

Harrisburg Christian School Student Athlete Guidelines

Table of Contents

A. Statements of School and Athletic Department Mission	2
B. Student-Athlete Handbook	
1. Introduction	3
2. Goals of Athletic Participation	4
3. Governance.....	5
4. Requirements for Participation	8
5. Athletic Codes of Conduct	9
6. Scholastic Athletic Eligibility Requirements	14
7. Basic Athletic Policies	16
C. Student Athlete Forms	

A. Statements of School and Athletic Department Missions

➤ **Statement of HCS School Mission:**

Hearts straightened through faith in Christ,
Minds sharpened through academic challenge,
Lives aimed at God's purpose.

➤ **Statement of HCS Department of Athletics Mission:**

As a component of the HCS school mission, the department promotes team interscholastic athletic competition, offered up as an expression of worship to God, to bring honor and glory to Jesus Christ. The relationships developed at HCS on athletic teams demonstrate steadfast commitment to Jesus Christ and His Word through integrity, servanthood, teamwork, and excellence.

Athletic Department Core Values:

- ❖ Every student athlete was created by God with great dignity and with His purposes in mind.

- ❖ The spiritual and physical well-being of every athlete is our highest priority.

- ❖ Our HCS athletic teams will model Jesus' example of serving.

- ❖ Student athletes at HCS will be encouraged to honor and glorify God in all they do.

- ❖ We recognize that athletic participation is inherently educational and must never exceed the importance of classroom education. Athletics provide valuable life lessons in Christian citizenship, teamwork, excellence, hard work, perseverance, personal and social responsibility, and overcoming adversity.

- ❖ Interscholastic athletics at HCS opens doors of opportunity to impact and influence the world for Christ.

The policies in this section have been developed in the form of a Student Athlete Handbook for distribution to all athletes at HCS and their parents.

B. STUDENT-ATHLETE HANDBOOK

1. Introduction

a. To the Parent

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics at HCS. We are pleased that you have expressed willingness to permit your child to compete. Your parental interest is an important component of our school program. We are excited to have you on board with us.

As our athletic mission states, we believe that HCS athletics “promote team interscholastic athletic competition, offered up as an expression of worship to God, and bring honor and glory to Jesus Christ. The relationships developed in athletic competition at HCS demonstrate steadfast commitment to Jesus Christ and His Word through integrity, servanthood, teamwork, and excellence.”

Interscholastic team athletics at HCS are designed to enhance the mission of HCS in creating wonderful opportunities for fulfillment through Christian relationship, personal spiritual growth, and attainment of team and individual athletic goals. Spiritual, physical, social, and mental growth results from involvement in athletics at HCS. It is our intent to conduct a program that is spiritually and educationally sound in purpose and will positively enhance our student's personal experiences while at HCS. We will provide the most qualified and well-trained coaches available for each sport who will be mentors for our students. We also seek to provide adequate equipment and facilities necessary for excellence in the athletic program at HCS.

A student who elects to participate in interscholastic athletics is voluntarily forfeiting their will for the self-discipline that will be required for the good of his or her team. The student athlete must bring his or her mind and body under discipline required to withstand rigorous competition. In striving for excellence in Christ on the athletic court, field, or track, your son or daughter will be accepting a challenge to commit to the team and the responsibilities and obligations that go with that commitment. We would like to help you get acquainted with specific policies that are necessary for a well-organized program of athletics. It is the role of the athletic department to establish athletic policy that will preside over the spirit of competition at HCS. These policies need a broad base of community support at HCS, which is achieved only through open lines of communication to our parents. It is our hope that we will accomplish this goal through this student athlete handbook for athletes and their parents.

b. To the Athlete

Being a member of an athletic team is a dream of many young people. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight. It takes the hard work of many people over many years. As a member of an interscholastic team at HCS, you have inherited a wonderful tradition which you are challenged to uphold.

Our tradition has been to win with honor. This honor carries over to all of our athletes, our school, our fans, our families, and our communities. Such a tradition is worthy of

the best efforts of all concerned. Over many years our squads have achieved many league and tournament championships. Many individuals have set school records and some have achieved NCSAA All-American, All-State, and CCAC All-Conference honors.

It is not easy to contribute to such a great athletic tradition. When you wear the colors of HCS, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment for you, your family, and your school.

