

PARKLAND STUDENT & PARENT ATHLETIC TRAINING CODE

Introduction:

The Parkland Athletic Training Code (PATC) shall govern all students during the time they are participating in an athletic program as identified and created from time to time at Parkland High School, Orefield Middle School and Springhouse Middle School (hereinafter collectively called Parkland Schools).

The purpose of Parkland's athletic program is to add to our student's mental, physical, social, emotional and ethical well-being. It is a positive step to prepare and enrich our athletes in becoming productive young adults.

Participation in athletics at Parkland Schools is a privilege and not a right. In the exercise of this privilege, all students shall comply with the Parkland Athletic Training Code beginning with the first day of each athletic season. As a condition precedent to a student's participation in the first PIAA approved activity date of each season, the student and his or her parent/guardian shall acknowledge receipt of this Code by signing and returning to their coach the attached Consent Form.

A coach may distribute a separate code, which shall govern athletes who participate in a particular sport. The student and his or her parent/guardian shall also acknowledge receipt of the coach's code and return the acknowledgement to the coach at the same time as the Consent Form. The coach's code shall be supplemental to the PATC with the PATC serving as a minimal standard in all instances.

The same standard of behavior and discipline for the regular student shall apply to the athletic student participant. **Therefore, the Parkland Athletic Training Code shall supplement the "Parkland School District Code for Student Conduct, Rights and Responsibilities.**

I. Athletic Eligibility

- A. Eligible if a student has not reached the age of 19 prior to July 1st.
- B. Eligible if a student is passing 4 full time subjects.
 - If a student becomes ineligible because of failing grades, he/she will remain ineligible for one week at a time. (Friday to Friday until he/she is no longer failing.)
- C. Not eligible after completion of 8 semesters following a student's entrance into 9th grade.

II. Attendance in School

- A. To participate in any athletic activity a student must be in attendance at school before 10:30 AM on the day of the activity.
- B. Exceptions to the above rule would be a doctor appointment, a family or medical emergency, or extenuating circumstances. These exceptions require a note from the student's parent/guardian and the exceptions will be reviewed by the coach and the administration who will determine the eligibility of the student to participate.

III. Parkland Athletic Training Code – General Requirements

- A. All student/athletes shall be governed by and are subject to the athletic code during the athletic season in which they participate.
- B. The student/athletes shall conduct themselves at all times showing good sportsmanship, courtesy to fellow players as well as coaches, referees, and opposing team members.
- C. A student/athlete shall abide by the Parkland School District Code for Student Conduct, Rights and Responsibilities as printed or explained. Any infraction by the student/athlete will be handled by the administration and the coach.
 - 1. If a violation involves an exclusion, in-school or out, the student athlete will be suspended from practice/games during the exclusionary period. He/she becomes eligible the next calendar day immediately following the last day of exclusion. If multiple days occur for an exclusion, the athlete is ineligible until the exclusion is completed.
 - 2. If a student/athlete has detention, after serving the required time, he/she will report to the coach directly.
- D. If a student/athlete is late to practice because of academic reasons he/she must bring a note from his/her teacher stating the time of dismissal.
- E. A student/athlete must abide by the health and training routines as set forth in a coach's code or as otherwise established by the coach during the season.
- F. A student/athlete must be a team player and avoid any actions that would be detrimental to the unity of the team.
- G. A student/athlete may be permitted to move from one sport to another with the approval of the head coaches involved.
- H. **All athletic activities shall be supervised and take place on school property or designated/District approved locations off of school property. No students shall be allowed to run or participate in athletic activities on roadways surrounding school properties.**

- IV. The Parkland Athletic Training Code – Unacceptable Actions and Sanctions
- A. Ejection for misconduct during an athletic contest:
 - 1. 1st offense – one game suspension
 - 2. 2nd offense – one third of remaining regular season games or all play off contests if occurrence in last game or playoff game
 - 3. 3rd offense - removal from team

