



**Phoenixville Area School District
Parent/Athlete Handbook**





Welcome to Phoenixville Area School District Athletics!

I am so proud to be a Phantom and I hope that you are too. The positive energy and enthusiasm that surrounds our school district and athletic programs make this a great time to be a part of the Phoenixville community. Our coaches and staff are pleased that you have chosen to participate in our athletic program.

Participating in high school and middle school athletics is a privilege and will provide you with opportunities that stretch beyond the field of play. We aspire to challenge our student-athletes to excel in all areas, to become better people, citizens, students, and athletes.

Phoenixville has a rich and proud athletic tradition. Our community is here to support you during your journey and we are proud of our students who represent Phoenixville.

Please take the time to familiarize yourself with all the information provided in the pages that follow. Please do not hesitate to contact the athletic office should you have any questions or concerns.

Good luck and Go Phantoms!

A handwritten signature in cursive script that reads 'Don Grinstead'.

Don Grinstead
Director of Student Activities & Athletics

TABLE OF CONTENTS

I.	Purple Pride & Alma Mater.....	4
II.	Statement of Student Rights.....	4
III.	Equal Rights and Opportunity Policy.....	5
IV.	Athletics Mission Statement & Philosophy.....	5
V.	Athletic Department Directory.....	6
VI.	Admission to Events.....	7
VII.	State, District & Conference Affiliation.....	7
VIII.	Sports Season.....	7-8
IX.	Sportsmanship.....	8
X.	Parent’s Guide to Dealing with Coaches.....	9
XI.	The Role of the Parent in Sports.....	10-12
XII.	Guidelines for Behavior.....	13
XIII.	Parent Athletic Code of Conduct.....	14
XIV.	Student-Athlete Code of Conduct.....	16-17
XV.	Student-Athlete Policies.....	18-19
XVI.	Practices & Contests.....	19
XVII.	Equipment & Uniforms.....	19
XVIII.	Completion of Sports Season.....	19
XIX.	Travel.....	20
	a. Travel Release Form.....	21
XX.	Substance Abuse.....	22
XXI.	General Policies.....	23-25
XXII.	Athletic Training.....	26-35
	a. Physical Examinations.....	28
	b. ImPACT Testing.....	30-32
	c. Injury Report.....	33
	d. Drug Warning Notification for Student-Athletes.....	34
	e. Heads-Up Concussion Fact Sheet.....	35
XXIII.	NCAA Eligibility Center Quick Reference.....	36
XXIV.	School Board Policies	
	a. Board Policy No. 122, Cheerleading.....	40
	b. Board Policy No. 122, Co-Curricular Activities.....	41
	c. Board Policy No. 122, Co-Curricular Guidelines.....	43
	d. Board Policy No. 123, Interscholastic Athletics.....	45
	e. Board Policy No. 123, Concussion Management.....	50
	f. Board Policy No. 123, Sudden Cardiac Arrest.....	53
	g. Board Policy No. 247, Hazing.....	55
	h. Board Policy No. 247, Hazing Guidelines.....	58
	i. Board Policy No. 718, Fundraising.....	59
	j. Board Policy No. 915, Booster Clubs.....	61

PURPLE PRIDE

We are proud of our students at Phoenixville! We want you to have pride in your school, your community and celebrate the accomplishments of your fellow students by showing your support in the hallways at PAHS, PAMS and in the stands at our athletic events.

ALMA MATER

**There's a school in Chester County
A school we all love well;
And the sturdy sons of Phoenix**

**Its virtues love to tell.
Sing it out among the High Schools;
Spread the tale with vim and might
Old Phoenix stands defender of
The Purple and the White.**

When we win athletic victories,
Our banner wide unfold;
Let the fallen foe do homage
To Phoenix warriors bold

Then we'll sing our songs of triumph
From the morn until the night;
Let all men render homage
To the Purple and the White.

When at last our time is over
And the last exam we pass;
We will say good-bye forever,
To teachers, school and class
We will then take school-day victories
Into the world's grim fight;
And the vision still will cheer us
Of the Purple and the White.

STATEMENT OF STUDENT RIGHTS

It is the right of all students to have an opportunity to be educated by the District, to be secure in their persons, to have their rights protected and to be treated with fundamental fairness in all matters. However, when the rights of an individual conflict with or jeopardize the rights of the student body in general, or endanger a student or any other person, it shall be the policy of the District to choose safety as the paramount concern and the rights of the individual shall yield to the degree necessary.

EQUAL RIGHTS AND OPPORTUNITIES POLICY

The Phoenixville Area School District is an equal opportunity education institution and will not discriminate on the basis of race, color, religious affiliation, national origin, gender, age, sexual orientation, marital status, or non-relevant disabilities in its activities, programs or employment practices as required by Title VI, Title IX and Section 504. The district's commitment to non-discrimination extends to students, employees, prospective employees, and the community. For information regarding civil rights or grievance procedures or for information regarding services, activities and facilities that are accessible and usable by disabled persons, contact the Director of Human Resources, Phoenixville Area School District, 360 City Line Avenue, Phoenixville, Pennsylvania 19460, 484-927-5000.

