



SOUTHERN COLUMBIA AREA SCHOOL DISTRICT

812 Southern Drive
Catawissa, PA 17820
James Roth, Athletic Director
570-356-3460

James Becker
High School Principal

William Callahan
Middle School Principal

ATHLETIC HANDBOOK

Dear Parent/Guardian & Student Athlete:

Welcome to the Interscholastic Athletic Program offered in the Southern Columbia Area School District. This booklet concerns various information and policies associated with your child's participation in the Southern Columbia Area School District Athletic Program. It is very important information.

****PLEASE READ IT CAREFULLY AND SAVE FOR LATER REFERENCE.****

Be sure that you sign parent permission form found in the physical packet. Return the completed packet to the Athletic Trainer by the Wednesday before the first day of practice. If **ALL** completed information is not turned in before the first day of practice, your son/daughter will be ineligible to practice.

PHILOSOPHY

The primary purpose of the Athletic Program of the Southern Columbia Area School District is to promote the physical, mental, social, emotional, and moral well-being of the participants. The Athletic Program in our school offers significant lifetime learning experiences that cannot be duplicated in any other educational setting.

The Athletic Program is an important and integral part of the total school program and is open to participation by all students. Through voluntary participation, an athlete gives time, energy, and loyalty to the program. He/she also accepts the training rules, regulations, and responsibilities that are unique to each team. In order to contribute to the welfare of the group, the athlete must willingly assume these obligations.

SPECIFIC OBJECTIVES

1. Promote character development in all student athletes.
2. Enhance student development in the specific areas of integrity, discipline, commitment, and work ethic.
3. Development of physical fitness and desirable habits in health, wellness, and safety.
4. Learn that teamwork and cooperation with others are necessary for experiencing success.
5. A chance to observe and exemplify good sportsmanship.
6. Realization that athletic competition is a privilege that carries definite responsibilities with it.
7. A chance to enjoy the opportunity to play, learn games, and improve athletic skills.
8. A chance to learn that rules in sports must be followed or penalties will result, and that this same sequence applies in the game of life.
9. To develop a program with an atmosphere that results in positive interaction between the team, the school, and the community.
10. To ensure athletics are an integral part of the school education program through a focus on educating the student athlete as the primary purpose of the program.

PROCEDURES FOR REPORTING CONCERNS/PROBLEMS

Below is the procedures athletes and parents are to follow if they have a concern or problem:

- Level 1: Make an appointment to discuss your concern with the coach. Do not attempt to discuss concern just before or after a game, do it privately.
- Level 2: If not satisfactorily resolved at Level 1, contact Athletic Director. Set up appointment for Athletic Director, Coach, and you to discuss concern. Do not contact Athletic Director until Level 1 has been completed.
- Level 3: If not resolved at Level 2, contact High School Principal. Set up appointment with Principal, Athletic Director, Coach, and you to discuss concern. Do not contact Principal until Levels 1 and 2 have been completed.
- Level 4: If not resolved at Level 3, contact Superintendent. Set up meeting with Superintendent, Principal, Athletic Director, Coach, and you to discuss concern. Do not contact Superintendent until you have gone through Levels 1, 2 and 3.
- Level 5: If not resolved at Level 4, a meeting with the Activity Committee of the School Board will be set up to discuss the concern. Do not contact the Board until Levels 1, 2, 3 and 4 have been completed.

GENERAL REGULATIONS

Pennsylvania Interscholastic Athletic Association (PIAA) Rules will be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc. Each coach has the responsibility to know these rules, to inform team members and parents, and to enforce these regulations.

PAY TO PARTICIPATE

With the adoption of School Board Policy 123.1, Pay to Participate, the school board established that a student participation fee shall be assessed to each student who participates in interscholastic athletics and extra-curricular activities.

Provisions for an exemption from payment of the assessed fee, either in part or in whole, shall be made for students whose economic situation would otherwise preclude their involvement. Exemptions must be approved by the High School Principal.