**(Ejections carry over into next sport for Seniors. Next year for underclassmen)
(3rd offenses will be handled as 2nd offense for carryovers)**
 - B. Use of Profanity is prohibited. All offenses will be addressed by the coach.
 - C. Conduct unbecoming a student/athlete during an athletic contest or related activity will be addressed by the coach and may result in:
 - 1. 1st offense - 1 game suspension
 - 2. 2nd offense - 2 game suspension
 - 3. 3rd offense - suspension from the team
 - D. Tobacco
 - 1. During the athletic season no student/athlete shall use, possess or distribute tobacco or tobacco products.
 - 2. If the offense takes place on school property, the administration shall enforce the Code for Student Conduct, Rights and Responsibilities.
 - 3. If the offense takes place on school property or during a school sponsored activity, the following will apply:
 - a. 1st Offense – Suspension of a number of pre-determined contests by sport - see listing *. Student-athletes are expected to attend, but not participate in practices and games during the suspension period.
 - b. 2nd Offense – Dismissal from the team for the remainder of the season.

E. Alcohol and Other Drugs

These regulations have been developed in order to discourage our student/athletes from using harmful drugs and alcohol and to foster the good health and welfare of all our student/athletes.

1. No student/athlete shall use, possess, or distribute alcohol, drugs, steroids, controlled substances, look-alikes, or possess drug related paraphernalia on or off school property.
 - a. If the offense takes place on school property or during a school sponsored activity, the following will apply:
 - 1) For use or possession
 - a) 1st Offense
 - 1) suspension of a number of pre-determined contests by sport – see listing. Student/athletes are expected to attend but not participate in practices and games during the suspension period.
 - 2) 3 to 10 day suspension from school
 - 3) referral to SST
 - 4) referral for a drug and alcohol evaluation at the Lehigh Valley Drug and Alcohol Intake Unit and student is strongly encouraged to comply with all recommendations.
 - 5) if appropriate, referral to proper law enforcement agency
 - b. 2nd Offense
 - 1) dismissal from the team for the remainder of the season
 - 2) 3 to 10 day suspension from school
 - 3) referral to SST
 - 4) referral for a drug and alcohol evaluation at the Lehigh Valley drug and Alcohol Intake Unit and student is strongly encouraged to comply with all commendations
 - 5) if appropriate, referral to proper law enforcement agency
2. Distribution of alcohol, drugs, steroids, controlled substances, look-alikes or drug related paraphernalia.
 - a) 1st Offense
 - 1) suspension of a pre-determined number of contests by sport.
Student/athletes are expected to attend but not participate in practices and games during the suspension period.
 - 2) 10 day suspension from school and possible recommendation for Expulsion
 - 3) referral to SST

- 4) referral for a drug and alcohol evaluation at the Lehigh Valley Drug and Alcohol Intake Unit and student is strongly encouraged to comply with all recommendations
- 5) if appropriate, referral to proper law enforcement agency

b) 2nd Offense

- 1) dismissal from the team for the remainder of the season
- 2) 10 day suspension from school and possible recommendation for expulsion
- 3) referral to SST
- 4) referral for a drug and alcohol evaluation at the Lehigh Valley Drug and Alcohol Intake Unit and student is strongly encouraged to comply with all recommendations
- 5) if appropriate, referral to proper law enforcement agency.

b) Any student/athlete who has been charged as an adult or juvenile with a crime committed off school property which constitutes a misdemeanor or felony related to the use, possession or distribution of alcohol, drugs, controlled substances, look-alikes and drug paraphernalia:

1. upon conviction or a plea of guilty or a plea of no contest, the student/athlete will be;

a) 1st Offense

- 1) suspended from a pre-determined number of contests by sport. Student/athletes are expected to attend but not participate in practices and games during the suspension
- 2)Referral to SST
- 3)Referral for a drug and alcohol evaluation at the Lehigh Valley Drug and Alcohol Intake Unit and student is strongly encouraged to comply with all recommendations.