ATHLETICS MISSION STATEMENT

The Phoenixville Area School District will provide activities and athletic programs for our students that will foster personal growth, strengthen our sense of community and inspire excellence.

PROGRAM PHILOSOPHY

Student activities and athletics play an integral role in the educational process for students in the Phoenixville Area School District. Through a diverse number of program offerings, we seek to encourage students to participate in a broad spectrum of activities to foster personal growth and development.

Our coaches, club leaders and staff strive to build comprehensive programs designed to inspire and teach important life and leadership skills through competition and hard work. These programs create a positive and memorable experience for our students, alumni and community.

Phoenixville Phantoms win with humility, handle defeat with grace and act in a sportsman-like manner at all times. Our Activities & Athletics program embodies the spirit and qualities of our school, pays homage to our proud history and is an asset to our community.

ATHLETIC DEPARTMENT DIRECTORY

Director of Student Activities & Athletics	Don Grinstead	484.927.5130	grinstead@pasd.com
Assistant Athletics Director	Gerard Gleeson	484.927.5106	gleesong@pasd.com
Athletics Secretary	Chris Spinozzi	484.927.5134	spinozzich@pasd.com
Athletic Trainer	Simon Wako	484.927.1109	wakos@pasd.com

MIDDLE SCHOOL SPORTS			HIGH SCHOOL SPORTS		
FALL	WINTER	SPRING	FALL	WINTER	SPRING
Cheerleading	Basketball (B)	Baseball	Cheerleading	Basketball (B)	Baseball
Cross Country (B)	Basketball (G)	Lacrosse (B)	Cross Country (B)	Basketball (G)	Lacrosse (B)
Cross Country (G)	Competitive Spirit	Lacrosse (G)	Cross Country (G)	Comp Spirit	Lacrosse (G)
Field Hockey (G)	Wrestling	Softball (G)	Field Hockey (G)	Swimming & Diving (B)	Softball (G)
Football		Tennis (B)	Football	Swimming & Diving (G)	Tennis (B)
Soccer (B)		Track & Field (B)	Golf (B)	Wrestling	Track & Field (B)
Soccer (G)		Track & Field (G)	Golf (G)		Track & Field (G)
Tennis (G)			Soccer (B)		
Volleyball (G)			Soccer (G)		
			Tennis (G)		
			Volleyball (G)		

ADMISSION TO EVENTS

We want to inform you of a change to our admissions process for HS athletics contests as it relates to night games. All other day/afternoon contests are free of charge.

1) Online ticket sales are now the only option to purchase tickets for an athletic event where we charge admission. We charge admission for all athletic events that start after 5:00pm. All tickets must be purchased electronically through Ticket Spicket-[Phoenixville Phantoms - Ticket Spicket](#) **There will be no cash accepted at the gate.**

- A. Online individual ticket sales will be available the week of the sporting event.
- B. Tickets can be printed out or scanned directly from your smart device.
- C. QR codes will be available at the Stadium or gym to assist in purchasing tickets from a smartphone.

2) Fall Season Pass options are as follows:

- A. Family: \$60.00 - Admits (2) adults and all school-age children (K-12)
- B. Adult: \$30.00 - Admits (1) adult not enrolled in High School.
- C. Students: \$15.00 - Admits (1) student enrolled in grades K-12.

Ticket Spicket does require you to have an account to purchase. We highly recommended that you purchase your tickets before arriving at the stadium/gym.

There are many other schools in the Pioneer Athletic Conference that have transitioned to electronic tickets over the last two years, so we expect a smooth transition as well!

We will post ticket sales every week on our social media pages, and on the [Phoenixville Athletics page](#).

If you have any questions, please contact the Athletic Department at 484-927-5134.

Go Phantoms!

Gold Pass

PASD offers a gold pass to anyone who resides in Phoenixville over the age of 65. This pass is free of charge and allows admittance to all school activities. Stop in the District Administration Building located at 386 City Line Avenue Phoenixville, PA 19460 with proof of residence to obtain one.

Ticket Spicket Resources

If you plan on purchasing athletic passes and tickets for our regular season home games, we are switching to Ticket Spicket for on-line, contactless sales. We will not accept cash or sell paper tickets at the gate this year, so you will need to download the free Ticket Spicket phone app to purchase tickets. Tickets are still \$5, but there is a convenience fee which results in an individual ticket costing \$5.75. Also, the passes (family yearly/adult yearly/student yearly) are only good for the regular season games, not postseason play.



STATE, DISTRICT & CONFERENCE AFFILIATION

The Phoenixville Area School District's athletic program at both the middle and high school adheres to the constitution and by-laws of the Pennsylvania Interscholastic Athletic Association (PIAA). Please visit PIAA.ORG for PIAA rules and regulations. The PIAA is divided into twelve districts. Phoenixville Area High School is part of District One which includes Bucks, Chester, Delaware, and Montgomery counties.

