

2016-2017

Gettysburg Area School District

Parent and Student Handbook

Interscholastic ATHLETIC PROGRAM



Follow @GAHSAthletics for Updates, Announcements,
Game Information, & Scores from the GAHS Athletic Office



safe sports school
NATIONAL ATHLETIC TRAINERS' ASSOCIATION
1st Team

The Gettysburg Area School District offers a wide variety of athletic opportunities for high school students. Approximately 570 athletic events are held annually involving over 550 students.

Links to the athletic schedule and forms for all schools are available on the District's website

**<http://www.gettysburg.k12.pa.us/district.cfm?subpage=1320618>

Fall Season 2016-2017	Winter Season 2016-2017	Spring Season 2017-2018
Fall Cheerleading Boys Cross Country Girls Cross Country Middle School Cross Country Girls Field Hockey Middle School Field Hockey Football Freshmen Football Boys Golf Girls Golf Allied Golf* Boys Soccer Girls Soccer Girls Tennis Girls Volleyball	Boys Basketball Girls Basketball Middle School Boys Basketball Middle School Girls Basketball Allied Bowling* Winter Cheerleading Boys Swimming Girls Swimming Wrestling Middle School Wrestling	Baseball Middle School Boys Soccer Middle School Girls Soccer Girls Softball Boys Tennis Boys Outdoor Track & Field Girls Outdoor Track & Field Allied Track & Field* Middle School Track & Field Middle School Girls Volleyball

*Allied Sports is approved athletic competition between two or more high schools for students with disabilities and general education students who have never been a member of a junior varsity or varsity interscholastic team.

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Gettysburg Area School District Office of Athletics

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Philosophy of GASD

Interscholastic Athletics

It is the philosophy of the Gettysburg Area School District that its student-centered, education-based interscholastic athletic programs promote learning experiences that contribute to the intellectual, personal, physical, and psychological development of the individual student athlete. These learning experiences are to be consistent with the educational goals and are to complement the academic program of the District. Participation in interscholastic athletics serves an important role in meeting the needs of secondary students with the educational process.

In addition to promoting a student-centered, education-based interscholastic athletic program, the Gettysburg Area School District will encourage positive citizenship and leadership development. The ultimate indicator of the value of the athletic programs must be at a level of citizenship that is displayed by those who participate. Hence, teaching and exhibiting good sportsmanship is the fundamental objective of our program.

The Gettysburg Area School District interscholastic athletic program is voluntary and competitive. It is designed to meet the needs of the student athlete. To participate, student athletes are to be physically healthy, academically qualified, and willing to make a significant personal commitment to maximize the development of their knowledge, skills and attitudes relative to the particular sport.

All athletics teams will operate under the leadership and supervision of an effective coaching staff committed to accomplishing the educational goals of the school system. Members of the coaching staff will employ safe and sound techniques designed to promote the development of the student athlete. Coaches will be expected to continually improve their coaching techniques through participation in appropriate professional development programs and clinics.

The athletic director, principals, and central office administration will provide a supportive environment for the coaches and athletes at all levels.

The interscholastic athletic program will become increasingly competitive as students' progress from middle school through junior varsity to the varsity level. Earlier levels will serve as developmental programs for the more advanced. Varsity coaches will work with junior varsity and middle school coaches to coordinate the developmental aspects of the program each year.

At the middle school level of interscholastic competition, coaches will place a strong emphasis on instruction and on maximizing participation to allow the individual to develop higher athletic potential. Participation and development of skills will be valued above the winning of a contest. The needs of the team should be balanced with the developmental needs of the individual team members. The number of participants accepted for membership on a team must support this commitment to high levels of instruction and participation.

At the junior varsity level, instruction and development are combined with an increasing emphasis on competitive success. Athletes are to develop an awareness of the importance of teamwork and a positive attitude toward team success. The number of athletes selected for a team is controlled by

instruction, participation, individual development, and teamwork. At the varsity level, coaches have the dual responsibility of fostering individual skill development and achieving team success. The most effective student athletes as judged by the coaching staff, regardless of grade level, will be given the opportunity to further develop their athletic abilities by participating at the most advanced levels of interscholastic athletic competition. Emphasis will be placed on helping the team members to work together and to develop a strong desire to attain the highest possible levels of team success.