b) 2nd Offense

- 1)dismissal from the team for the remainder of the season
- 2)referral to SST
- 3)Referral for a drug and alcohol evaluation at the Lehigh Valley Drug and Alcohol Intake Unit and student is strongly encouraged to comply with all recommendations.

c. Except as otherwise provided under section E.1.b., for all incidents occurring off school property where there exists a reasonable suspicion that inappropriate behavior as defined in this athletic code has occurred, the coach and or administrator may take one or more of the following steps:

- 1)Athletic Director and Coach conference
- 2)Athletic Director, Coach, student/athlete and parent/guardian conference
- 3)Possible referral to SST
- 4) Notify the administration of the situation

d. If the student/athlete does not follow the procedure and recommendation in either a, b or c, he/she will not be permitted to participate in any future Parkland athletic program until the student/athlete comes into compliance

2. A student/athlete with a drug and alcohol problem may voluntarily come forward to request assistance without consequence. He/she will receive a referral for an evaluation by the Lehigh Valley Drug and Alcohol Intake Unit. Once a student/athlete has been properly evaluated and appropriate recommendations set forth, the student/athlete is strongly encouraged to comply with all recommendations

F. Students found running or otherwise engaged in athletic activities on unapproved roadways or other areas off of school property during a scheduled athletic activity shall be suspended for one third of the regularly scheduled contests following the date of the infraction. Play-off contests should be included in the enforcement if the infraction occurs in the last third of the season.

V. Hazing

Hazing is any conduct or method of initiation into any team which willfully or recklessly endangers the physical or mental health of a student. The practice of hazing is strictly prohibited by the athletic department. Incidents of hazing will be dealt with as a discipline violation and reported to the appropriate administrative staff for review.

VI. A parent or legal guardian and the student athlete must sign the Parkland Athletic Training Code consent form and return it to the coach before participating in any scrimmage or contest of the season. This will assure the coach that the athlete and parent/guardian have read this Code and agree to abide by it.



PARKLAND HIGH SCHOOL

STUDENT-ATHLETE SOCIAL MEDIA AGREEMENT

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when it will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Ultimately, you are solely responsible for what you post online. Before creating online content, consider some of the risks and rewards that are involved. Keep in mind that any of your conduct that adversely affects the Parkland School District, Parkland High School, the Parkland Department of Athletics and/or your interscholastic program, may result in disciplinary action up to and including dismissal from the team. This policy applies to all student-athletes who participate in one of more of our interscholastic programs.

To assist you in making responsible decisions about your use of social media, we have established these guidelines for appropriate use of social media.

1. I will take responsibility for my online profile, including my posts and any photos, videos or other recordings posted in which I appear.
2. I will not degrade my opponents before, during, or after games.
3. I will post only positive things about my teammates, coaches, opponents and officials.
4. I will use social media to purposefully promote abilities, team, community, and social values.
5. I will always be honest and accurate when posting information or news and will quickly correct mistakes.
6. I will not post any information or rumors that I know to be false.
7. I will consider "Is this the me I want you to see?" before I post anything online.
8. I will ignore any negative comments about me and will not retaliate.
9. If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain or a coach.
10. I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.

PARKLAND ATHLETIC TRAINING CODE SUSPENSION CHART

The following chart is used to determine the length of suspension for violation of the Parkland Athletic Training Code rules. The number of games/contests a student is suspended is determined as a third of the regularly scheduled contests allowable by PIAA rules. It was determined that Cheerleading would mirror the sports it is associated with on a seasonal basis. All club sports that follow the Parkland Athletic Training Code would also follow a suspension practice of a third of their scheduled regular season contests.

Scrimmages and practice games are not counted as contests under suspension. All student/athletes under suspension should attend all practices and games in street clothes, but are prohibited from participation.