Phoenixville Area High School and Middle School are members of the Pioneer Athletic Conference, which is comprised of twelve schools: Phoenixville, Boyertown, Methacton, Norristown, Owen J. Roberts, Pope John Paul II, Pottsgrove, Pottstown, Perkiomen Valley, Spring-Ford, Upper Merion and Upper Perkiomen.

SPORTS SEASON

Phoenixville athletic teams participate in fall, winter, and spring seasons as defined by the PIAA. Our ninth grade and middle school seasons are further defined by the Pioneer Athletic Conference. Each sport has a first official practice date and a maximum number of games that may be played, as defined by the PIAA . This information is available at www.PIAA.org.

If a Phoenixville team conducts a practice and/or plays a contest prior to the first legal practice date or after the concluding date of the defined PIAA season in a sport, the school will be penalized, including the loss of the opportunity to participate in PIAA district and statewide tournaments and championships in that sport for at least one year. In addition, any Phoenixville coach or student who involve themselves in offseason workouts do so as a private citizens; they and the parents of the student(s) involved assume all risks and liabilities.

Selective teams utilize open gym/field time or strength training before or after the sport's primary season. Athletes should contact coaches regarding scheduled voluntary sessions. Attendance at these sessions has no bearing on whether or not an athlete will make the team. Cheerleading tryouts may be held in the spring prior to the fall season.

SPORTSMANSHIP

Student-athletes in the Phoenixville Area School District must keep in mind that they are always in the public eye and that their personal conduct will always be subject to the scrutiny of their fellow students, fans, officials, opponents, and the media. They, therefore, have an obligation to serve as positive role models by subscribing to the following:

- Showing respect for authority and property;
- Maintaining academic eligibility and training rules;
- Emphasizing the ideals of sportsmanship, loyalty, ethical conduct, and fair play, and;
- Understanding that striving to win is important to success in athletics just as in every facet of life.

Any display of unsportsmanlike behavior toward an opponent, official or spectator during the season will result in counseling by the coach and possible suspension from the team.





A PARENT'S GUIDE TO DEALING WITH COACHES

Parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are able to accept the actions of the other and provide greater benefit to children.

As parents, when your children become involved in the Phoenixville athletic program, you have a right to understand what expectations are being placed on your child. It is also important for parents to understand that coaches are professionals and will need to make judgment decisions based on what they believe to be in the best interest of all students involved.

Parents must also encourage the student-athlete to communicate with the coach and their staff. A vast majority of communication lapses could easily be resolved if the student-athlete would first present these concerns to the coach and/or staff. The following guidelines will be helpful in parent/coach communications.

Communication parents should expect from the coach:

- The coach's philosophy.
- The coach's expectations for your son or daughter, as well as other players on the team.
- Location and times of practices and contests.
- Team requirements, such as special equipment needed, school and team rules, and off season expectations.
- Procedures if your child suffers an injury during participation.

Communication coaches expect from parents:

- Notification of any schedule conflicts well in advance.
- Notification of illness that may result in an absence.
- Notification of injury.

Appropriate concerns to discuss with a coach:

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Aspects of your child's behavior.

Concerns that must be left to the discretion of the coach:

- How much playing time each athlete is getting.
- Team strategy.
- Play calling.
- Any situation that deals with other student-athletes.

GUIDELINES FOR BEHAVIOR

Of the Coach:

- Exemplify the highest moral character, behavior and leadership.
- Respect the integrity and personality of each individual student-athlete.
- Abide by and teach the rules of the contest in the letter and spirit.
- Set a good example for players and spectators to follow: refrain from arguments in front of players and spectators; no gestures which indicate officials or opposing coaches do not know what they are doing or talking about; no throwing of any objects in disgust.
- Shake hands with officials and the opposing coaches before and after the contest in full view of the public.
- Respect the integrity and judgment of the contest officials. Treat them with respect even if you disagree with them in some way.
- Display modesty in victory and graciousness in defeat in public and in talking with the media. Please confine your remarks to your team only.
- Instruct participants and spectators in proper sportsmanship responsibilities and demand they make sportsmanship the main priority.
- Develop a top program that rewards participants for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.
- Be no party to the use of profanity or obscene language or improper actions.

Of the Student–Athlete:

- Live up to the standards identified by the athletic department.
- Live up to the privilege of representing your school and community.
- Live up to the standards of sportsmanship established by the school administration and coaching staff.
- Learn the rules of the contest thoroughly and discuss them with parents, fans and fellow students.
- Treat opponents the way you would like to be treated, as a guest or friend.
- Wish opponents good luck before the contest and congratulate them in a sincere manner following victory or defeat.
- Respect the integrity and judgment of officials. Treat them with respect at all times.
- Give encouragement and support to injured athletes at all times.
- Support only your team, no negative comments directed at the opposition.

PARENT ATHLETIC CODE OF CONDUCT

Interscholastic athletics are an integral part of the total educational program of the Phoenixville Area School District. The goal and purpose of the athletic program is to teach the student-athletes the meaning and understanding of sportsmanship, commitment, fairness, sacrifice, teamwork, and hard work. Additional goals include knowing how to win and how to lose, increasing the knowledge of the sport, developing a healthy lifestyle and skill development. We ask all parents to support our efforts to help teach the goals of interscholastic athletics.