Handbook Contents

Athletic and Academic Eligibility

Pages **5-6**

Rules of Conduct for Student Athletes

Page **7**

Parent-Coach Communication

Page **8**

Weather Cancellations

Page **9**

Media Coverage

Page **9**

Care and Prevention of Sports Injuries

Pages **10-11**

Back of Booklet – Athletic Trainer Welcome Letter

FORMS –

PIAA Comprehensive Initial Pre-Participation Physical Evaluation and HIPPA Forms (available on the GASD website, www.gettysburg.k12.pa.us)

Re-Certification by Parent/Guardian (available on the GASD website)

Social Network Agreement (available in the Athletic Office)

Athletic and Academic Eligibility

Enrollment and Residency

Students must be enrolled and attending a GASD school or be homeschooled in order to participate in interscholastic athletics. Homeschool students may participate at no cost. Cyber or Charter school students will pay a fee determined by the Business Office. High school students must be making regular progress towards completing their graduation requirement.

Any student who attends Gettysburg Area School District must reside within the school's attendance area to be eligible to participate in interscholastic athletics.

Age

A pupil shall be ineligible for interscholastic athletic competition upon attaining the age of nineteen years, with the following exception: If the age of 19 is attained on or after July 1, the pupil shall be eligible, age-wise, to compete through that school year.

Academic Eligibility

Grades will be checked on Friday of each week. Students who are not passing 3 out of 4 credits on a cumulative basis will not be

- a) allowed to participate in athletic contest or scrimmages,
- b) able to travel with their respective teams to away contests,
- c) able to practice unless they are receiving tutoring or attending special study areas monitored by their coach or an assigned peer. The coach must notify the athletic office of the efforts being made to improve the students' scholastic work before practice time may be granted.

Athletes must pass 6 out of 8 credits at the conclusion of grades 9, 10, and 11 to be eligible to practice or compete in athletics for the following year.

- a) If the athlete attends summer school and passes enough credits to meet the 6 out of 8 standards, eligibility will be granted.
- b) If the athlete is passing 3 out of 4 credits at the mid-term grade check of the first marking period, he/she will be declared eligible.

Period of Participation

A pupil shall not represent his school in interscholastic athletics if he/she has:

- a) been in attendance more than 8 semesters beyond 8th grade.
- b) participated in 6 seasons beyond the 6th grade or 4 seasons beyond the 8th grade in any sport; or
- c) completed the work of grades nine, ten, eleven, and twelve, inclusive.

Students who plan to participate must provide the following, prior to the first practice for any sport:

Pre-Participation Physical Evaluation Form (CIPPE) Go to www.gettysburg.k12.pa.us

-HIPAA Release Signature/Drug Testing Permission Form www.gettysburg.k12.pa.us

-All student athletes are required to have an annual physical examination by a physician completed June 1st or later each school year. The physicals must be kept on file in the Athletic Trainer's Office.

Recertification Form Go to www.gettysburg.k12.pa.us

-For subsequent sports each school year

OTHER ELIGIBILITY GUIDELINES

Amateur Status

To be eligible to participate in an Inter-School Practice, Scrimmage, and/or Contest, a student must be an amateur in the sport involved. An amateur student is one who engages in athletic competition solely for the educational, physical, mental, social, and pleasure benefits derived thereof.

Awards

GASD students may accept awards from Member Schools, Sponsors of Athletic Events, Media and Other Public Recognition. Students may attend Banquets and accept Participation expenses.



Non-School Participation

Students may participate in the same sport outside of school during the same season as long as the participation does not conflict with their school team's practice, games or post-season tournament. Exceptions will be approved by the Coach/Asst. Coach.

Transportation

All team members must travel in bonded carriers to and from all athletic events. If approved by the principal/designee in advance, a team member may be released to the custody of a parent or legal guardian at the conclusion of an away contest. Approval must be in writing and coaches will keep the signed release on file.



RULES OF CONDUCT for Student Athletes

Sportsmanship (Citizenship Brochure Available in the Athletic Office)

A firm and fair policy of enforcement is necessary to uphold the regulation and standards of the athletic program.

-All student-athletes shall abide by a code of ethics that will earn them the honor and respect that participation and competition in interscholastic athletics affords.

-Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Acts of unacceptable conduct tarnish the reputation of everyone associated with the school, community, and athletic program. These acts include, but are not limited to the following: theft, vandalism, taunting, hazing, illicit drug and alcohol use, social media misconduct, baiting, and fighting. These acts may be cause for suspension or removal from the team.