The \$50 fee is paid once a school year, and will allow the student to participate in multiple athletic and/or extra-curricular activities. The fee is not paid on a sport by sport basis or extra-curricular by extra-curricular basis. The fee must be paid the Friday before the start of PIAA practices for the fall, winter, and spring seasons. If payment is not made by this time, the athlete will be ineligible to play. The pay to participate fee can be paid in the following ways:

- 1) Check or money order mailed to, or delivered in person, to the district business office. Checks must be made payable to Southern Columbia Area School District.
- 2) Cash payments may be made in person to the district business office.

Recommended athletic activities subject to pay to participate fee during the **2016-2017** school year:

Baseball	Boys Soccer (including JH teams)
Boys & Girls Basketball (including JH teams)	Girls Soccer (including JH teams)
Cheerleading (including JH teams)	Softball
Boys and Girls Cross Country (including JH teams)	Boys & Girls Track
Field Hockey (including JH teams)	Weightlifting
Football (including JH teams)	Wrestling (including JH teams)

ELIGIBILITY FOR ATHLETES

Because participation in athletics is a privilege and not a right, the Southern Columbia Area School District is authorized to set higher standards for student-athletes than it would for those students who choose not to participate in these activities. Therefore, the District's Athletics Code of Conduct extends beyond the Southern Columbia Area School District Student Code of Conduct not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. The Southern Columbia Area School District Athletic Code of Conduct will be enforced with all students in Grades 7-12 participating in athletics:

- regardless of whether school is in session;
- regardless of whether the offense occurs on or off school property or at a school-related event;
- regardless of whether the student is directly involved with the activity at the time the prohibited conduct occurs;
- regardless of whether the activity is in-season; and
- regardless of where or when the conduct occurs.

It is possible that a student who violates the Southern Columbia Area School District Student Code of Conduct will incur consequences from both the appropriate school administrator and from his or her coach for the same particular violation. It is also possible that a student participating in athletics could violate the Athletics Code of Conduct and be subject to discipline by a coach without having violated the Southern Columbia Area School District Student Code of Conduct.

Academic Eligibility Criteria

The following eligibility criteria will be applied to all student-athletes:

1. To be academically eligible, a student may not be failing 2 credits.
2. Academic eligibility will be reviewed on a weekly cumulative basis.
3. A student who is determined academically ineligible at the end of a given week of school will be ineligible for a period of one (1) week starting on the following Sunday to the next Saturday.

You must not have failed 2 or more full credit subjects or the equivalent during the previous grading period, except that eligibility for the first grading period is based on your final grades for the preceding school year. If you fail to meet this requirement, you will lose your eligibility for at least 15 school days of the next grading period, beginning on the first day that report cards are issued.

Attendance Eligibility Criteria

Students arriving after 8:45 a.m. are marked ½ day absent. Students leaving before 2:00 p.m. are marked ½ day absent. Any student absent for ½ day because he/she was not feeling well will receive an excused ½ day absence but will be unable to participate that day in any extra-curricular event, including practice. In the event of the absence being on a Friday, it would preclude participating in a competition or performance on Saturday.

A student can have an excused absence and be permitted to participate in athletic events for the following reasons:

- Doctor or dentist appointment (generally expected to be in school ½ day)
(Note from the doctor or dentist is required.)
- Learner's permit or driver's test (generally expected to be in school ½ day)
- Funeral or death in family
- College visit (Written verification required)
- Principal's discretion (by prior approval)

Any student who has a half or full day unexcused absence is ineligible for any athletic/extra-curricular events that day,

including practice. If this unexcused absence is on Friday, the student is also ineligible to participate on Saturday.

If a student is absent 15 or more days, or has 4 illegal absences, the student will not be able to participate in athletics. Exceptions may be granted by the Principal.