- 1) **Responsibility to God:** God tells us in His Word that whatever we do, we are to do it to bring honor and glory to Him.
- 2) **Responsibility to yourself:** One important responsibility is to allow God to grow you in character and love for others. Through your athletic experiences, you will receive great benefits for use all throughout your lifetime.
- 3) **Responsibility to Your School:** Another responsibility you assume as a team member is to your school. You assume a leadership role when you are on an athletic team at HCS. The student body, the HCS community, and other local towns and communities evaluate our school by your conduct and attitude, both on and off the field. As a result of this leadership role, you can contribute significantly to school spirit and community pride.
- 4) **Responsibilities to Others:** As a team member you carry a big responsibility to the younger students at HCS. They are watching you. It is important for you to set good examples for them.

2. Goals of Athletic Participation

Statement of Goals

- ✓ To bring honor and praise to the Lord Jesus Christ through interscholastic athletics.
- ✓ To always strive for excellence on and off the field/ court of play exhibiting Godly sportsmanship.
- ✓ To ensure growth and development that will increase the number of participants and will give impetus to increased contest attendance.
- ✓ To provide an opportunity for students to experience success in the sports he or she selects.
- ✓ To provide a broad range of sport teams in keeping with the wide variety of student athlete interests and abilities.
- ✓ To provide opportunities that nurture the following:
 - 1) Spiritual, physical, mental, and emotional growth and development in Christ.
 - 2) Acquisition and development of special skills in activities of each student's choice.
 - 3) Develop value of commitments such as loyalty, cooperation, and fair play.

- 4) Directed leadership and supervision that stresses discipline, motivation, excellence, and ideals of good sportsmanship.
- 5) A focus of interests on athletic teams for our student body, faculty and staff, and community that will generate a sense of unity in the body of Christ.
- 6) Working with others in reaching team goals through self-discipline, respect for authority, and the spirit of hard work and sacrifice.
- 7) Practicing and competing for excellence with earnest dedication.
- 8) Enjoyment of athletics and athletic participation, acknowledging that all success is a gift from God and is designed to bring Him honor and glory.
- 9) Development of desirable personal health habits in obtaining a high degree of physical fitness.

3. Governance

Pennsylvania Interscholastic Athletic Association (PIAA)

HCS is a member of the PIAA and competes only with other PIAA member schools. As a member school, HCS and the department of athletics agree to abide by and enforce all rules and regulations established by the PIAA.

The primary role of the PIAA is to maintain rules and regulations that ensure equity in competition for student-athletes and a balance in educational programs. The PIAA solicits input and is responsive to requests for rules modification from member schools, districts throughout the state, appointed committees, and athletic director associations. The PIAA attempts to enforce such rules that assure the greatest good for its member schools and to ensure that competition is conducted in an appropriate manner.

Commonwealth Christian Athletic Conference (CCAC)

Harrisburg Christian School is a member of the CCAC. This league was established for the primary purpose of promoting selected interscholastic athletics among local Christian PIAA member schools and the assurance of the advantages gained by this unity of effort. The CCAC facilitates the arranging of schedules, equalizing competition, and conducting league competition and determining league championships. The conference provides the opportunity for competition without excessive travel and with schools of similar size and Christian mission. Membership implies abiding by CCAC and PIAA schedules, rules, and regulations. Member schools include the following:

Berks Christian School	Hershey Christian School
Bible Baptist School	Kraybill Mennonite School (Middle School only)
Christian School of York	Lancaster County Christian School
Conestoga Christian School	Lititz Area Mennonite School
Covenant Christian Academy	Lititz Christian School
Dayspring Christian Academy	Mount Calvary Christian School
Harrisburg Christian School	

General PIAA Eligibility Rules

A student who participates in interscholastic athletics at a school which is a member of the Pennsylvania Interscholastic Athletic Association, Inc. ("PIAA") must adhere to PIAA eligibility rules for student-athletes. If the student fails to comply with PIAA rules, he/she will lose their eligibility to represent HCS in interscholastic athletics. If he/she participates while ineligible, HCS and/or the team will be penalized. It is, therefore, important for the student to be aware of the requirements to which he/she is subject.

The information contained herein highlights and summarizes the major eligibility requirements he/she must meet in order to participate in interscholastic athletics. It does not list every rule or every detail. Unless otherwise indicated, each requirement applies to grades 7 through 12, inclusive.