Listed below are the guidelines and expectations that we expect all parents to follow to ensure that our student-athletes have a positive athletic experience. Parents who are unable to meet these expectations may be unable to attend future athletic contests.

1. Support your child by being a positive listener, especially after a tough loss.
2. Avoid putting pressure on your child to start, score or be the star of the team. Do not force an unwilling child to participate in sports. Children take part in organized sports for their own enjoyment, not yours.
3. Support the coach and administration in public around the other parents and fans.
4. Avoid speaking negatively about the coach in front of your child. It may create a barrier in the child's hope for improvement in the sport.
5. Understand the ultimate purpose of athletics; it exists as an integral part of the total educational mission of the school and participation in athletics is a privilege and not a right.
6. Serve as a good role model for the students, athletes and other fans. Children learn best by example.
7. Contribute to the booster clubs by volunteering to help with projects and committees.
8. Appreciate the educational opportunity that your athlete is receiving in the athletic program.
9. Display excellent sportsmanship at all times. Teach your child to always play by the rules and be fair and honest with you and their abilities.
10. Show respect to everyone involved in the athletic program – the coaches, athletes, fans, other parents, officials, security and administrators. Do not publicly question an official's judgment or integrity. Don't complain or argue about an official's calls or decisions during or after an athletic event.
11. Follow the chain of command when you have a concern. Your athlete should speak to the coach first. The next step would be for you to contact the coach to set up a meeting at a mutually convenient time. If you are not satisfied after meeting with the coach, please contact the Athletic Director to request a meeting to discuss your concerns.
12. Express your concerns and questions in a courteous and civil manner and please do it at the right time and proper setting.
13. Avoid constant and chronic complaining.

14. Abide by the Phoenixville Area School District Code of Conduct, eligibility requirements and team rules.
15. Understand that the goals of the team and the athletic program are more important than the hopes and dreams you may have for your child.
16. Teach your child that hard work and honest effort are more important than winning.
17. Be loyal to the school and team; put the best interests of the team above your child's personal glory.
18. An athlete should be gracious in victory and accept defeat with dignity.
19. Support the concept of "being a student first." Commit your child to getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing sports at the professional level. Reinforce that college and universities will not recruit student-athletes who do not have a serious commitment to their education.
20. Keep athletics in perspective – family, education, and being a part of the high school experience are far more important.
21. PIAA by-laws dealing with athletic courtesy provide that any spectator who continually evidences poor sportsmanship should be requested not to attend future contests.
22. Social Media - Any student posting things via a social media outlet must adhere to our Athletic Code of Conduct in addition to any school rules that may apply. It is imperative that any social media correspondences fall under the guidelines of sportsmanship and fair play. Please use good judgment when posting anything on one of these outlets. Those found in violation of the above will jeopardize participation in and/or attendance of an extracurricular event.

Failure to follow these expectations and abide by this Code of Conduct may result in forfeiting the opportunity to attend future athletic contests.

STUDENT-ATHLETE POLICIES

THE ATHLETE

Athletes are first and foremost students and are subject to discipline under existing Phoenixville Area School District or building discipline policies. For serious or repeated violations of school policies or individual team rules, athletes may be expelled from participation in all or part of the applicable sport. Athletes have the right to due process in cases of expulsion.

- A. All student-athletes who quit or are dismissed from a team shall return all equipment as issued and in clean condition within two school days.
- B. A student-athlete who is dismissed or quits an athletic team after the first scheduled contest (scrimmage) may NOT participate on another athletic team during that sport season nor begin another sport season until the one he/she has left has been completed. (This includes weight training, open gym and all other out-of-season programs). A student-athlete released in good standing from a team may participate in any other activities offered during that season.

ELIGIBILITY

Eligibility to participate as a student-athlete in the Phoenixville Area School District is determined by these criteria:

- A. *Detailed eligibility requirements are outlined in the PAHS and PAMS Handbooks.***
 - a. Grades will be reviewed on a weekly basis. The eligibility period shall run from Sunday through Saturday. Students who are failing two or more full year courses, or the equivalent, will not be eligible to participate in interscholastic athletics. Students are ineligible at the end of the marking period will be ineligible for fifteen (15) school days. Students on probation or determined to be ineligible will receive parental notification letters which indicate the student's participation status. Evaluation of course credits shall conform to the standards established by the Pennsylvania Department of Education. The final grades to be used at the end of each marking period are the following: (1) first marking period final average, (2) first semester final average, (3) third marking period final average, and (4) final average for the year.

- B. Student-athletes shall be at school by the end of second period to participate or to play in a contest that day. Extenuating circumstances will be evaluated by the Director of Student Activities & Athletics. Students who have an early dismissal must obtain permission from an administrator in order to participate in extracurricular activities.
- C. The student-athlete shall conduct him/herself in an acceptable manner during the school day and shall conform to all school policies.
- D. Students who serve a full day of In-School Suspension are ineligible for extracurricular activities on the day of the suspension. Student who receive a partial day suspension and have completed the suspension term with no carryover into the next day, are eligible to participate.

