**
1. The player must compete in one-half of the regular season schedule (22 games). The player must record 44 quarters to qualify for the letter. If a player is injured during practice or competition, a letter may be awarded.
2. The player must have completed the season in good standing, without any team suspensions or school issued suspensions for misconduct or unsportsmanlike behavior.
3. The head coach reserves the right to waive the listed standards and award a letter.
Swimming, Boys’ & Girls’

1. The swimmer must have average five points per swim meet (according to the criteria listed below) to be awarded a letter in swimming.
   a) Participation – Each Event 1 point
   b) 1st Place Finish 6 points
   c) 2nd Place Finish 4 points
   d) 3rd Place Finish 3 points
   e) 4th Place Finish 2 points
   f) 5th Place Finish 1 point
   g) Relay points will be split.
   h) Championship points are counted as individual points, but will not count as meet points.
2. The diver must have qualified and competed at the District swim meet.
3. The swimmer/diver must have attended and participated in regular season practice sessions, missing no more than five sessions, unless otherwise excused by the head coach.
4. The swimmer/diver must have completed the season in good standing extenuating circumstances will be considered by the head coach.
5. A senior swimmer who has been a member of the team for four years will be awarded a letter.
6. A manager, score keeper, etc. must have completed two years of service in order to be eligible for a letter.
7. The head coach reserves the right to waive the listed standards and award a letter.

Wrestling

1. The wrestler must have earned at least twelve team points (according to the criteria listed below) throughout the season, and/or competed in at least seven varsity competitions to be awarded a letter in wrestling.
   a) Pin 6 points
   b) Technical fall 5 points
   c) Major decision 4 points
   d) Decision 3 points
2. The wrestler must have attended every practice, with the exception of excusable absences, with the intent to improve daily.
3. The wrestler must have cooperated well with teammates.
4. The wrestler must have worked diligently to maintain academic eligibility throughout the season.
5. The wrestler must have returned all issued equipment in satisfactory condition.
6. The wrestler must have completed the season in good standing.
7. The head coach reserves the right to waive the listed standards and award a letter.

Baseball, Boys’

1. The player must have started in ten or more games during the season.
2. The player must have played in fifteen or more games during the season.
3. A senior will receive a letter, who has met the standards listed.
4. The team must have won a region, district, or state championship for all players to receive a letter.
5. Any other player, who, in the estimation of the coaching staff, has made a contribution to the team worthy of receiving a letter.
6. A manager, score keeper, etc. must have completed two years of service in order to be eligible for a letter.
7. The player must have completed the season in good standing.
8. The head coach reserves the right to waive the listed standards and award a letter.

**Softball, Girls’**
1. The player must have participated in at least one-half of the regularly scheduled games (pitchers may be an exception to this rule).
2. The player must have attended and participated in regular practice sessions, unless otherwise excused by the coach.
3. A senior member, who has faithfully worked for two or more years, may be eligible for a letter.
4. A manager, score keeper, etc. must have completed two years of service in order to be eligible for a letter.
5. The player must complete the season in good standing, if a player is dropped from the team or quits; they are no longer eligible for a letter. The coach will consider injury or other extenuating circumstances.
6. The head coach reserves the right to waive the listed standards and award a letter.

**Tennis**
1. The player must have participated in one-third of the varsity matches.
2. The player must have attended all practices and matches, unless excused by the head coach.
3. The player must have followed all team rules, as explained by the head coach.
4. The player must have completed the season in good standing.
5. The head coach reserves the right to waive the listed standards and award a letter.

