



PINE FORGE ACADEMY

PINE FORGE | PENNSYLVANIA | EST. 1946

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Pine Forge Academy

ATHLETIC POLICY MANUAL

Created by Coach Eric Cantrell

MISSION STATEMENT AND PHILOSOPHY

Pine Forge Academy is committed to an idea of excellence in all things we do.

Being a Falcon is a privilege and with that comes the expectation that we strive to be the best. This is a belief we expect of our student - athletes, coaches and parents to follow. Pine Forge Academy will provide an athletic program that is conducted in a manner that will make it respected on campus and in the community. We will emphasize the importance of academic progress so that our student - athletes will graduate and be prepared to be a functional member of society. We expect that excellence will be demonstrated through their conduct on and off the field, in the classroom and in the community. We expect our student - athletes to be a positive reflection upon the athletic team, school and parents. We hope to contribute to the development of the physical, social, emotional and spiritual well - being of our student - athletes.

Pine Forge Academy supports providing equitable opportunities as defined by Title IX for student - athletes and staff. We will run a cost - effective and fiscally sound athletic department. We will take an active role in conference, regional and state organizations to help improve our athletic environment.

Pine Forge Academy athletic teams will adhere to all school, county, conference, state and federal rules and regulations. We will prepare athletes for competition using techniques and strategies that are consistent with proper safety and health standards. Our coaches will strive to be up to date in coaching techniques and strategies by being students of their game.

Athletic Overview

Pine Forge Academy is a member in good standing with the Pennsylvania-New Jersey (PJAA) League. By being members of these institutions we agree to follow all rules set by each organization. The purpose of this manual is to give a system of policies which student - athletes, parents and coaches can refer to when questions and situations arise during the school year. We want this information to help everyone to understand the rules each athletic team and

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student - athlete must follow in order to participate in interscholastic athletics.

To access the PIAA Handbook of policies governing interscholastic athletics, log on to www.piaa.org for exact rules and interpretations. To access PJAA Handbook of policies governing interscholastic athletics, log on to <http://p-jaa.weebly.com> for exact rules and interpretations. The rest of this document is meant to be a guide to successfully participate on athletic teams at Pine Forge Academy.

Goals

We want to provide all students at Pine Forge Academy that are in good standing academically and that possess the motor skills and athletic talents an opportunity to have the chance to participate on an athletic team of their choosing through a try out process. PFA will attempt to provide an athletic coaching staff that is capable of achieving success on the field and providing avenues to the next level.

Overall, we want the experience of participating in our athletic programs to be an enjoyable and challenging experience. We want to help parents develop their children in areas such as - work ethic, leadership skills, sportsmanship, confidence, integrity and maturity. Pine Forge Academy wants to offer as many programs as our student body will allow through participation. We want to be able to provide teams for the most inexperienced of athletes to learn and for the advanced athlete to find high-level competition. In order to accomplish this we offer Varsity and Junior Varsity (JV) teams.

The purpose of JV teams is to provide an opportunity to develop and improve individual motor skills, strategies and good attitude, which includes good sportsmanship and fair play. JV teams are developmental and conducted under less intense competitive atmosphere.

The purpose of Varsity teams is to provide the most talented of our student - athletes a chance to compete at the highest level. Varsity teams are more intense and have the opportunity to compete in conference playoffs and state playoffs.

Pine Forge Academy Athletic Teams

Fall Sports	Winter Sports	Spring Sports
Soccer (Boys) – Var	B Basketball - Var / JV	Tennis (Boys) - Var
Girls Volleyball	G Basketball - Var	Track – B/G
Tennis (Girls) - Var	Cheerleading	Golf* – B/G

Participation in Athletic Activities

To be a member of an athletic team at Pine Forge Academy is voluntary and a privilege. The school provides coaching, transportation, facilities and equipment to all of our athletic teams. The school reserves the right to revoke or restrict the privilege of participation if a student fails to live up to expectations and/or violates state or school rules as outlined below.

A. Athletic Fees:

All student-athletes will incur an athletic fee of \$200 once making a team roster **(The athletic fee must be paid either cash, money order or credit card. It cannot be applied to the bill)**. This fee will help cover cost for uniform rental, referees, travel and equipment. Uniforms are property of the Pine Forge Academy Athletic Department. All student-athletes are responsible for shoes and any accessories personally necessary to participate (i.e. knee pads, shin guards, mouth piece, wrist/head bands etc..).

****Uniform & Equipment Return**:**

All equipment supplied by PFAAD (i.e. uniforms, balls, shin guards, etc...) must be returned by student-athlete to team manager or coach (Coach will decide) within 48hrs of season ending. Failure to return uniforms will result in a \$200 that will automatically be added to the students' bill by the Business Office.