PRACTICES AND CONTESTS

Each member of any team is required to make a commitment to that sport during the season. Part of the commitment involves attending every scheduled practice and contest throughout the season. Unexcused absence from scheduled practices/contests will result in:

1. Counseling by the head coach and notification of parents, if necessary; and
2. Suspension from the team and possible dismissal for the remainder of the season if subsequent violations occur.

EQUIPMENT AND UNIFORMS

Equipment and uniforms are issued to students on a loan basis and are to be worn only when authorized by the coach. If any of the equipment is not returned at the conclusion of the season, an obligation will be issued to the student for the fair cost of replacing it. Until the obligation is resolved, the student will not be eligible for athletic awards and will not be permitted to participate in any future season.

COMPLETION OF SPORTS SEASON

In order for the student-athlete to be eligible for a letter, team and/or individual awards, it is required that he complete the sports season including post-season playoffs, tournaments and exhibitions. The only exception will be illness and/or injury which limit participation. No awards will be given to any student athlete suspended and/or dismissed for the remainder of the season for "Student Conduct Policy" violations.

TRAVEL

Athletes must travel to and from contests, away from Phoenixville, in transportation provided by the school. The only exceptions are:

1. Injury to participant which would require alternate transportation;
2. Prior arrangement made, through the completion of a Travel Release Form, due to special situations which may arise. This notice is kept on file in the athletic office. Students are expected to regularly take the school provided transportation, and only use the Travel Release Form in special circumstances.
3. When school transportation is not provided and alternative means are approved.

The Travel Release form must be done electronically and can be reached using this link:

<https://forms.microsoft.com/Pages/ResponsePage.aspx?id=Og25SOBDEUaIzjEQcWZe01ycSBaOhCsi3Lvzn3nt9UQVpISVM2REc4MVRyTFBGV1dNQzIEUDdBMy4u>

SUBSTANCE ABUSE

The use and/or possession or selling or providing of alcohol, tobacco products, other drugs, and steroids on school property, or within the school authority, is a violation of school board policy, student discipline, and a violation of the law.

POSSESSION OR USE

1. If a student is known to be unlawfully possessing, using or under the influence of drugs or narcotics classified as controlled substances or alcohol, while in school, on school property, or the school bus, he/she will be suspended for ten (10) days and he/she will forfeit the privilege of participating in athletic activities for the remainder of the season.
2. The Principal can dismiss the student from the team, and he/she will forfeit the privilege of participating for the remainder of the season.
3. The Principal may request a Due Process Hearing before the Board of School Directors for the purpose of expulsion from school.
4. The police will be notified and will take appropriate action.

SELLING OR DISTRIBUTION

1. If a student is found selling or providing drugs, narcotics or alcohol on school property or on the school bus, he/she will be suspended immediately for ten (10) school days, and forfeit all rights and privileges for further participation in athletic activities for the remainder of the school year.
2. The Principal will request a Due Process Hearing before the School Directors for the purpose of expulsion from school.
3. The police will be notified and will take appropriate action.

TOBACCO USE

PIAA Board of Control policy prohibits the use of tobacco products by participating and non-participating team personnel, including coaches, during any level of interscholastic competition.

GENERAL POLICIES

Violation of the Phoenixville Area School District Student Code Policy, which requires administrative action, will be handled in accordance with the provisions of the specific sections as outlined in the manual. For example, if a violation involves a suspension, then said student-athlete will be suspended from practices/contests of that team for those days. It should be clearly understood that the same standard of behavior and discipline applies to all students, regardless of their participation in interscholastic athletics.

Consistent with the U.S. Supreme Court, the Phoenixville Area School District reserves the right to require lab testing if a student-athlete is suspected of substance abuse.

Students should leave all valuables at home, not in the locker room. It is the responsibility of each student to lock his/her own locker with any valuable possessions.

Student-athletes should be neatly groomed and properly dressed when traveling to any contest.

No athlete may quit one sport and try-out for another after the season has begun without mutual consent of both coaches.

Any civil infraction or conduct by a student-athlete that occurs during a sport season that is determined by the administration and head coach to be detrimental to the athletic program, or the school district, will result in counseling by the school administration and head coach and possible suspension/dismissal from the team.

AWARDS

The criteria for awarding an athletic letter will be an evaluation by the coach and his/her assistants using the following items:

- A. Playing time during contests
- B. Attendance
- C. Attitude
- D. Character
- E. Leadership qualities
- F. Loyalty qualities
- G. Self-discipline
- H. Skill development

Letter Awards: At the close of each sport season, the coach shall submit to the athletic director, an awards report accurately listing all players to receive awards.

A chenille letter, sports pin, and certificate shall be awarded the first time an athlete earns varsity letter status. Certificates and service bars will be awarded when a letter is earned in the same sport in subsequent years. Certificates and appropriate sports pins will be awarded when letters are earned in other sports. A squad member certificate will be presented to each team member who does not qualify for a letter.