-Athletics is a privilege that carries with it responsibilities.

General Behavior

Student athletes must comply with all policies adopted by the Board of Education of GASD, including GASD student and the Code of Conduct.

Alcohol, Other Drugs, Prescription Medication, Over the Counter Products and Tobacco are strictly prohibited at GASD sponsored events.

For consequences for the use of Tobacco **See Policy 923**

Drug and Alcohol Policy – Student Athletes **See Policy 227.1**

Attendance Policy

Student athletes must report to school by 8:30 AM in order to participate in practice or games. The excuse must be considered a lawful reason or participation will not be permitted that day.

Hazing (Brochure Available in the Athletic Office)

Any action or situation which recklessly or intentionally endangers the mental or physical health or safety of a student or which willfully destroys or removes public or private property for the purpose of initiation or admission into or affiliation with, or as a condition for continued membership in, any organization operation under the sanction of or recognized as an organization by an institution of higher education. Examples of hazing include but are not limited

- Being yelled, cursed or sworn at
- Being publicly embarrassed
- Having to act as a personal servant to an older group member
- Being told to eat or forced to eat disgusting things such as cat food, tabasco sauce, or raw eggs
- Destroying or vandalizing property

- Being throw or forced to go into a pond, ocean, toilet or other body of water
- Pressured to be tattooed, body pierced or shaven
- Participating in drinking contests
- Drink, exercise or smoke drugs until you pass out
- Inflicting pain on yourself or others
- Making prank phones calls or harassing others

Parent-Coach **COMMUNICATION**

(Brochure Available in the Athletic Office)

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

As the parent of a student athlete, you have a right to know what expectations are being placed on your child.

The coach should clearly communicate to parents:

- Philosophy of the coach
- Expectations the coach has for your child as well as all the players on the squad
- Locations and times of all practices and contests
- Team requirements i.e., special equipment, offseason conditioning
- Procedure should your child be injured during participation
- Discipline that results in the denial of your child's participation

In return, the coach expects the following communication from parents:

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

Topics that are **not** appropriate to discuss with the coach are **playing time, team strategy, play calling and other student athletes.**

It is not appropriate to confront a coach before or after a practice or contest. When situations arise that require a conference between the coach and the parent, the following procedure should be followed:

- Call the high school to set up an appointment.
- If the coach cannot be reached, call the Athletic Director. He/she will coordinate the meeting for you.
- Please do not attempt to confront a coach before or after a contest or practice.

Rules of Conduct (Brochure Available in the Athletic Office)

WE ASK ALL FANS TO REFRAIN FROM:

- intimidating or harassing the players, coaches, officials, or fans
- using profanity
- throwing objects

- loitering in the hallways or on school grounds
-

WEATHER Cancellations

If GASD is closed for the day or dismissed early due to inclement weather, all games, events and practices are cancelled unless special permission is granted by the Superintendent.

Thunder and Lightning

If thunder and /or lightning can be heard and/or seen, stop activity and seek protective shelter immediately. Thirty minutes should pass after the last sound of thunder and/or lightning prior to resuming play. Teams have specific locations for protective shelter.

Heat

When the Heat Index Reading (a combination of the air temperature and relative humidity) is 105 degrees or above, regular practice will be discontinued. A very short restricted practice is permitted and it is recommended that practices be held indoors.

If the Heat Index Reading is between 95 and 104 degrees, practices will be modified to include frequent water breaks. Games and events may continue with mandatory official time outs midway through quarters. Water stops will be provided midway in cross country meets.

Mandatory 10-minute rest periods will be provided for every 45 minutes of activity when the Heat Index Reading is between 84-94 degrees.

Inclement Weather Conditions

If snow or ice arrives before 2:00 p.m., a decision to play or cancel will be made by the staff at the Pennsylvania Department of Education.

If snow or ice arrives in the late afternoon or evening, the school administrator on duty will make the final decision.

If a snow emergency plan goes into effect prior to the game or practice, the activity is cancelled. If the plan goes into effect after the start of a game or practice, the event may be completed.

Media Coverage of Athletic Events

Local media are notified of all GASD athletic events and frequently attend games and competitions. Student athletes may be videotape or photographed by the media while participating in practices and/or games.

In addition, the media often feature individual teams and student athletes. The Athletic Director and coaches may arrange for individual athletes to be interviewed by the media.

Parents who do not want their student athletes to be interviewed by the media should contact the Athletic Office.