B. MEDICAL AND INSURANCE WAIVERS

All student-athletes **MUST** pass a physical examination within one year of each day of athletic participation. A **SPORTS PHYSICAL** terminates 365 days subsequent to administering and must be renewed immediately (should an athlete be "in-season") to maintain eligibility. Physical examinations must be performed by a duly registered Physician, or Physicians' Assistant.

All student-athletes **MUST** be covered under **PERSONAL HEALTH INSURANCE** or purchase school insurance before being allowed to tryout, practice, scrimmage or participate. A copy of the Pine Forge Academy Athletic Participation Form, which contains both the medical and insurance forms, can be obtained through the school's athletic website and main office. It is the student - athlete's responsibility to get a physical form. Head coaches may provide them in a meeting before a season starts but ultimately the responsibility falls on the student - athletes. All relevant parts of the physical and insurance forms **MUST** be completed before turning in. That includes all **INSURANCE INFORMATION**, student - athlete signatures, parent signatures and completed medical examination with signature and date from examiner. All forms should be turned into the head coach, athletic director or main office. If any part is not completed it

may keep the student - athlete from participating right away.

****ATHLETES MAY NOT PRACTICE IF FORMS ARE NOT ON FILE AT SCHOOL**

Concussions are brain injuries that are caused by a bump, blow, or jolt to the head. Concussions can range from severe to mild and can change the way the brain normally works. They can occur during practices and games in any sport and do not necessarily require that the victim be knocked out. Concussions can be serious even if the victim only had his/her "bell rung".

Any athlete that suffers a possible concussion, or displays the symptoms of a concussion, **MUST** be immediately removed from practice and/or competition and cannot return until seen by a licensed physician. Additionally, the NCHSAA Concussion Return to Play form **MUST** be completed and signed by a licensed physician.

C. ELIGIBILITY

1. All student-athletes **MUST** have passed a minimum load of courses the previous semester (3 of 4 on block schedule, at least 5 on traditional schedule) and have met standards for promotion.
2. All student-athletes **MUST** be a properly enrolled student at the time of participation, and must be enrolled no later than the 15th school day of the semester of competition, and be in regular attendance at that school.
3. Student-athletes will be deemed ineligible if they accumulate 11 or more demerits.
4. Student-athletes will be ineligible if they have a total of two "D's" and/or one "F".
5. Student-athletes will be deemed ineligible if they accumulate a '3' or higher on the weekly attendance tally.
6. All student-athletes **MUST** attend school for a minimum of 50% (2 class periods) of the student day on the day of an athletic contest in order to participate in that contest. Exceptions must be approved by the Athletic Director and/or Principal.
6. No student may participate in athletics if he/she is 19 years old on or before October 16.
7. No student may participate in athletics if he/she has exceeded eight (8) consecutive semesters of attendance or participated in more than four seasons since first entering 9th grade.
8. No student may participate at a second school in the same sport during the

same sport season, except in the event of a bona fide change of residence of the parent or legal custodian.

9. No student-athlete may participate or dress out for any practice, scrimmage or contest on a day that he/she has been in ISS or suspended out of school. When a student is assigned to ISS or OSS, that student is responsible for notifying his/her coach of the infraction and subsequent disciplinary action.

D. TRANSPORTATION

Transportation to all athletic contests and team events for team members (athletes, managers, statisticians etc...) is provided in vehicles owned by Pine Forge Academy. All team members **MUST** travel in these vehicles. If an exception is to be made then the parent **MUST** contact the head coach and get approval from them and the athletic director. A written note will **NOT** be accepted as notification from parent(s).

After athletic contests are concluded parents may take their children home with them instead of riding the Pine Forge Academy vehicle back to school. Head coaches **MAY** have a team policy that athletes have to ride the Pine Forge Academy vehicle back to school. If parents want to take their child with them they **MUST** tell the head coach and/or athletic director in via email before the child will be released to them. The athlete telling the head coach they are riding with their parent is not acceptable - the parent **MUST** tell the coach and/or athletic director via email.

Pine Forge Academy coaches will **NOT** release athletes to parents of other team members at away contests.