The additional qualifications needed to earn an athletic letter are as follows by sport:

- | | |
|--|----------------------------|
| A. Baseball & Softball | 50% of total innings |
| B. Field Hockey | 50% of total halves |
| C. Basketball, Football, Lacrosse & Soccer | 50% of total quarters |
| D. Wrestling & Volleyball | 50% of total matches |
| E. Golf | 33% of total matches |
| F. Cross Country, Track & Field, Swimming & Diving | Point value set by coaches |
| G. Cheerleading, Tennis, Managers | Coaches criteria |
| H. Seniors who do not meet the above criteria, but who have been team members for three or more years, may be awarded athletic letters on the recommendation of the coaches. | |

A student-athlete shall finish the season, including any potential post-season play, and be in good standing to earn an athletic award. Student-athletes may earn only one athletic letter per academic year. Succeeding athletic awards during that academic year will consist of a certificate and sport pin for their letters.

At the conclusion of each school year, an awards program will be held. The purpose of this program is to honor the achievements of all during the school year.

Injuries: An award may be presented to an athlete who was injured during the season and unable to participate in the remaining games.

Team Membership: An athlete who has been a member of the team for three years but did not participate in the required number of games may receive an award. Such awards must be recommended by the coach and approved by the principal and athletic director. (NOTE: this award may be presented for less than three years' service if the athlete was enrolled at Phoenixville for less than three years.)

Managers: Managers must participate faithfully for a two-year period. Upon completion of the second year, a manager shall be awarded the varsity letter for the sport in which they served.

Coach's Discretion: A coach may designate a team member as a letter award recipient who does not meet other criteria but whom, in the coach's judgment, is deserving of a letter due to special circumstances.

LOCKER ROOM POLICY

- A. All books and other materials needed for the evening should be brought to the locker room before a game or practice.
- B. Students should place all items in their lockers and lock them.
- C. When visiting another school, coaches should always accompany the team to the locker room and supervise to assure the proper respect is shown to the property.
- D. Team rooms are to be used during practice & games only. They are not to be used for physical education classes.
- E. Team room lockers will be assigned by the coach and should be identified with the student-athletes' names.
- F. Team rooms will be locked at all times during the day.
- G. Team room lockers will be assigned on a class preference and on a season basis.

SOCIAL MEDIA BEST PRACTICES

Student-athletes who participate in interscholastic athletics for the Phoenixville School District are responsible for any messages shared on their Social Media platforms. All athletes are to use Social Media respectfully as a member of their team and our athletic department.

Malicious use of Social Media is prohibited. Examples of malicious use include, but are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal, racist, or abusive language/actions
- Derogatory language regarding school personnel or other students
- Comments designed to harass and bully students or school personnel
- Nude, sexually-oriented, indecent photos/images, or altered pictures of students and school personnel

Best Practices when using Social Media:

- **Think before posting** - If you don't want your parents or future employers to see your post, don't post it.
- **Be Respectful** - Treat others the way you would like to be treated.

- **Remember the Internet is permanent** - Even if you delete something, it's still out there somewhere, and anyone can take a screenshot.

Any authorized or unauthorized use in school or out of school computer software, computer networks, telecommunication devices, information technology and related technologies, which disrupts or interferes with the educational process in any manner, is prohibited and may result in removal from the team and a recommendation for expulsion.

ATHLETIC TRAINING

General Background

The field of athletic training, as a specialization, provides a major link between the athletic program and the medical community and provides injury prevention, emergency care, and rehabilitation procedures. The National Athletic Trainers' Association was formed in 1950 to establish professional standards for this evolving paramedical profession.

Qualifications

The athletic trainer is an educated, well-trained professional, who has taken specific courses in athletic training and is expected to be a college graduate with extensive background in biological and health science. He or she should be certified by the National Athletic Trainers' Association (NATA) and should hold a cardiopulmonary resuscitation certification (CPR).

Major functions: The major functions of the athletic trainer are injury prevention, recognition, and evaluation, and the management, treatment, disposition, rehabilitation, organization, and administration, education, and counseling of the athlete.

The Athletic Trainer's responsibilities include the following:

- The trainer's first priority is to the in-season Phoenixville Area School District student-athlete. Additional responsibilities include:
 - All high school varsity football games - home and away.
 - High school varsity teams in district and state playoff contests away from school when it does not conflict with the first priority.
 - Opposing athletes playing contests at Phoenixville Area School District.

Preventive Care

1. To provide advice and instruction to coaches for in-season conditioning and training programs as requested by head coaches. This includes warm-up exercises and conditioning programs which involve running, stretching, and strength training.
2. To complete pre-event preparations (preventative taping/ etc.) before each home contest and before bus departure for each away contest.
3. To complete pre-practice preparations (preventative taping, etc.) before each scheduled practice.
4. To oversee first aid kits and instruct coaches on the use of the kit's contents.