CONDUCT EXPECTATIONS

The Southern Columbia Area School District provides comprehensive athletics programs for the benefit of SCASD students. The underlying belief is that that participation in interscholastic sports can provide students the opportunity to learn responsibility, dedication, leadership, hard work, respect for rules, respect for authority, and many other positive qualities. Regulations are established to promote these qualities and to help build and maintain strong programs. It is recognized that some of the expectations for students involved in athletics exceed the expectations for the general student body. These students are expected to follow district policies and all program-specific procedures set by the district and the school. Violations of the rules will result in corrective and/or disciplinary action. The facts and circumstances will be taken into consideration when determining consequences for rule violations.

The following conduct is expected of all participants. Failure to meet these expectations can result in disciplinary action by the coach:

- Student commitment to a team is expected for the entire season. No athlete may quit one sport and join another after the season has begun without the mutual consent of both coaches.
- Students who participate in activities that involve competition among schools and school districts will conduct themselves in a sportsmanlike manner at all times. This includes behavior toward visiting teams or hosting teams as well as the opponent's fans.
- Students should arrive to practices (including workouts), meetings, and events on time and prepared.
- Students who cannot be present for a practice (including workouts), meeting, or event should call the coach or team captain as soon as they are aware that they will be absent. Each team will decide when missed practices, meetings, or workouts will be made-up and disciplinary action may be taken as outlined in each team's rules.
- Injured or ill students who are unable to participate, but are able to attend a practice (including workouts), meeting, or event are required to dress appropriately and sit or stand with the rest of the group.
- Students are required to show respect at all times to coaches.
- Students should follow the rules promulgated in the *Southern Columbia Area School District Student Code of Conduct*. Failure to do so may result in additional disciplinary measures related to the student's participation with the team as determined by the coach.

Prohibited Conduct

Southern Columbia Area School District students who participate in athletics are prohibited at all times from:

- possessing, smoking, selling, or using tobacco products
- possessing or using electronic cigarettes or other non-tobacco nicotine-delivery products or accessories;
- possessing or using drug paraphernalia;
- possessing, selling, or delivering to another person look-alike drugs or items represented to be drugs or contraband of any kind;
- possessing, selling, giving, delivering to another person, using, or being under the influence of marijuana, alcohol, a controlled substance, or any dangerous drug;
- engaging in conduct that contains the elements of an offense relating to glue, aerosol paint, or volatile, mood-altering chemicals;
- engaging in Level II and Level III violations, as that term is defined in *the Southern Columbia Area School District Student Code of Conduct*;
- attending any event at which underage drinking, smoking or drug use is occurring (students will be allowed a slight concession for an amount of time long enough to determine that a violation is occurring and to leave the premises);
- riding in a vehicle containing alcohol unless a parent, guardian, or other responsible adult is present and aware of the presence of the alcohol;
- stealing;
- conduct that causes injury or harm to persons or property including bullying and hazing;
- fighting;
- assault resulting in bodily injury;
- any conduct resulting in arrest and/or citations from law enforcement officers;

- inappropriate touching including “making out” in public places, sexual gestures, or exposing parts of the body that are ordinarily covered up in public;
- inappropriate behavior in public places.

Violations

The Athletics Code of Conduct shall be deemed to have been violated under the following circumstances:

(1) when a student is observed in violation of the Athletics Code of Conduct by school personnel, or, (2) when a student has been charged by any law enforcement officer with an activity prohibited by this code, or, (3) by an admission of violation by the student or his parents, or, (4) when a student brings discredit to himself/herself or the school (including but not limited to being at an underage party where drugs/alcohol are present, vandalism, fighting, theft, etc.).

In all instances of an alleged violation of the Code of Conduct the student will be provided due process. Any student involved in an athletics program who is found to be in violation of any of the infractions mentioned below will face disciplinary action.

Conduct Unbecoming of an Athlete

The Principal may declare an athlete ineligible to participate in a sport if the athlete has violated the SCA Student Code of Conduct. He/She shall be disciplined in accordance with the Student Code of Conduct and the Principal will assess the student-athlete’s fitness to continue in the District’s Athletic Program. Suspension from participation, probation, and successful completion of educational component may be required.