E. SPORTSMANSHIP

The PFAAD defines sportsmanship as the quality of responsible behavior characterized by a spirit of generosity and a genuine concern for opponents, officials and teammates. Students and spectators should:

- Realize you represent the school as does any member of a team; therefore, you have an obligation to be a true sportsman, encouraging through your behavior the practice of good sportsmanship by others
- Recognize that good sportsmanship is more important than victory by approving and applauding good team play, individual skill and outstanding examples of sportsmanship and fair play exhibited by either team
- Remember that the primary purpose of interscholastic athletics is to promote the physical, mental, moral, social and emotional well being of players through the medium of contest
- Respect the judgment and integrity of game officials
- Be modest in victory and gracious in defeat

All Pine Forge Academy students, coaches, parents and supporters are expected to display good sportsmanship at all athletic events. When a coach, game official, athletic director or principal sees behavior that hurts the reputation of the athletes, teams, school or him / herself the offender will be removed from the contest and / or the venue of that contest. If the behavior is extreme it can result in being banned from all athletic events at Pine Forge Academy. It may also be necessary for the child of the offender to be removed from the team.

F. TAUNTING and HAZING

Taunting includes any actions or comments by coaches, players, or spectators, which are intended to bait, anger, embarrass, ridicule, or demean others, whether or not the actions are vulgar or racist. Included is conduct that berates, needles, intimidates or threatens based on race, gender, ethnic origin or background, as well as conduct that attacks religious beliefs, size, economic status, speech, family, special needs or personal matters. Any form of taunting is not in keeping with conduct or behaviors that promote sportsmanship. In all sports, taunting is considered a flagrant unsportsmanlike foul that disqualifies the offending contestant from that contest/day or competition. In addition, the offender shall be subject to existing NCHSAA ejection rules.

Hazing is defined as deliberately subjecting another person to physical injury, mental anguish or personal embarrassment as part of an initiation or prerequisite for membership.... regardless of the individual's willingness to participate. Any conduct or method of initiation into any student organization or team, which willfully or recklessly endangers the physical or mental health of any student or person, is **NOT ALLOWED**. Refer to the Pine Forge Academy handbook for penalties for hazing will be immediate removal from team membership.

G. SUBSTANCE ABUSE

Pine Forge Academy does not support the use of legal drugs, inhalants or medications in manners that were not intended through prescription, nor is the use of illegal substances, alcohol or tobacco products by our student - athletes is permitted. We want our student - athletes to learn how to live a healthy life and hope to avoid the long-term physical, mental or emotional effects of chemical use that may arise later in life.

The use of performance enhancing drugs such as steroids is prohibited. Over the counter performance enhancing drugs such as creatine and androstendione are highly discouraged. Long term studies for these drugs is inconclusive and until further evidence of long term effects become better known Pine Forge Academy does not support nor condone the use of these drugs.

H. SCHOOL RULES

In order to participate in the Pine Forge Academy athletic programs a student - athlete must realize they are held to a higher standard in academics and behavior while on campus and off campus. The athletic department will have guidelines for success that must be reviewed and accepted by both the student and parent(s) at the beginning of each athletic season.

To remain eligible for practice and competition student-athletes must meet the code of conduct as outlined by Pine Forge Academy in the following areas**:

1. Demerits – Student-athlete will become ineligible for competitive play if they receive 11 or more demerits.
2. Absences and/or Tardies – Student-athlete will become ineligible if they receive a 3 or 4 (please see Records office for clarification of rule).
3. Grades – Student-athlete will become ineligible if they receive a grade of two D's or one F

** This area is based on the last administrative school compliance codes and is subject to change**

On campus incidences that result in:

Out of School Suspension (OSS) - the athlete who receives OSS will not practice nor participate in contests during the length of this type of suspension.

Students charged with crimes on or off campus:

Felonies - Students with pending felony charges will not participate in any athletic contests. Students found guilty of a felony charge are not eligible to participate in any athletic program at Pine Forge Academy as governed by expectations set forth by the Academy.

Misdemeanors - Students with pending misdemeanor charges will not participate in any athletic contests. Students found guilty of misdemeanor charges will not participate in any athletic contest and will be dismissed from the team. A plea of **No Contest** will have the same results as being found guilty. Petty misdemeanor offenses as defined by the law (such as traffic citations) **DO NOT APPLY**.

Deferred Prosecution - A student who has applied and been accepted in the deferred prosecution program will not participate in any athletic contests until the process has been completed.

Underage Drinking - Students with pending underage drinking charges will not participate in any athletic contest. Students found guilty of underage drinking will be dismissed from the team.

Note: A plea of **No Contest** will have the same results as being found guilty.

Students suspended from school for being under the influence of or having possession of illegal drugs, drug paraphernalia, alcohol, or any other mood altering substances will not participate in any athletic contest, will be dismissed from the team, and will not be permitted to be on any team for the remainder of the school year.