Emergency Care and Supervision

1. The first priority for the athletic training staff is to be at all home events (scrimmages and regular season contests) and scheduled practices, except as noted below:
 - The trainer is not responsible for attending Saturday practices.
 - During school holiday and vacation practices attendance is required as scheduled (see Director of Student Activities & Athletics, as all practices will not be covered).
 - To be in attendance at Sectional, Regional, District, or State competitions involving Phoenixville unless attendance conflicts with the first priority.
2. To provide emergency aid through recognition, care, and approved treatment of all injuries.
 - When a school doctor is present (varsity football) do so under his/her direction.
 - Take or send a student-athlete to a hospital emergency room if necessary. Take or send the student-athlete's MEDICAL TREATMENT card with him/her.

Training Room Rules

1. All injured athletes must sign treatment log.
2. No cleats allowed in training room, or anywhere in the building.
3. All supplies must be distributed by the trainer.
4. Equipment, braces, crutches, wraps, etc. must be signed out.
5. Athletes are NOT to use training room unattended or tape themselves for any reason.
6. Therapeutic modalities equipment is only to be used with the instruction or supervision of trainer. Coaches are to be informed of any treatment and the trainer's recommendations.
7. Please leave book bag, equipment, etc. in the hall.
8. Profanity is prohibited in the training room.
9. Ice bags must be emptied when treatment is completed.
10. When training room is busy, athletes must wait in the hall.
11. Athletes are to report all injuries to the coach or trainer.

Physical Examinations

No student shall be eligible to represent his/her high school in any interscholastic athletic contest unless he/she has been examined by a licensed physician of medicine before his/her first sports season of the academic year. Before each subsequent sports season of the same academic year, he/she will need to be re-certified by either a parent or physician in order to confirm that his/her condition is satisfactory before he/she begins to train or practice for the intended sport. All physical exam information will be kept on file in the athletic training office. A student will not be cleared until the physical form (CIPPE) has been reviewed by the athletic training staff to ensure its proper completion. This may take up to 48 hours.

Sections I-VI (1-6) of the physical form must be filled out by a parent prior to a physical being given by a physician. Section VI (6) of the physical form is filled out by the physician.

**** THE PHYSICAL MUST BE AUTHORIZED AFTER JUNE 1 TO BE VALID
FOR THE UPCOMING SCHOOL YEAR. ****

Season two and/or season three participation requires re-certification by:

Re-certification by parent:

This option is afforded to student-athletes who finish their previous season deemed healthy by our athletic trainer. A parent can fill out Section VII (7) of the physical form to certify that there has been no change in the medical condition of their child since the date of their last physical.

Re-certification by a physician:

This is required for any student-athlete who finishes the previous season as an injured member of the team or any student who suffers an injury or change to their medical condition between seasons. Section VIII (8) must be filled out by a physician in order to certify that the student is deemed fit to participate in the new season.

Wrestlers will need to be certified by our athletic trainer and a physician prior to participating in the wrestling season. Section VIII (9) of the physical forms is to be used for this certification.

Head Injury Policy

All contact sport athletes will be baseline tested utilizing the *ImPACT Neuropsychological Test* and *BESS Balance Test* during prior to their seventh grade, ninth grade and eleventh grade seasons.

- Evaluation
 - Evaluate the athlete using standard emergency management principles.
 - Exclude involvement of the cervical spine.
 - Evaluate the athlete using the SCAT II Card (Sport Concussion Assessment Tool).
 - If signs and symptoms of concussion are present, remove from play and consult physician or emergency room for medical evaluation.
 - Monitor symptoms daily using PCSS (Post-Concussion Symptom Scale)
 - Follow physician's recommendations for post injury *ImPACT and Balance testing*.
 - Follow physician's recommendations for appropriate management and *return to play* procedure.

- Role of the Athletic Healthcare Staff in Concussion Management
 - **Supervising Physician** – supervises the certified athletic trainers, supervises Athletic Training guideline and management plans.
 - **Neurologist** – Referral by physician treating head injury.
 - **Neurophysiologist**- Referral by physician treating head injury.
 - **Certified Athletic Trainer**- Administers baseline testing. In most cases will evaluate initial injury following standard emergency management principles and SCAT II assessment tool. Refer all suspected concussions the physician. Supervises graduated return to play protocol as directed by physician.

ImPACT tests are available to the individual students only at the written request of their physician.

ImPACT Testing

Developed by clinical experts who pioneered the field, ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the most-widely used and most scientifically validated computerized concussion evaluation system. ImPACT provides trained clinicians with neurocognitive assessment tools and services that have been medically accepted as state-of-the-art best practices -- as part of determining safe return to play decisions.

Through tools such as the [ImPACT Concussion Management Model](#) ImPACT addresses the need for an accurate, medically accepted assessment system that is used as part of an overall concussion management protocol. This Model builds partnerships with healthcare professionals and athletic trainers to offer training and resources for affordable concussion management. ImPACT benefits athletes at all levels of play, from professional sports teams to students and their parents.