Minor Violation

A coach shall be responsible for assessing penalties for violation of team and attendance rules. Such penalties may range from a verbal warning to expulsion from the team for repeat offenses. Coaches shall generally practice progressive discipline, depending on the facts and circumstances. A coach’s decision to remove a student-athlete from a team will be approved by the Athletic Director prior to the imposition of the penalty. The coach shall notify the parents of the imposition of any sanction including the nature of the offense and the reason(s) for the disciplinary action.

Tobacco

No athlete shall, while on or off school premises, use, possess, or distribute tobacco.

- A first offense will result in 10-calendar-day suspension of the student from game competition. If there are not 10 calendar days remaining in the particular sport season, the balance will be fulfilled in a subsequent sport season. A contract may be required.
- A second offense will result in dismissal of the student from the Athletic Program for the remainder of the school year in which the infraction occurred. Another contract may be required.
- A third offense will result in dismissal of the student from interscholastic athletics for one calendar year.
- A fourth-offense will result in the student being suspended from participating in interscholastic athletics for the remainder of his/her enrollment as a student with the Southern Columbia Area School District.

Alcohol/Controlled Substances/Paraphernalia

No student-athlete shall, while on or off campus, sell, give, deliver, use, possess or be under the influence of alcohol/controlled substances/paraphernalia.

- All violations which occur while under the jurisdiction of the School District will be subject to consequences as outlined in SCA Policy 227.
- A first off-campus violation, if self-reported, will result in a 20-calendar-day suspension of the student from game competition. If there are not 20 calendar days remaining in that particular sport season, the balance will be fulfilled in a subsequent sport season. A contract may be required.
- If not self-reported, the student will be suspended from participating in interscholastic athletics for a minimum of 45-calendar-days (for a first, off-campus offense).
- All second off-campus violations will result in the student being suspended from participating in interscholastic athletics for one (1) full calendar year.
- For all third off-campus violations, students will be suspended from participating in interscholastic athletics for the remainder of his/her enrollment as a student with the Southern Columbia Area School District.

No student-athlete shall knowingly attend any party or other social gathering where underage drinking and drug use occurs. This rule is intended to apply to gatherings that consist primarily of students and student age individuals where underage drinking is occurring, usually without the knowledge or acquiescence of the parents, and shall not apply to events such as a wedding, family reunion, or the like. It shall not be a defense to this rule that a gathering of students at which alcohol and drugs are consumed was sanctioned by any parent, or held with parental consent. It is the attendance

at such gatherings that is prohibited by this rule. Actual consumption of alcohol or use of drugs is not a prerequisite to establish a violation of this rule. Any student-athlete who is found to have voluntarily remained in the vicinity of a gathering prohibited by this section shall be guilty of a violation of this rule whether or not he or she consumes or uses any prohibited substance. No student-athlete will be deemed to have violated this rule if he or she can show to the satisfaction of the school Principal, Athletic Director and Head Coach that, immediately upon becoming aware that underage drinking and/or drug use is present at a party or social gathering, he/she completely removed himself/herself from the place where the party or social gathering was held, including parking areas.

Self-Referral

Any student who is self-referred, or who is voluntarily referred by a parent, and who seeks help with controlled substance use, abuse, or dependency, and who is not at the time of referral under the influence or in possession of a controlled substance shall not be subject to the minimum penalties, and may be referred to the SAP Team for assistance.

A self-referral/parental referral, however, is not to be used by students and parents as a method to avoid consequences once an alcohol and/or drug policy violation has occurred. All self-referrals by student/athlete must begin by informing a staff member, coach, or Athletic Director/Administration.

Theft (on campus)

Any student-athlete guilty of theft on campus will face the following consequences:

- A first offense will result in a 15-30-calendar-day suspension of the student from game competition determined by the circumstances involved in the theft. If there are not 15-30 calendar days left in that particular sport season, the balance will be fulfilled in the subsequent sport season. A contract may be required.
- A second offense will result in dismissal of the student from athletics participation for the remainder of the school year. Another contract may be required.
- A third offense will result in dismissal of the student from middle school or high school athletics.