Care and Prevention of **SPORTS INJURIES**

Although there are risks involved in athletic participation, there is no reason for parents or students to be apprehensive. GASD coaches and athletic trainers place a great deal of emphasis on training and conditioning, injury prevention and management, proper use of equipment, and maintenance of safe playing areas.

Student athletes can take steps to ensure they are prepared for practices and games:

- Eat three well-balanced, nutritious meals each day. In between meals, eat healthy snacks that are low in fat and sugar.
- Drink plenty of fluids (preferably water) each day – especially before practices and games.
- Get at least 8 hours of sleep each night.
- Warm-up thoroughly
- Report all injuries to your coach and the athletic trainer. Never let injuries go untreated.
- Always wear the prescribed uniform, including protective gear, for practices and games.
- Wash your uniform, protective gear and practice clothing after each use to avoid growth of bacteria and staph infections.
- Do not share equipment, uniforms or clothing, towels or personal items such as razors.

Sports Related Concussions

A concussion is an injury to the brain as a result of a force or jolt applied directly or indirectly to the head, which produces a range of possible symptoms and may or may not involve a loss of consciousness.

- 90% or more of concussions occur without loss of consciousness.
- Recognition and proper management of concussions when they first occur can help prevent further injury, prolonged recovery, or even death (secondary impact syndrome).

Sports Concussion Program Testing

The Gettysburg Area School District provides a Sports Concussion Program to detect and treat concussions in middle and high school athletes. As a part of the program, student athletes participate in pre-concussion baseline testing bi-annually to assess key functions affected by concussion. The information is used for comparison after an injury to assess whether the athlete has a concussion and to assist in recovery, if the athlete has suffered a concussion.

Return to Play

The Athletic Trainer, under the supervision of WellSpan medical professionals, has the final say on returning to play

Universal Immediate Care of Athletic Injuries

The following procedure (R.I.C.E.) will be used in response to injuries incurred during an athletic practice or game.

REST

Do not use the injured body part until pain free activity can be resumed.

ICE

Apply ice directly to the injured area 20 minutes on, 20 minutes off, for the first three hours. After 72 hours, 20 minutes on, 40 minutes off, one time.

Do not use chemical packs directly on facial injuries. Do not apply heat if swelling, inflammation or pain persists.

COMPRESSION

Wrap from below the injured area and toward the body and use a pad under the wrap to add compression forces to retard swelling and activate absorption. When sleeping, loosen the wrap, but do not remove it.

ELEVATION

Elevate to a level above the heart to reduce bleeding and swelling. Every injury that requires the use of this procedure should be evaluated by the athletic trainer, the athlete's family physician or by an orthopedic surgeon as soon as possible.

Public Media

Public Media refers to technologies used to communicate messages and whose mission is to serve or engage a public. Public media domains include print outlets, traditional broadcasts, and digital. When utilizing any public media outlets, students-athletes are expected to conduct themselves responsibly as members of their respective team, the Athletics Department, Gettysburg Area School District and the community.

Social Networks/Electronic Devices

Social network sites include but are not limited to: Facebook, Twitter, Instagram, Snapchat and any other digital platforms and distribution mechanism that facilitate students' communication with other students. Participation in such networks has both positive appeal and potentially negative consequences. The inappropriate or illegal use of cell phones/electronic devices is strictly prohibited. The Social Network Agreement available in the Athletic Office for full guidelines.

NATA Safe Sports School Award

In the fall of 2015 Gettysburg Area School District was recognized by the National Athletic Trainers' Association as a Safe Sports School, with 1st team honors.

The Safe Sports School award recognizes secondary schools around the country that take the crucial steps to keep their athletes safe and free from injuries. In order to achieve Safe Sports School Status, athletic programs must do the following:

- Create a positive athletic health care administrative system
- Provide or coordinate pre-participation physical examinations
- Promote safe and appropriate practice and competition facilities
- Plan for selections, fit function and proper maintenance of athletic equipment
- Provide a permanent, appropriately equipped area to evaluate and treat injured athletes
- Develop injury and illness prevention strategies, including protocols for environmental conditions
- Provide or facilitate injury intervention
- Create and rehearse venue-specific Emergency Action Plan
- Provide or facilitate psychosocial consultations and nutritional counseling/education
- Be sure athletes and parents are educated of the potential benefits and risks in sports as well as their responsibilities

For more information on the Safe Sports School award visit www.nata.org.



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