

MIFFLIN COUNTY HIGH SCHOOL



2015-2016

STUDENT-ATHLETE and PARENT/GUARDIAN HANDBOOK

Varsity Fall Sports

Cheerleading
Football
Golf
Girls Field Hockey
Boys & Girls Cross Country
Boys & Girls Soccer
Girls Volleyball
Girls Tennis

Varsity Winter Sports

Cheerleading
Boys & Girls Basketball
Boys & Girls Indoor Track
Wrestling
Bowling
Swimming

Varsity Spring Sports

Baseball
Girls Softball
Tennis
Boys & Girls Track

Jr. High Fall Sports

Boys & Girls Soccer
Girls Volleyball

Jr. High Winter Sports

Boys & Girls Basketball
Wrestling

Jr. High Spring Sports Football

Girls Field Hockey
Girls Softball

STUDENT-ATHLETES and PARENT(S)/GUARDIAN(S):

This handbook has been put together to assist your understanding of the rules, regulations and responsibilities of being a student-athlete at Mifflin County. At MCHS, we believe that participation in athletics, when administered properly, can be a very beneficial experience in the maturation process. Participation in athletics is a privilege that you earn, not a right you are entitled to, and we want to thank you in advance for giving us the opportunity to work with you during the 2015-2016 school year.

This handbook is to be read by the student-athlete and their parent(s)/guardian(s) and retained for future reference. After reading the information, please sign and date all five sections of the **PARENT/GUARDIAN & STUDENT-ATHLETE SIGNATURE PAGE**. That page **MUST** then be removed from the handbook and returned to the respective Head Coach.

PIAA Regulations

1. **Age Rule:** An athlete may not turn 19 before July 1, of the preceding school year. For junior high sports the athlete may not turn 16 before July 1.
2. **Semesters:** Once an athlete enters ninth Grade, he/she has eight semesters to participate in athletics.
3. **Seasons:** Once an athlete enters seventh grade, he/she has six seasons to participate in a sport.
4. **Attendance:** If an athlete is absent for 20 days in a semester, he/she is ineligible until he/she is in attendance for 45 school days following the 20th day of absence. The 45 days need not be consecutive, just cumulative. The MCSD requires athletes in school no later than 9:30 AM to be eligible for practice or competition on that day. If the student has a doctor's appointment during the school day and cannot come to school before 9:30am, they need to inform a principal or athletic director and bring in a doctor's excuse to be permitted to practice or play.
5. **Academic Eligibility:** A student-athlete must be passing (**cumulative**) four full credits per week to maintain eligibility.
 - a. Weekly checks are conducted by the athletic department every Friday. The athletic director will notify the head coach when an athlete is ineligible. The athlete is then ineligible from Sunday through and including the following Saturday. They may practice, but cannot play in an athletic event.
 - b. If a student-athlete is ineligible to begin the school year based on final credits from the previous year, the student is ineligible for 15 school days and at the end of 15 school days must be passing four or more credits.
 - c. If a student-athlete becomes ineligible on the day report cards are issued by not passing at least 4 credits, the student-athlete is ineligible from the date of issue for 15 days.
6. **Physical:** The PIAA form Comprehensive Initial Pre-Participation Physical Exam (CIPPE) must be completed and signed by every student-athlete and their parent/guardian prior to trying out for a sport at Mifflin County. Physical exams must be dated on or after June 1st. Physicals are not offered by the Mifflin County School District and are the responsibility of each student-athlete. Sections 1-5 of the CIPPE are to be completed by the student-athlete and their parent/guardian. Section 6 will be completed by your physician. One physical will cover the entire school year providing the student-athlete is not injured, or absent for 20 or more days.
7. **Recertification:** If a student-athlete goes out for 2 or more sports seasons they need to be recertified. Sections 7 and 8 of the CIPPE are your recertification papers. Section 7 is required for each subsequent sport season, and Section 8 is only required if the student-athlete answers YES to specific questions on Section 6. (Section 9 of the CIPPE is only for wrestlers.)
8. **Transfer Rule:** Please check with the athletic director on all transfers prior to the start of the season.

Mifflin County School District Policy

1. **Health Insurance:** The Mifflin County School District (MCSD) does not provide health insurance coverage for student activities, including athletics. Proof of insurance coverage must be provided on Section 1 of the PIAA CIPPE packet. All student-athletes, except for football players, may purchase School Insurance. Forms are available in the main office.
2. **Transportation:** If a student is transported home after an away competition by their parent/guardian, the parent/guardian must sign the **Mifflin County High School Parental Transportation Request Form**. **Under no circumstances will a coach release a student to anyone else without a signed release by the principal and athletic director.**

Organization and Administration

1. **Team Rules & Practice Schedules:** A written copy of all individual team rules and regulations, a practice and game schedule, and varsity letter requirements will be given to all student-athletes and/or their parents.
2. **Injuries:** All injuries should be reported to the Certified Athletic Trainer who will complete an injury form.
3. **Team Clubs:** All individual team club fund raising is the responsibility of the head coach and must be accounted for and funds channeled through the Main Office. No club should ever have funds in a private account outside of Mifflin County School District.
4. **Postseason Awards and Banquets:** At the end of the season each coach will submit a list of letter winners to the athletic director. Letters will be given at the Husky Club awards ceremony. Any team banquets are the responsibility of each individual sport.
5. **Letter of Intent Signings:** Will be scheduled with the athletic director and will be held for all Division One or Two athletic scholarship student-athletes. An effort will be made to also recognize all Division III student-athletes.