Felony

Any student who is charged with or convicted of, a felony will be suspended from participation (includes practices and meetings) until the case has been adjudicated after which a review will be conducted to determine eligibility. If a student is found guilty of a felony offense he/she will be dismissed from middle school or high school athletics for the duration of their enrollment at Southern Columbia Area.

If the administration receives notice from an appropriate law enforcement agency that the student was found not guilty of the felony offense and the case was dismissed with prejudice, or that the student was not prosecuted and no formal proceedings, deferred adjudication, or deferred prosecution was initiated, the administration will review the student's suspension from athletics participation. The student will remain on suspension pending the review, which will take place within three class days of the administration's receiving the notice. The parents or guardian will be provided an opportunity for input. However, if after the review the administration believes that the presence of the student in an athletics program will threaten the safety of other students or coaches or will be detrimental to the programs and/or educational process, the suspension will continue indefinitely.

Citations or Arrests

Citations or arrests on or off campus in regards to smoking, using/selling or possession of illegal drugs, drug paraphernalia, drinking alcoholic beverages, vandalism or any behavior which causes embarrassment to the team or the Southern Columbia Area School District may result in suspension or dismissal from the team.

- Any student-athlete **must notify** the head coach, Athletic Director, or Principal upon their arrest or issuance of a citation. Their failure to notify the staff member responsible for the program (*or the failure of their parent/guardian to do the same*) may result in suspension or dismissal from the program.

ELECTRONIC COMMUNICATION

Student-Athletes are responsible for their electronic communications delivered through devices and equipment such as cell phones, computers, and tablets as well as communication tools including social media sites, text messages, chat, and websites. Maintaining a higher standard of conduct also includes ensuring that Southern Columbia Area School District's student-athletes' personal electronic communication is appropriate. The areas of appropriateness will include, but are not limited to, language (abbreviated or alluding to negative, lewd, vulgar or obscene comments about any individuals), pictures, suggestive poses, and reference to alcohol, drugs, and tobacco. Communication on the internet or by electronic means by student-athletes that are posted/sent and cause disruption or damage to Southern Columbia Area School District property or another school district are also inappropriate. Verified incidents of inappropriate, electronic communication, including cyberbullying, may result in suspension or dismissal from the athletics program. Additional disciplinary consequences can also be imposed by the appropriate school officials for conduct or behavior that violates the District's Code of Student Conduct.

If the above offenses occur during the summer, the suspension from activities will begin with the first week of PIAA competition. If the offense occurs during the sport season, the suspension will begin on a designated date as determined by the coach, Principal, or Athletic Director.

PROCEDURES

The coach will determine whether an Athletics Code of Conduct violation has occurred. When an off-campus violation has occurred, the Principal or the Principal's designee shall give the student-athlete oral notice of the allegations and an opportunity to explain or defend the conduct. The Principal or designee shall then determine whether the student-athlete violated the Student-Athlete Code of Conduct. If a violation is found, the Principal or designee shall impose such sanctions as may be appropriate.

Upon determination of an Athletics Code of Conduct violation, the following individuals will be notified:

- the student and the student's parent(s) or guardian(s); and/or
- the appropriate school counselor to provide counseling, support, and guidance in dealing with issues associated with alcohol, drugs, mood-altering chemicals, and other prohibited activities.

Nothing in this Athletics Code of Conduct limits the authority of a coach to impose reasonable sanctions, which may include extra workouts, suspension from practice or competition, or removal from the activity, for students who breach team conduct expectations but do not engage in prohibited conduct.

The objective of this Athletics Code of Conduct is to instill in students a respect for good citizenship in the form of positive peer pressure. A student's failure to maintain good conduct, regardless of whether the behavior is school-related, will be grounds for disciplinary action ranging from counseling to immediate suspension or removal from the team depending on the severity of the misconduct. Notices of the alleged violation and an opportunity for the student to tell his/her story (due process) will occur before denying participation in an athletics program.