The Principal of HCS is responsible for certifying the eligibility of all students representing your school in interscholastic athletics. If the student has any questions concerning their athletic eligibility, either present or future, they should discuss the matter with the school Principal or Athletic Director. The Principal or Athletic Director may also obtain from the appropriate PIAA District Committee a formal ruling as to the student's athletic eligibility. A complete copy of the PIAA eligibility rules may be viewed on the PIAA Web site at www.piaa.org, or may be obtained from the Principal or Athletic Director.

Age

To be eligible for a school year, the student must not have reached their 19th birthday by June 30 immediately preceding the school year (15th birthday where interscholastic competition is limited to grades 7 and 8; 16th birthday where limited to grades 7 through 9).

Amateur Status and Awards

To be eligible to participate in a sport, the student must be an amateur in that sport. Amateur status, and eligibility, is lost if the student, their parent or guardian, receive money or property for or related to the student's athletic ability, performance, participation, services, or training in a sport.

The student may receive awards only from HCS, the sponsor of an athletic event, the news media, or a non-profit service organization approved by the school Principal. Permissible awards include a sweater, jacket, blazer, blanket, shirt, shorts, jersey, cap, watch, ring, scroll, photograph, medal, plaque, or similar trophy, which must bear appropriate organizational insignia or comparable identification.

Attendance

1. The student must be enrolled in and in full-time attendance at a PIAA member school, or be home-schooled.
2. Generally, the student is eligible only at the school where he/she is enrolled or, if a home-schooled student, at a public school in the public school district in which the student resides.
3. If the student is absent from school during a semester for a total of 20 or more school days, the student will lose their eligibility until they have been in attendance for a total of 45 school days following their 20th day of absence.

Consent of Parent or Guardian

The student is eligible only if there is on file with the Principal of the school, before he/she begins practice, an official PIAA certificate signed by the parent or guardian consenting to the student's participation in Practices, Inter-School Practices, Scrimmages, and/or Contests in the particular sport involved.

Pre-participation Physical Evaluation

The student is eligible only if they have completed a pre-participation physical evaluation performed by an Authorized Medical Examiner (as that term is defined in the GLOSSARY of the PIAA By-Laws) before their first sport season's first Practice of that school year. Depending on the type of initial evaluation conducted, he/she may be required to be re-evaluated or re-certified that their physical condition is satisfactory. Check with the Principal or Athletic Director to determine what re-evaluation or re-certification is needed.

In all cases, an Authorized Medical Examiner must certify, on an appropriate PIAA form, as to the student's physical fitness to participate.

Transfers

The student is treated as having transferred whenever they change schools, even if they are promoted to a higher level school or are out of school for a period of time before entering the new school. If they transfer from one school to another, either in whole or in part, for any athletic purpose they will lose their athletic eligibility in each sport in which they participate within a period of 1 year immediately preceding the date on which they transferred. This requirement applies even if they would otherwise be eligible at the school to which they transferred.

Period of Time after Eighth Grade, Participation, and Grade Repetition

1. The student's athletic eligibility extends only until they have reached the end of their fourth consecutive year beyond the eighth grade. Therefore, if they repeat a grade after eighth, they will be ineligible as a senior.
2. Additionally, the student may participate in (a) a maximum of six seasons in each sport during grades seven through twelve, (b) a maximum of four seasons in each sport during grades nine through twelve, and (c) a maximum of three seasons in each sport during grades seven through nine.
3. The student may participate in only one season in each sport during each school year.

Outside Participation

If the student participates as an individual or a member of a team in a non-school athletic program, while enrolled at a school which has a team in that sport, he/she will be eligible for District and Inter-District Championship Contests in that sport only if they are in uniform and available to participate as a member of their school team for at least 75 percent of its Regular Season Contests.

Academic and Curricular Requirements

1. The student must pursue a curriculum defined and approved by the Principal as a full-time curriculum.
2. The student must be passing at least four full-credit subjects or the equivalent as of each Friday during a grading period. If the student fails to meet this requirement, he/she will lose their eligibility from the following Sunday through

the Saturday immediately following the next Friday as of which they meet this requirement.

3. The student must have passed at least four full-credit subjects or the equivalent during the previous grading period, except that eligibility for the first grading period is based on the student's final grades for the preceding school year. If the student fails to meet this requirement, they will lose their eligibility for at least 10 or 15 school days of the next grading period, beginning on the first day report cards are issued. If their school has four grading periods, they will be ineligible for at least 15 school days; if their school has six grading periods, they will be ineligible for at least 10 school days.