**Track & Field, Boys’ & Girls’**
1. The participant must have earned fifteen points in dual and tri-meets (according to the criteria listed below) or qualify for the District 10 meet, as an individual, to be awarded a letter in track and field.
   a) 1st Place Finish 5 points
   b) 2nd Place Finish 3 points
   c) 3rd Place Finish 1 point
2. The participant may also have earned fifteen points in invitational’s and championship meets (according to the criteria listed below or qualify for the District 10 meet, as an individual, to be awarded a letter in track and field.
   a) 1st Place Finish 10 points
   b) 2nd Place Finish 8 points
   c) 3rd Place Finish 6 points
   d) 4th Place Finish 4 points
   e) 5th Place Finish 2 points
   f) 6th Place Finish 1 point
3. The participant must have competed in all meets, (including invitationals, championships and states) for which he/she was selected/qualified for, unless personally excused by the head coach. No athlete will scratch from any event during a meet, without permission from the head coach.
4. A senior member, who has faithfully worked for two or more years, may be eligible for a letter.
5. The participant must have completed the season in good standing, without any incidents of unsportsmanlike behavior that may have jeopardized team standings.
6. The head coach reserves the right to waive the listed standards and award a letter.
Definition of Sportsmanship

The American Heritage Dictionary defines sportsmanship as "one that abides by the rules of a contest and accepts victory or defeat graciously. The PIAA defines sportsmanship as "those qualities that are characterized by generosity and genuine concern for others. Further, an awareness is expected of the impact of an individual's influence on others behavior."

The ideal of sportsmanship permeates virtually every aspect of our culture. The ethic of fair play may be witnessed in all facets of life. However, its origin has been firmly established in sports, as conceptually and pragmatically training ground for good citizenship and high behavioral standards. Sportsmanship is viewed by the PIAA as a concrete measure of each school's and individual's understanding of their commitment to the educational nature of interscholastic athletics.

The responsibility for developing sportsmanship involves many different people. The complexity of this subject, in implementation, extends far beyond the boundaries of our definition. The PIAA is philosophically and practically committed to the attainment and maintenance of all codes of behavior addressed in this manual. While enforcement of these codes has priority status, the recognition of exemplary behavior is a major goal of this effort.

In recent years, the ideal of sportsmanship has often been relegated to a secondary role. A need exists to again make this role primary and to restore placement of interscholastic athletics in an educational perspective. The problems are quite evident and will require a maximum effort by everyone involved achieving the desired outcomes. The modes of behavior contained in the manual explicitly define what is expected. Willful compliance by all concerned is necessary to achieve the goals of sportsmanship. Athletics and their companion, competition, may be the last stronghold of discipline in our society. Athletics in particular are called upon to absorb more of their responsibility for teaching basic social values. Any contribution of this magnitude requires the development of positive, definitive programs. The behavior expected of any participant (direct or indirect) must be explicitly spelled out; to that end comes the purpose of this manual.

The manual provides the PIAA member schools with a comprehensive perspective on the rules of sportsmanship. It serves as a behavior guide for all groups involved with interscholastic activity, as well as a source of preventative information. The following material offers direction and guidance, along with expectations, which correspond to the goals indicated.
Fundamentals of Sportsmanship

The PIAA and its member schools are strongly emphasizing the importance of GOOD SPORTSMANSHIP. The one thing we need to realize is that many people have not had GOOD SPORTSMANSHIP explained to them. Hopefully the following will help everyone to understand their responsibilities at an athletic contest.

1. Gain an understanding and appreciation for the rules of the contest.
   a. The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conformance to a rule's intent as well as to the letter of a given rule.

2. Exercise representative behavior at all times.
   a. A prerequisite to good sportsmanship requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

3. Recognize and appreciate skilled performances regardless of affiliation.
   a. Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but also reflects a true awareness of the game by recognizing and acknowledging quality.

4. Exhibit respect for the officials.
   a. The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contest are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

5. Display openly a respect for the opponent at all times.
   a. Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family. This fundamental is the Golden Rule in action.