Expulsion & Suspension

A student who is expelled by the Southern Columbia Area School District shall be ineligible to participate in any sport that is under the jurisdiction of the Pennsylvania Interscholastic Athletic Association (PIAA) for a period of time not to exceed the duration of the expulsion.

Athletes who have received a school suspension may not participate in practice or compete in contests until the suspension has been completed. Students who have been suspended from school because of misconduct may be dismissed from the team.

Team Rules

Each coach will submit a set of rules to the team for all athletes to follow. Athletes, who are late or miss practice or games without a valid reason or prior permission, will be disciplined by the coach. The discipline will be outlined in the team rules.

Transportation

All athletes must travel to and from all contests in district provided transportation. While on the bus all athletes must follow the bus regulations as stated in the student handbook.

After the contest, an athlete may be released to his/her parent or guardian in person by informing the coach. If an athlete is to go home with another athlete's parent or guardian, permission must be requested in writing before the upcoming contest. Any athlete who does not return from a contest with the team without proper authorization will be suspended from the team for the next contest. If a second offense occurs the athlete will be removed from the team and forfeit any and all awards.

When proper authorization has been given, a copy of the signed form will be given to the student, who in turn gives it to their respective coach.

Trying Out, Quitting, & Removal

Any student wishing to try out for a team may do so and quit without consequence during the first two weeks of practice. Any athlete who is removed from a team or voluntarily quits cannot participate in another sport until that team completes its season's schedule.

Athletes who have been removed from a team have a right of appeal, in writing, to the Athletic Director. The Athletic Director and Principal will adjudicate the problem. If players are participating in the playoffs, mutual agreement among the coaches will be reached before a player can play the next sport. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

Uniforms & Equipment

Athletes are responsible for all uniforms or equipment loaned to them by the school for practices or contests. Equipment or uniforms that are purposely destroyed or not returned upon request by the coach or administration will be paid for by the parent or guardian at current replacement cost. School records, awards, etc., will be withheld until the debt is settled. Students will not be allowed to participate in another sport or extra-curricular activity until the uniform or equipment problem has been resolved.

Game uniforms are only to be worn for the contest or during that school day of the contest and not at any other time. An athlete who has an obligation for used athletic equipment may not participate during the next sports season or any future season until all athletic obligations have been cleared.

Athletic equipment must be returned within one week after the last game. All equipment should be returned only to the person who issued it. (Example: head coach or equipment manager.)

Insurance for Students in Interscholastic Sports

The Southern Columbia Area School District does not provide student accident insurance, however it does provide parents/guardians the opportunity to purchase insurance to cover a student's participation in practice or competition. More detailed information can be obtained by calling Denise Kreisher, Business Office Supervisor, at (570)-356-3502.

MEDICAL AND PARENTAL RELEASES FOR SPORTS

- The PIAA requires that every athlete that wants to participate in a school-sponsored Junior High or Varsity sport **MUST** receive a yearly physical before they can practice or compete.
- According to the PIAA, this physical must be dated on or after June 1 of the prior year of competition. (i.e. for the 2016-2017 school year the physical must be dated June 1, 2016, or later.)
- The PIAA requires that sections 1 – 5 of the CIPPE (Comprehensive Initial Pre-Participation Exam) be filled out completely by the parent or guardian of the athlete and that section 6 be completed by a licensed health professional (DO, MD, PAC, CRNP, SNP). These forms must be completed before the athlete can participate.
- The Southern Columbia School District requires that the Athletic Training Room Medical Information Sheet be completed by the parent/guardian before participation. This form includes the acknowledgement of the policies in the Athletic Handbook and permission to participate in athletics for the SCASD.