SECTION ONE
Mifflin County School District Rules & Regulations

Athletic Regulations of the Mifflin County School District

These rules apply during each season, from the start of practice until the final game, including the playoffs.

1. Possession of alcohol or illegal drugs on school property or at any school event, or proven or admitted use of alcohol or illegal drugs during a school function, warrants dismissal from athletics for the remainder of the school year.
2. Possession of any tobacco product, including e-cigarettes, on school property or at any school event or proven or admitted use of tobacco during a school function will result in a one-week suspension for the *first offense* and dismissal from the team for the *second offense*. Any tobacco violation will be submitted to the District Magistrate who will determine the fine and court costs.
3. School problems are handled as follows;

- a. During an athletic season the following discipline will apply:

The *first offense* is a warning.
The *second offense* is a one-week suspension.
The *third offense* is a two-week suspension.
The *fourth offense* is dismissal from the team.

“Offense” is defined as a penalty for each separate incident that results in detention(s) or in-school suspension(s) , even though more than one detention/in-school suspension might be assigned for each incident. Any incident resulting in out-of-school suspension(s) shall constitute two offenses for the purposes of athletic discipline.)

(“Suspension” is defined as no participation or attendance at any interscholastic athletic contest; however, the suspended athlete may practice. A “week” is defined as a seven-day period, and suspension begins the day immediately following the resolution of the infraction.

- b. No participation in any way on days of In-School Suspension or Out-of-School Suspension.
4. Stealing while representing the school warrants immediate dismissal from the team, with reparations.
5. Vandalism or destruction of any property while representing the school warrants immediate dismissal from the team, with reparations.
6. Any obscene gesture during an athletic competition warrants a one-week suspension with possible further review which may result in dismissal from the team.
7. Fighting while representing the school warrants review which may result in a one-week suspension or possible dismissal from the team.
8. Misconduct on athletic buses or abuse of shuttle bus privileges warrants the following discipline:
The *first offense* is a warning.
The *second offense* is a one-week suspension.
The *third offense* is a two-week suspension.
The *fourth offense* is dismissal from the team

9. Outbursts towards school officials, game officials, fans, coaches and players, warrants review which may result in a one-week suspension or possible dismissal from the team.
- Student-athletes involved with rule violations will also be disciplined according to the general rules and guidelines contained in the Student Handbook.
 - Coaches must set an example in the areas of good sportsmanship, fair play, language usage and refrain from chewing tobacco or smoking at practices, games and in locker rooms. In addition, coaches are expected to dress in an appropriate manner at interscholastic events.

SECTION TWO

Mifflin County Athletic Drug Testing Policy

On May 26, 2005, the Board of School Directors of the Mifflin County School District adopted a random drug testing policy for athletes (Policy #224). This policy authorizes administration to request, at any time and without prior warning, drug testing of student athletes. Once chosen, the student athlete must submit to a drug test at a laboratory facility selected by the district (and paid for by the district). All test results must then be submitted to the building principal within 72 hours of the request. If the test results are negative, no further action will be taken. If the test results are positive, a second test of the sample retained by the original laboratory may be obtained (at the expense of the parents). If the second test is negative, no further action will be taken. If the second test is positive (or if the first test was positive and parents did not opt for a second test) then the following actions will be followed:

1. The principal or his/her designee will hold a parental conference to make the parent(s) or guardians aware of the results of the testing.
2. The principal will use the Mifflin County School District Drug & Alcohol Policy to discipline, if applicable.
3. The student with a first offense, during his/her school career, will be suspended from athletics for the remainder of the current school year.
4. The student will be required to be retested at his/her own expense to regain athletic privileges and must test negative prior to regaining athletic privileges.
5. The student who has two (2) offenses will be barred from athletic participation the remainder of his/her years in the Mifflin County School District.

Athletes will be randomly selected to participate in the screening from a list of all student athletes. Should any athlete at any time refuse to submit a sample for testing, this shall result in disqualification from all athletic programs for the remainder of the school year. Also, any athlete who tampers with a sample may be required to submit to an observable sample according to the policy of the laboratory.

No athlete will be added to the team roster until Section Two of the Parent/Guardian and Student-Athlete Signature Page has been signed and returned to the athletic office.