6. Display pride in your actions at every opportunity.
   a. Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, athlete, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.
Responsibilities & Guidelines for Behavior

Coaching Staff
1. Exemplify the highest moral character, behavior and leadership, adhering to strong ethical and integrity standards. Practicing good sportsmanship is practicing good citizenship!
2. Respect the integrity and personality of the individual athlete.
3. Abide by and teach the rules of the game in letter and in spirit.
4. Set a good example for players and spectators to follow: please refrain from arguments in front of players and spectators; no gestures which indicate officials or opposing coaches do not know what they are doing or talking about; no throwing of any object in disgust. Shake hands with the officials and the opposing coaches before and after the contest in full view of the public.
5. Respect the integrity and judgment of contest officials. The officials are doing their best to help promote athletics and the student/athlete. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of all people at the event.
6. Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media. Please confine your remarks to game statistics and to the performance of your team.
7. Instruct participants and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the No. 1 priority.
8. Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.
9. Be no party to the use of profanity or obscene language or improper actions.

Student Athletes
1. Accept and understand the seriousness of responsibility, and the privilege of representing your school and your community.
2. Live up to the standards of sportsmanship established by the school administration and the coaching staff.
3. Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the sport.
4. Treat opponents the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work and team effort that is required of your sport!
5. Wish opponents good luck before the contest and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.
6. Respect the integrity and judgment of contest officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and all people at the event.

Cheerleaders
1. Understand the seriousness and responsibility of your role, and the privilege or representing your school and your community.
2. Learn the rules of the game thoroughly and discuss them with parents, fans, fellow students and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the sport.
3. Treat opposing cheerleaders the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work, training and team effort that goes into a cheering squad?
4. Wish opposing cheerleaders good luck before the game and congratulate them in a sincere manner following either victory or defeat.
5. Establish standards of desirable behavior for the squad and attempt, in a cheerful manner, to transfer that to your spectators.
6. Select positive cheers, which praise your team without antagonizing the opponents.
7. Encourage a positive crowd alternative when booing or an inappropriate chant begins by starting a popular cheer.
8. Use discretion in selecting the times to cheer. Give the opposing school the same amount of time your squad would want in performing cheers, and treat opposing players like you would treat your own team.
9. Give encouragement to injured players and recognition to outstanding performances for both teams.
10. Respect the integrity and judgment of contest officials. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of your team and your community in the eyes of the officials and all people at the event.

Other Support Groups (Band, Booster Clubs, Etc.)
1. Establish themselves as leaders in their conduct before, during and after contests and events. Always provide positive support for your team, rather than intimidating or ridiculing the other team.
2. Assist cheerleaders with cheers, chants, etc., and be a working part of pep assemblies, with preparation, organization, and involvement.
3. Treat opposing players, coaches, spectators and support groups with respect and enthusiasm.
4. Conduct them in an exemplary manner. Remember that you represent your school both home and away.
5. Respect the integrity and judgment of contest officials. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of your group, your team and your community, in the eyes of all people at the event.
6. Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.

Spectators
1. Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
2. Remember that interscholastic athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes and as people as you would praise a student working in the classroom.
3. A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
4. Learn the rules of the game so that you may understand and appreciate why certain situations take place.
5. Show respect for the opposing players, coaches, and spectators and support groups. Treat them as you would treat a guest in your own home.
6. Respect the integrity and judgment of contest officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.

7. Recognize and show appreciation for an outstanding play by either team.

8. Refrain from the use of any controlled substances (alcohol, drugs, tobacco, etc.) before, and during contests and afterwards on or near the site of the event (i.e. tailgating.)

9. Use only those cheers that support and uplift the teams involved.

10. Recognize and compliment school and athletic administrators for their efforts in emphasizing the educational benefits of interscholastic athletics and the role of good sportsmanship to that end.

11. Be a positive role model through your own actions and by censuring those around you whose behavior is unbecoming.

Media
1. Promote ideals and fundamentals of good sportsmanship.
2. Report acts of good sportsmanlike without giving undue publicity to unsportsmanlike conduct.
3. Refrain from making negative comments towards participants, coaches or officials. After all, the interscholastic athletic arena is a classroom. Would you make negative comments about teachers teaching students and students trying to learn?
4. Recognize the efforts of all who participate in the contest.
5. Report facts without demonstrating partiality to either team.