ImPACT has the largest [database of clinical research](#) (190 peer reviewed and over 125 independent studies) on concussion management, validating ImPACT's model. Further, ImPACT's comprehensive normative data includes more than 75,000 (and growing) results, which provides reliability and validity of testing, even without a baseline.

ImPACT has received numerous accolades and endorsements from many of the world's leading sports authorities, governing bodies, teams and athletes. Currently, more than 10,000 medical professionals have been trained by ImPACT on concussion management and the ImPACT Program. ImPACT is in use by many teams in MLB, NHL, NFL and WWE. More than 7,400+ high schools, 1,000+ colleges and universities, 900+ clinical centers, 430+ Credentialed ImPACT Consultants, 200+ professional teams and select military units use ImPACT. Cirque du Soleil, Irish and South African rugby teams, among many other organizations around the globe also use ImPACT.

ImPACT and its products continue to evolve by incorporating the latest advancements in neurocognitive science and in technology for portability and ease of use. In addition, ImPACT is constantly expanding educational resources and tools to raise awareness regarding the importance of proper concussion management. Proof of ImPACT's clinical value can be found in more than a thousand clinics and hospitals throughout the United States and elsewhere.

The ImPACT Test is a fundamental element of ImPACT's overall approach to concussion management. Here are important facts about the ImPACT Test:

The ImPACT Test is:

- One important piece of the overall concussion evaluation and management process.
- A sophisticated test of cognitive abilities.
- The most scientifically researched concussion management tool.
- A tool that can help health care professionals track recovery of cognitive processes following concussion.
- A tool to help communicate post-concussion status to athletes, coaches, parents, clinicians.
- A tool that helps health care professionals and educators make decisions about academic needs following concussion.

The ImPACT Test is not:

- A "panacea" or cure-all for concussion, as there is no such thing. As long as contact to the head occurs, concussion will continue to happen.
- A tool to diagnose concussion, which should always be diagnosed by a qualified health care provider.
- A substitute for medical evaluation and treatment.

Concussion Management Model

The ImPACT Concussion Management Model for athletes, schools and teams is a five step protocol of best practice recommendations for how multidisciplinary teams can best use ImPACT. The ImPACT Concussion Management Model builds partnerships with healthcare professionals and athletic trainers to offer training and resources for affordable concussion management to benefit athletes and their parents – before, during and after a concussion is suspected or diagnosed.

ImPACT's ongoing commitment to research and the Concussion Management Model may assist in making safe return to play decisions, which helps to limit the likelihood of long-term injury. While ImPACT assists in making return-to-play decisions, it should never be used as a stand-alone tool or as a diagnostic instrument.

The ImPACT Concussion Management Model



Step 1: Pre-Season Baseline Testing and Education

Step 2: Concussion is Suspected

Step 3: Post-Injury Testing and Treatment Plan

Step 4: Is Athlete Ready for Non-Contact Activity

Step 5: Determining Safe Return-to-Play

DRUG WARNING NOTIFICATION FOR STUDENT-ATHLETES

Prescription Medications

Student-athletes are at elevated risk levels for prescription drug abuse. When student-athletes suffer an injury, a doctor may prescribe opiates such as OxyContin, Percocet, or Vicodin as a painkiller. These drugs are powerful, addictive, and can lead to long-term drug abuse if not used correctly. Abuse of these opiates also may lead to heroin use. This document is intended to inform parents and student-athletes of these risks, as well as recommending steps to minimize the dangers.

WARNING SIGNS

Signs of Use

- Anxiety/irritability
- Insomnia
- Long periods of sleep
- Watery eyes
- Chills
- Depression
- Disorientation
- Pinpoint pupils

Signs of dependency

- Change in personality/habits
- Social withdrawal
- Neglect responsibilities
- Forgetfulness
- Increased sensitivity
- Receiving lower grades
- Increased absence
- Secretiveness/isolation
- Theft/items missing

Signs of overdose*

- *If you see any of these signs, consider this an emergency and call 9-1-1.*
- May not awaken when aroused
 - Cold, clammy skin
 - Blue lips, face, hands
 - Struggle for breath
 - Elevated body temperature
 - Vomiting
 - Behaving irrationally/confused

Take Action! What can you do if your student-athlete is prescribed opiates?

1. Know → Know what medications your child is using and the signs of use, dependency, and overdose.
2. Monitor → An adult in the household should maintain possession of the medication and closely monitor the dosage and refills. Prescription opiates should be closely supervised by an adult. Set clear rules for use of the medications. Never share, take more than prescribed, or mix with other drugs.
3. Talk → Discuss the dangers of prescription medications with your child. Emphasize that just because the drugs are prescribed by a doctor, which does not make them safe.
4. Lock your Meds → Keep all prescription medications locked up to keep your family and friends safe.
5. Dispose of Your Meds → When the drugs are no longer needed, dispose of the unused medication at any Chester County Drop Box location (go to <http://chesco.org/DocumentCenter/View/17361> for locations).

This information sheet was developed by the Chester County District Attorney's Office and the Chester County Narcotics Overdose Prevention and Education ("NOPE") group in an effort to increase awareness of the dangers of opiate abuse.