SECTION THREE
CELL PHONE USE POLICY

Presence/Possession/Use of Cell Phones

Cell phones are prohibited for use in locker rooms at any time. Locker rooms include away locker rooms. Punishment for an infraction of this policy will be at the discretion of the Principal and the Athletic Director.

SECTION FOUR
Compliance with HIPAA

In compliance with the Health Insurance Portability and Accountability Act (HIPAA) the Mifflin County School District (MCSD) asks for your consent to release medical information to the sports medicine team as assigned by the MCSD relating to your child. The sports medicine team is limited to the team physician, certified athletic trainer, assistant to the trainer, athletic director, school nurse and coaching staff. This information would include daily injury reports, practice or game status, and nature of the injury. Each member of the sports medicine team is familiar with and will be compliant with the rules and regulations of HIPAA.

No athlete will be added to the team roster until the Parent/Guardian and Student-Athlete Signature Page has been signed and returned to the athletic office.

SECTION FIVE

Mifflin County Parent/Guardian Pledge

Over the course of your child's athletic career at Mifflin County High School we hope that they will have a very rewarding experience. During the season there will be ups and downs that occur as an individual, and as a team; it's important to keep everything in perspective. When things don't go as planned or anticipated by student-athletes, parents, or coaches, it is important that certain guidelines are followed. In some instances it is inappropriate for parents to become involved with coaches, while in other instances it is encouraged. If as a parent you feel a parent a coach conference is needed, do not contact the coach. Please contact the Athletic Director to arrange an appointment.

Parent Issues Appropriate to Discuss with the Coach

1. Concerns about your child's behavior.
2. How to help your child improve their skills.
3. The health and safety of your child.

Parent Issues NOT Appropriate to Discuss with the Coach

1. Playing time is not to be discussed. Parents must remember that coaches are professionals and make judgments based on attitude, performance at practice, effort, game situations, etc...
2. Playing time for any other team member.
3. Personal feelings toward any other team member.
4. Team philosophy and game strategy employed by the coach.
5. **Under any circumstance do not approach a coach immediately before, during or after a game.** This is an emotional and inappropriate time for many reasons.
6. **Under any circumstance do not set foot on the playing field or gym floor** to confront a coach, official, or student-athlete. This will not be tolerated and strong consequences will result.

Guidelines for Parents To Help Your Child Enjoy Athletics From the... **Physician and Sports Journal**

- 1- Make sure your child understands that win or lose, you love them!
- 2- Be REALISTIC about your child's athletic ability.
- 3- Help your child set realistic GOALS.
- 4- Emphasize improvement, not winning.
- 5- Don't relive your own athletic past through your child. It's their time.
- 6- Control your emotions at games.
- 7- Cheer for your child and other children on the team.
- 8- Respect your child's coaches. Communicate with them in a positive way.
- 9- Be a positive role model.
- 10- Sportsmanship begins at home.

2015-2016

PARENT/GUARDIAN & STUDENT-ATHLETE SIGNATURE PAGE

Please read each of the following sections. They all must be signed by the student-athlete and parent/guardian. This back page should then be removed from the handbook and returned to the student-athlete's Head Coach.

Student-Athlete's Name:

(printed) _____ Date _____

SECTION ONE: Mifflin County Rules & Regulations

I/We have read the guidelines as stated in Section One of the Student-Athlete Handbook pertaining to Mifflin County School District athletic rules and regulations, and understand the procedures and consequences as outlined. It is also understood that individual coaches may add or make changes in writing that are stricter than these minimum requirements.

X _____ X _____
(Parent/Guardian Signature/Date) (Student-Athlete Signature/Date)

SECTION TWO: Mifflin County Drug Testing Policy

I/We have read the guidelines as stated in Section Two of the Student-Athlete Handbook pertaining to random drug testing, and both understand and agree to abide by all of the stipulations as outlined in the school board drug testing policy. We understand the process, procedures and consequences as outlined in the policy.

X _____ X _____
(Parent/Guardian Signature/Date) (Student-Athlete Signature/Date)

SECTION THREE: Mifflin County Cell Phone Policy

I/We have read the guidelines as stated in Section Three of the Student-Athlete Handbook pertaining to the cell phone policy, and both understand and agree to abide by all of the stipulations as outlined in the cell phone policy. We understand the process, procedures and consequences as outlined in the policy.

X _____ X _____
(Parent/Guardian Signature/Date) (Student-Athlete Signature/Date)

SECTION FOUR: HIPAA Regulations

I/We have read the guidelines as stated in Section Three of the Student-Athlete Handbook pertaining to HIPAA, and consent for the release of my son/daughter's medical information to the sports medicine team as assigned by the Mifflin County School District.

_____ YES _____ NO

X _____ X _____
(Parent/Guardian Signature/Date) (Student-Athlete Signature/Date)

SECTION FIVE: Parent/Guardian Pledge

I/We have read and agree to the conditions, expectations and consequences of the Mifflin County Parent/Guardian Pledge.

X _____ X _____
(Parent/Guardian Signature/Date) (Student-Athlete Signature/Date)