Contest Officials
1. Accept your role in an unassuming manner. Showboating and over-officiating are not acceptable.
2. Maintain confidence and poise, controlling the contest from start to finish.
3. Know the rules of the game thoroughly and abide by the established PIAA Code of Ethics.
4. Publicly shake hands with coaches of both teams before the contest.
5. Never exhibit emotions or argue with participants and coaches when enforcing rules.
6. When watching a game as a spectator, give the contest officials the same respect you expect to receive when working a contest.

School Administrators
1. Develop a program for teaching and promoting the ideals and fundamentals of good sportsmanship within the school, the conference/league and PIAA.
2. Provide appropriate supervisory personnel for each interscholastic athletic event.
3. Support participants, coaches and fans whose team displays good sportsmanship.
4. Recognize exemplary behavior and actively discourage undesirable conduct by participants, coaches and fans.
5. Attend events whenever possible and function as a role model - show good sportsmanship. This includes communicating with spectators during an event as to what is acceptable and unacceptable behavior.

School Board
1. Adopt policies that promote the ideals of good sportsmanship, ethics and integrity.
2. Serve as a positive role model and expect the same from parents, fans, participants, coaches and other school personnel.
3. Support and reward participants, coaches, school administrators and fans that display good sportsmanship.
4. Recognize the value of school activities as a vital part of education.
5. Attend and enjoy school activities.

Acceptable Behavior
1. Applause during introduction of players, coaches and contest officials.
2. Players shaking hands with opponents who foul out while both sets of fans recognize player's performance with applause.
3. Accept all decisions of contest officials.
4. Cheerleaders lead fans in cheers in a positive manner.
5. Handshakes between participants and coaches at end of contest, regardless of outcome.
6. Treat competition as a game, not a war.
7. Coaches/players search out opposing participants to recognize them for their outstanding performance or coaching.
8. Applause at end of contest for performances of all participants.
9. Everyone showing concern for an injured player, regardless of team.
10. Encourage surrounding people to display only sportsmanlike conduct.

Unacceptable Behavior
1. Yelling or waving arms or objects during opponent's free throw attempt.
2. Disrespectful or derogatory cheers, chants, songs or gestures.
3. Criticizing officials in any way; displays of temper with an official's call.
4. Cheers that antagonizes opponents.
5. Refusing to shake hands or give recognition for good performances.
6. Blaming loss of contest on officials, coaches or participants.
7. Laughing or name-calling to distract an opponent.
8. Use of profanity or displays of anger that draw attention away from the game.
9. Doing own cheers instead of following lead of cheerleaders.
10. Wearing extreme or unusual clothing or excessive face or body painting, which detracts from the action on the playing surface.
Alternate Athletic Transportation Request Form

I/We, the undersigned, being the parent(s)/guardian(s) of:

Student Name____________________________   Grade___________

Sport____________________________________

Do hereby grant permission for my/our daughter/son to ride home with and be in the care of the following persons after “away” Athletic Events for the 2014/2015 season:

________________________         ______________________
________________________         ______________________
________________________         ______________________

Parent or Guardian_____________________   Date______________

Witness (Coach) _______________________

Athletic Director____________________
ATHLETIC HANDBOOK SIGNATURE FORM

It is the basic educational philosophy of the Harbor Creek School District to prepare our students to become productive, contributing citizens of our community and society. The athletic program is a complete extension of this philosophy. The athletic program in the Harbor Creek School District is designed to generate school spirit and to promote a wholesome atmosphere of good sportsmanship, teamwork, and healthy competition among the students.

This student handbook contains very valuable information about athletics and activities sponsored by Harbor Creek High School. It is supported by the school district’s administration and athletic department; and has also been adopted by the Harbor Creek School District Board of Education.

It is essential that you read and understand it. Please sign in the appropriate places below and have your son/daughter return this sheet to his/her coach.

Your signature does not indicate approval or disapproval of the handbook. Your signature indicates to us that you have had the opportunity to see and read the handbook.

______________________________________________  ______________________
Parent/Guardian  Date

______________________________________________  ______________________
Student  Date

______________________________________________  ______________________
Sport(s)  Present Grade