SCHOOL SPORT PHYSICALS

- A free physical will be provided by the school district once per school year. These physicals are open to any student in grades 7 – 12 that wants to participate in athletics the next school year.
- Sports physicals will be held early in June.
- School Physician, Dr. Karl Luxardo, DO, will perform all sports physicals at the school accompanied by Physician Assistant Kyle Maza.

PROCEDURE FOR SPORTS PHYSICALS

- Students will need to pick up the packet of paperwork for their parent/guardian to complete. Packets are located in the high school and middle school offices and outside the Athletic Training Room.
- The packet will include the following papers:
 - Southern Columbia Athletic Policy Handbook
 - Sections 1-6 of the PIAA CIPPE
 - Athletic Training Room Medical Information Sheet
 - Permission for physical by school physician (Only needed if getting a school physical)
- All papers must be completed and signed prior to receiving a physical. No exceptions will be made.
- If the student athlete misses the set physical dates or wishes to get a private physical they will need to make an appointment with their family doctor. The school district is not responsible to pay for private physicals. Also, it is the responsibility of the student athlete to have ALL completed information turned into their head coach or the Athletic Trainer before the first day of practices.

- Completed paperwork can only be turned into the head coach or the Athletic Trainer. **The high school, middle school or nurse's office will not accept any sports paperwork.** There are bins on the wall outside the athletic training room door to turn in completed paperwork.
- The Athletic Trainer will keep a complete list of all information turned in and will keep it on file in the Athletic Training Room.

ImPACT TESTING (Grades 9 – 12)

- The National Federation of State High School Associations (NFHS), the PIAA and the Pennsylvania state legislature have all recently made statements about the importance of recognizing and properly treating the signs and symptoms of head injuries in youth sports. The Southern Columbia School District has implemented mandatory ImPACT testing in grades 9 – 12 in collision sports to help healthcare professionals better diagnose and treat concussions.
- An ImPACT baseline test will aid medical professionals in determining when an athlete is fit to return after a head injury. A baseline test will need to be taken before an athlete can participate in their Freshman and Junior seasons.
- Athletes cannot practice until a baseline test is taken.
 - Directions for taking the test are available outside the training room.
- The test can be taken online from the school's webpage:
 - Go to www.scasd.us
 - Click on the "Athletic Trainer Information" link next to the Upcoming Events Calendar
 - Click on the "Take the Baseline Test" link at the bottom of the webpage.
 - Follow the directions to take the test.
- Athletes in grades 7 and 8 should not take the baseline test. The ImPACT team is currently developing a test for middle school aged athletes that will be available sometime in the future.

MEDICAL EXCUSES

- If during the course of the sports season a student athlete becomes ill or injured and they need to see a physician, it is Athletic Department procedure that a note must be provided to the Athletic Trainer from that physician before they can return to play.
- The partnership between Geisinger Sports Medicine and Southern Columbia allows your athlete quick access to the orthopedic doctors at Geisinger Sports Medicine. In most cases your athlete can be seen in 24 hours or less for non-emergency medical care. The Athletic Trainer, Katie Fisher, can assist you in scheduling an appointment and can be reached at 356-3529 or 490-1311.

AWARDS

The qualifications for earning a letter in each of the several interscholastic sports are as follows:

1. Football
 - a. Regular starters on offense or defense for 2/3 of season.
 - b. Starters on 2 or more special teams for 2/3 of season.
2. Field Hockey - 50% of games.
3. Cross Country - Finish as one of the top seven SCA runners in at least 40% of the scheduled contests for the season.
4. Soccer - 50% of games.
5. Basketball (boys & girls) - 30% of quarters.
6. Wrestling - wins 3 varsity matches.
7. Baseball - must appear in 50% of total games.
8. Softball - must appear in 50% of total games.
9. Track (boys & girls) - 21 points in track meets and 75% of practices.
10. Managers - 2 years.

The coach in all the above sports has the final determination and discretion whether or not a boy or girl has qualified for a letter. If a boy or girl makes a squad, all three years, even though he or she does not participate in the required amount of quarters or has not earned enough points in the sport, he or she can be awarded a letter.