When a student has any pending criminal charges, probation, or deferred prosecution, that student is responsible for notifying his/her coach of the infraction and subsequent disciplinary action. Failure on the part of the student to notify the coach, athletic director or principal, will be considered a violation of the Athletic Discipline Policy.

I. SELECTION FOR TEAMS, PRACTICES AND TEAM RULES

All students of Pine Forge Academy who meet the academic requirements, valid physical exam, insurance verification and parental waiver forms are eligible to try out for any sport they wish. By showing up for a tryout the student - athlete and parent(s) need to realize that participation is a privilege and a right. By joining an athletic team the student - athlete and parent(s) accept that they are representing Dixon High School and will accept the rules and guidelines presented earlier in this manual. Dixon High School student - athletes are leaders in the classroom and athletic field / court and will serve as role models for the rest of the student body. Failure to live up to these ideals will result in some form of discipline including removal from the team.

The tryout process is a difficult process for those involved - athletes, parents and coaches - it is still a voluntary decision and risk the chance of being cut. The decision of the coach to either be a member of the team or not to make the team is **FINAL**. Each student - athlete **WILL** follow rules established for each team that is created by the head coach.

J. Physical Education Requirements and Policy

Pine Forge Academy has combined the physical education and athletic department to provide a better experience for our students. Please review the following as it pertains to all students at PFA.

1. All students must participate in one of the sports offered by the athletic department.
2. Students who complete the season in good standing will earn a .33 PE credit on their transcript.
3. From the pool of students in each respective sport the “competitive

varsity team” will be formed. This smaller group will represent the academy in interscholastic athletic competitions.

4. Please see the Athletic Syllabus for attendance and seasonal policy information.

GENERAL RULES FOR ATHLETIC PARTICIPATION FOR ALL ATHLETIC TEAMS

- Tryout periods to all eligible students as already outlined
- Tryout periods will be a minimum of two (2) days in order to evaluate athletic ability and / or potential
- During the two (2) day tryout period a student - athlete may choose to leave one sport to tryout for another without penalty. Once the two (2) day tryout period has ended then it is up to the head coach if they wish to extend a tryout to someone
- Once selected for a team he / she after the two (2) day tryout period they may not quit and join another sport unless agreed upon by both head coaches and approval from the athletic director

- After the first contest in a season an athlete who quits a team will **NOT** be allowed to tryout for a team in the next sports season **UNTIL** the team he / she was on concludes their season - example...player quits the football team then he cannot tryout for the wrestling or basketball teams until the football team completes their season
- Seniors are not allowed to try out for JV teams
- Each team will have set of rules that govern conduct, appearance and requirements to be on the team. These rules **CANNOT** conflict with school rules or the PJAA
- Practices on Sunday are up to the head coach and **ARE** mandatory unless otherwise noted by the head coach
- Violations of team, school or PJAA rules may result in temporary or permanent suspension from the team. Length of suspension will be determined by the head coach and approved by the athletic director
- Attendance is mandatory for **ALL** practices and games even during vacations and holidays. An athlete may get approval to from the head coach to miss a practice or game. These will be dealt on individual circumstances and **MUST** get prior approval from the head coach except in the case of an emergency
- Only head coaches may approve absences from practices or contests. If an athlete does not request prior approval for an absence the coach may choose to remove athlete from the team
- Pine Forge Academy policy prohibits athletic practices or competition on any day that school is cancelled or dismissed early due to inclement weather conditions
- Athletes who are involved several activities need to resolve scheduling conflicts ahead of time. It is the responsibility of the athlete to notify the coach of possible conflicts. These may be other school activities, community

- service, graduation project, family visits, etc...
- Being a member of a Pine Forge Academy athletic team(s) requires commitment to that team. It is strongly suggested that athletes will not participate or compete with a non - school team. By doing so may result in disciplinary action from the head coach up to and including removal from the team
- Pine Forge Academy will rely on a "next day" policy when regarding athletes who quit or are removed from the team before communication can occur between the coach and the athlete / parent(s). It is in the best interests of all involved to have a cooling off period after an incidence. Once the parties meet in a calm and mature manner the two sides may be able to work out a chance for the athlete to return to the team if the head coach so chooses
- Any student-athlete or coach that is ejected or disqualified for unsportsmanlike behavior from any athletic contest while representing Pine Forge Academy will be subject to the PJAA suspension policies regarding future contests, and **MUST** meet with the Athletic Director before being allowed to resume practice or competition.
- Any student-athlete that is removed from a team for any reason must meet with the Athletic Director and receive approval before trying out for another team.
- Each athlete is responsible for any equipment issued to them including uniforms. They will be returned to the school at the completion of the season at a time of the head coaches choosing. It is expected that equipment will be returned in the same condition as issued with the exception of normal wear and tear. Lost equipment and / or uniforms will result paying for a replacement.