Fall Sports

Cross Country (5 meets)
Field Hockey (6 games)
Football (3 games)
Golf (6 contests)
Boys Soccer (6 games)
Girls Tennis (6 contests)
Girls Volleyball (7 contests)
Cheerleading (5 games)
Girls Soccer (6 games)

Winter Sports

Boys Basketball (7 games)
Girls Basketball (7 games)
Swimming/Diving (6 meets)
Wrestling (7 competitions)
Cheerleading (7 contests)

Spring Sports

Baseball (6 games)
Boys Lacrosse (6 games)
Girls Lacrosse (6 games)
Softball (6 games)
Boys Tennis (6 contests)
Track (5 meets)
Boys Volleyball (7 contests)

CLUBS

Ice Hockey	1/3 of all regularly scheduled contests
Indoor Track	1/3 of all regularly scheduled contests

PARENT/COACH COMMUNICATION GUIDE

Parkland Athletics



Parent Guide

Jeffrey Geisel
Director of Athletics

Revised 7/2012

Expectations of Parent/Guardian

- 1.Support their student athlete's efforts toward success.
- 2.Work to promote a positive environment that is conducive to development of the student athlete.
- 3.Become familiar with, and review the rules and regulations with their student athlete.
- 4.Communicate any concerns in a timely manner, according to the district protocol.
- 5.Treat all coaching personnel with courtesy and respect, and insist their student athlete do the same.

Coaches Expectations of Parents:

- Concern expressed directly to the coach.
- Proper chain of command.
- Do not approach a coach before or after a contest or practice
- Notification of schedule conflicts.
- Be publicly supportive of team accomplishments and coaching philosophy.
- Exhibit sportsmanship.

Sportsmanship Expectations of Parents:

- Set a positive example for our young people.
- Follow and support the LVIAC League.
- Cheer for a team, not against opponent.
- No taunting, booing or yelling at opponents, coaches, or officials.
- Profanity is not tolerated at any time.

Coaches' Responsibilities:

- Encourage Academics
- Exhibit Leadership
- Model Behavior
- Promote Sportsmanship
- Supervise Athletes
- Warn of Risks
- Provide Instruction

Note: Parents, Students and Fans attending Parkland Athletic events who choose to not follow expectations listed in this document may be removed from the event. Actions deemed to be severe may constitute extended or permanent removal from all Parkland Athletic events.

Things parents do that their kids really appreciate:

- Take time out of your busy schedules to come to games and support what we do.
- Supporting the whole team, not just me.
- Cheering the team even when losing badly.
- Telling us we did a good job.
- Being proud of us even when we do not win.
- Being quiet unless cheering with everyone else.
- Never yell at a coach or referee.
- Making friends with other parents.

Things parents do to embarrass their kids:

- Trying to teach me how to do something "correctly" after the game.
- Coaching during games even though you are not the coach.
- Telling me what I was doing wrong after every game.
- Being asked to leave a field by an official.
- Taunting other players, opponents, referees.
- Yelling things at coaches and getting involved with something that was between the coach and player and it was none of your business.
- Coming to a game under the influence.
- Acting disappointed with what I am doing instead of reassuring me I will do better next time.
- Getting a technical foul against our team.

PARENT/COACH COMMUNICATIONS PLAN

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 others and provide greater benefits to children. 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 of your child's program.

Communications you should expect from your child's 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, off-season conditioning, selection process, general information
- Discipline that results in the denial of your child's participation (provided in Parent/Student Athletic Training Code)

Communication coaches expect from parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance

When your child becomes involved in the programs of the Parkland School District, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times a discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

1. The treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. *Coaches are professionals.* They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those following, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team strategy
3. Other student-athletes
4. Specifics of player selection (comparisons with other players)

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position.

When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue or concern.