Each athlete will receive one Varsity letter and sports pin their first year and a bar for second, third, etc., letter won.

Each varsity athlete who does not earn a letter will be awarded a service certificate.

Managers and statisticians awards will be decided on by the Head Coach.

PARTICIPATION IN ALL SPORTS REQUIRES AN ACCEPTANCE OF RISK OF POSSIBLE INJURY. YOUR CHILD AS A PLAYER CAN HELP MAKE THE GAME SAFER BY FOLLOWING THE COACHING GUIDELINES IN REGARD TO TECHNIQUES AND RULES.

Please do not hesitate to contact the Athletic Office if we can help you or your child in any way during his/her athletic career in our School District.

Thank you for your kind cooperation.

Sincerely,

A handwritten signature in cursive script that reads "James Roth".

James Roth
Director of Athletics
570-356-3460

**Southern Columbia Area High School and Middle School
Code of Conduct for Interscholastic Student-Athletes**

Interscholastic athletics competition should demonstrate high standards of ethics, sportsmanship, promote the development of good character and other important life skills. The highest potential of sports is achieved when participants are committed to pursuing victory with honor according to six core principals. This Code applies to all student-athletes involved in interscholastic sports in Pennsylvania. I understand that, in order to participate in high school athletics, I must act in accord with the following principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship.

Trustworthiness- be worthy of trust in all I do.

- Integrity-live up to high ideals of ethics and sportsmanship always pursue victory with honor; do what's right even when it's unpopular or personally costly.
- Honesty-live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.
- Reliability-fulfill commitments; do what I say I will do; be on time to practices and games.
- Loyalty-be loyal to my school and team; put the team above personal glory.

Respect-treat all people with respect all the time and require the same of other student-athletes.

- Class-live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre-and post-game rituals.
- Disrespectful Conduct-don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.
- Respect Officials- treat contest officials with respect; don't complain or argue with official calls or decisions during or after an athletic event.

Responsibility-be accountable for your actions.

- Importance of Education-be a student first and commit to getting the best education.
- Role-Modeling-Remember, participation in sports is a privilege, not a right and that each student-athlete is expected to represent the school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct as a positive role model.
- Self-Control-exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle-safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco, and drugs.
- Integrity of the Game-protect the integrity of the game; don't gamble. Play the game according to the rules.

Fairness- live up to high standards of fair play; be open-minded; always be willing to listen and learn.

Caring- demonstrate concern for others.

- Concern for others- never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
- Teammates-help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

Citizenship- abides and follows rules.

- Play by the rules- maintain a thorough knowledge of and abide by all applicable game and competition rules.
- Spirit of rules-honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship

(Detach and return to coach)

I have read and understand the requirements of this code of Conduct. I understand that I'm expected to perform according to this code and I understand that there may be sanctions or penalties if I do not.

Student-Athlete Signature

Date

Southern Columbia Area School District Athletic Handbook

Dear Parents,

Please read the following information, sign and return to the Athletic Director.

We have received, read and understand the Southern Columbia Area School District's Athletic Handbook.

We have received, read, and agree to abide by the Southern Columbia Area School District's.

I understand that my child, _____, will be accountable for the behavior and disciplinary consequences outlined in the Athletic Handbook whether it is "in-season" or "out-of-season." I understand that this includes all off-campus behavior and behavior at school, school-sponsored and school-related activities, school-sponsored, travel regardless of time or location. I understand that any student who violates the Student Code of Conduct or the Athletic Handbook guidelines is subject to disciplinary action.

I have read and understand all the statements above.

Signature of Parent _____ Date _____

Signature of Athlete _____ Date _____

ALL ATHLETES MUST RETURN THIS COMPLETED FORM TO THE ATHLETIC DEPARTMENT BY THE FIRST DAY OF OFFICIAL PRACTICE AS DETERMINED BY THE PIAA.