****Uniform & Equipment Return**:**

All equipment supplied by PFAAD (i.e. uniforms, balls, shin guards, etc...) must be returned by student-athlete to team manager or coach (Coach will decide) within 48hrs of season ending. Failure to return uniforms will result in a \$200 that will automatically be added to the students' bill by the Business Office.

GUIDELINES TO HELP BUILD A POSITIVE RELATIONSHIP BETWEEN COACHES, PARENTS AND ATHLETES

In order for our athletic teams to be successful there must be three groups involved - coaches, parents and most importantly the athletes. When all three are able to get along and function in a positive way then the team will be able to accomplish their goals. But sometimes there will be times when situations arise where friction may happen between the groups. The best way to help avoid friction is through open communication between the groups. Communication of

expectations, rules and philosophy help each group to understand one another and hopefully come to a positive outcome. Parents deserve to understand what expectations are placed on your child and that comes from an organized head coach who communicates with the parents and athletes. We encourage conferences between parents and our coaches but they must be done appropriately. Parents will not meet with coaches after practices or games and will observe our "next day" policy and schedule a meeting with the head coach. If necessary the athletic director may sit in on the meeting.

What Parents Should Expect From Coaches

1. Expectations the coach has for your child and other players on the team
2. Locations and times of all practices and contests
3. Team requirements, i.e. fees, special equipment, off-season conditioning,
4. Procedure for dealing with injuries should they occur during participation
5. Team rules including discipline that results in the denial of your child's participation

What Coaches Should Expect From Parents

1. Notification of any schedule conflicts well in advance
2. Notification of any specific medical abnormalities or medication needs of your child
3. Notification of any transportation plans, with appropriate form, that deviate from stated school policy
4. Specific concerns regarding a coach's philosophy and/or expectation

Appropriate Concerns Parents Should Discuss With Coaches

1. The treatment of your child mentally, emotionally and physically
2. Ways to help your child improve and mature
3. Realistic evaluation of your child's opportunity to play collegiately or the process of college recruitment
4. Concerns about your child's behavior, grades, or disciplinary actions towards him/her

Issues NOT Appropriate for Parents to Discuss With Coaches

Coaches are professionals. They make judgment decisions based on what they believe to be best for their athletic team and all students involved. As a parent it is very difficult to accept your child not receiving the playing time, position or role on the team that he/she, as well as you hoped that they would. While there are certain things that can and should be discussed with your child's coach, there are other things, which must be left to the discretion of the coach.

These include, but are not limited to:

1. Playing time or positioning of team personnel
2. Game strategy
3. Play calling
4. Any other students

To Discuss an Appropriate Issue With Your Child's Coach

1. Call the school to schedule a meeting with the coach.
2. If you cannot reach the coach, contact the Athletic Director and he will schedule the meeting with the coach. NOTE: Under no circumstances should a parent/coach meeting occur immediately prior to or following a practice or contest as these tend to be emotional times and not conducive to resolution.

If Meeting With Coach Did Not Produce Satisfactory Resolution

1. Call the school to schedule appointment with the Athletic Director to discuss the situation
2. Utilize this meeting to determine an appropriate next step
3. If no satisfactory resolution has been reached, parent should schedule appointment with the Principal
4. If meeting with Principal does not produce satisfactory resolution, contact the Superintendent



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Student-Athlete & Parent Agreement

Parent/Student Athletic Policy Acknowledgement Form

I, _____, have read the Athletic Policy and agree to be governed thereby as long as I am enrolled at Pine Forge Academy. I also understand that various portions of the Athletic Policy may be changed during the course of my matriculation, and I agree to abide by those changes.

Student Name

Furthermore, I am aware that the Athletic Policy for Pine Forge Academy Athletic Department is readily available on the Pine Forge website and that I may freely access it at any time.

Student Signature

Date

I, _____, have read the Athletic Policy and understand that

Parent/Guardian Name

my child will be governed by it as long as he/she is enrolled at Pine Forge Academy. I also understand that various portions of the Athletic Policy may be changed during the course of my child's matriculation, and that my child will be governed by those changes.

Furthermore, I am aware that the Athletic Policy for Pine Forge Academy Athletic Department is readily available on the Pine Forge website and that I may freely access it at any time.

Parent/Guardian Signature

Date

Please print, sign and return by fax Attn: Coach Cantrell (Your child will not be able to participate until this page has been signed and returned)

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