If there is a concern to discuss with a coach, the procedure you should follow is:

1. Please encourage your child to speak directly with the coach before you do. Many times the matter can be taken care of at that time. Student self-advocacy is very important skill for all athletes.
2. Call or email to set up an appointment.
3. If the coach cannot be reached, call the Athletic Director, Mr. Geisel. He will set up the meeting for you.
4. Please do not attempt to confront a coach before, during, or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.
5. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with the athletic director to discuss the situation.
6. Please refrain from using texts or emails for emotional issues that are best resolved "face to face".

Since research indicates students involved in co-curricular activities have a greater chance for success during adulthood, these programs have been established. Many of the character traits required to be a successful participant

are exactly those that will promote a successful life after high school. We hope the information provided here makes both your child's and your experience with the Parkland School District Athletic Program enjoyable and educational.

Participation in Middle and High School Athletics:

- Is an integral part of the total education process
- Is a privilege
- Is not a recreation league with guaranteed playing time
- Promotes teamwork and camaraderie
- Cannot be replaced by "club" programs designed to solely benefit individual athletes

Transportation:

- All team members must travel on school provided transportation to and from all athletic contests.
- If approved by the coach in advance, a team member may be released to the custody of a parent at the conclusion of an away contest.
- Approval must be requested in written form prior to event. Approval will be restricted to situations of emergency nature, religious, medical, or educational events requiring athlete's attendance.

Sportsmanship:

- Show respect for opponents at all times.
- Show respect for officials.
- Know, understand, and appreciate the rules of the contest.
- Maintain self-control at all times.
- Recognize and appreciate skill performance regardless of affiliation.
- Everyone has a role in a contest: the players' play; the referees officiate; the coaches coach; and the parents "spectate". You can only do one – CHOOSE!

Admission Charges:

\$3.00 student – regular season events

\$5.00 adults – regular season events

Athletic Booster Clubs:

Many of our athletic teams have booster organizations. Their only function is to support the teams with services, supplies, and as fans. Each coach will provide booster club contact information to all players and parents prior to each season. Typical booster club activities include fund raisers, monthly meetings, and concession sales at games

***Parkland School District
Athletic Department
2700 N. Cedar Crest Blvd.
Allentown, PA 18104
610-351-5600 X75581***

(The Parkland Athletic Department acknowledges and thanks Mr. Greg Pinelli, CMAA for much of the original content used in this document)

Informative Websites:

www.piaa.org

www.district11.piaa.org

www.highschoolsports.net

www.parklandsd.org/athletics

www.parklandsportshistory.com

revised on June 25, 2012

PARKLAND ATHLETIC TRAINING CODE

CONSENT FORM

I have read the Parkland Athletic Training Code and Student-Athlete Social Media Agreement. I agree to abide by it.

STUDENT'S NAME(PRINT)_____

SIGNATURE_____

DATE_____ **SPORT**_____

I have read the Parent/Coach Communications Guide and agree to abide by it.

PARENT/GUARDIAN NAME(PRINT)_____

SIGNATURE_____

DATE_____

RELATIONSHIP(CIRCLE) **MOTHER** **FATHER** **GUARDIAN**

PLEASE RETURN THIS FORM TO YOUR COACH



Parkland School District Emergency Card for Athletes

Please complete the information below prior to participation in each sport season:

Name: _____ Male/Female(circle one)

Address: _____

City, State, Zip: _____ Phone: _____

Sport: _____ Grade: _____ School: HS O S

In case of accident or emergency, please contact:

Parent's/Guardian's Name _____ Relationship: _____

Address: _____ Emergency Phone: _____

Secondary Emergency Contact Person: _____ Phone: _____

Medical Insurance Carrier _____ Policy # _____

Address _____ Phone: _____

Family Physician's Name: _____ Phone: _____

Pre-Existing Circulatory/Pulmonary Conditions: _____

Diabetes: _____ Inhalers: _____

Allergies or Allergic Reactions: _____

Medications being used: _____

Have you ever had a concussion or head injury? _____ Yes _____ No

Other pertinent information: _____

Permission to Treat _____ Date: _____
(Parent's/Guardian's Signature)