All-Star Contests

The student will lose their eligibility in a sport for one year if they participate in an all-star Contest in that sport.

Out-of-Season Participation

All PIAA sports have a defined season. If a team conducts Practice and/or participates in Inter-School Practices, Scrimmages, and/or Contests outside that PIAA defined season, the school will be penalized.

Anabolic Steroids

The use of any form of anabolic steroids by students is prohibited.

4. Requirements for Participation

❖ Comprehensive Physical Examination

A yearly physical examination is required. The PIAA physical forms must be completed by a licensed physician and your parents and submitted to the athletic director prior to participation. The examination covers all sports for the entire school year provided it was administered during the summer for the next school year. The forms will be kept on file in the athletic office.

❖ Emergency Medical Authorization

Each athlete's parents shall complete an Emergency Medical Authorization Form giving permission for treatment by a physician or hospital when the parent(s) are not available. The form will be kept with the head coach at all times and a copy will be kept in the athletic office. If emergency medical care is ever needed for the student, the form will be sent along to the hospital with the student to give hospital staff permission to provide medical care for the injured athlete.

❖ Student Athlete Athletic Policies Agreement Form

Any time a student decides to participate on an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics. Each parent or guardian and athlete should read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the athletic department of HCS. This signed document will be filed in the athletic administrator's office.

❖ **Insurance**

HCS does not carry insurance to cover student athletic injuries. Every year, parents of athletes complete page 1 of the PIAA physical exam forms stating their family insurance coverage information to the athletic director and coach. This is used by the athletic director as proof that the student has medical insurance coverage under the his/her family medical plan in case of athletic injury at HCS. In the event of emergency where the parent was not available, the athlete's family medical insurance coverage information would be given to the hospital by the HCS coach along with the student's emergency medical authorization so that the athlete could receive emergency medical care.

❖ **Scholastic Eligibility**

In order to participate on an HCS athletic team, each athlete must have satisfied the scholastic eligibility requirements of HCS and the PIAA prior to participation.

❖ **Risk of Participation**

All athletes and parents must realize that there is an inherent risk of serious injury or even death which could result from participating in any sport at HCS. HCS will use the following safeguards to minimize the risks present in athletic participation:

1. Conduct a parent/athlete meeting with the athletic director and head coach prior to the start of the season to fully explain the athletic policies and to advise, caution, and warn parents/athletes of the potential for injury or death resulting from athletic participation.
2. Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
3. Instruct all athletes about the dangers of participation in the particular sport.

❖ **Uniforms and Equipment**

In HCS sports, athletes borrow their game uniform from the athletic department during their particular sports season. All athletes are responsible for the proper care and security of their uniform and equipment throughout the season. Game uniforms which are furnished by the athletic department are to be worn only for games. Any student athlete who does not turn in his/her uniform and school-supplied equipment at the end of the season will be charged current full replacement costs. If the uniform was taken care of negligently and damage was done (beyond normal wear and tear), the athlete will pay full costs to the school to purchase a replacement. At the end of the season, the student should return all uniform parts and school equipment to the head coach.

5. Athletic Codes of Conduct

A firm but fair policy for conduct is implemented in order to uphold the mission of HCS and the athletic department. Following our core values in athletics, the athletic director, the HCS community, school administrators, and the coaching staff feel strongly that high standards of Christian conduct and citizenship are essential in maintaining a sound program of athletics. All athletes shall abide by a code of ethics for athletic participation. Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to theft, vandalism, disrespect, immoral behavior, or violations of law, tarnish the reputation of everyone associated with the athletic program and will not be tolerated.

General Athletic Disciplinary Procedures

- ♦ All players are expected to attend all practices and games unless excused by the coach of the sport.
- ♦ Athletes of any age who exhibit unacceptable conduct in or out of school or competition (namely the buying, selling, possession, or use of alcohol, tobacco, drugs, or steroids; fighting, threatening, stealing, lying, possessing false identification, forgery, cheating,

- vandalizing, violating school rules of conduct, carrying a dangerous or concealed weapon, being charged with or committing a felony, trouble with the police, or other unacceptable conduct) will be suspended from interscholastic competition. Disciplinary measures will be determined by the school principal and headmaster in accordance with the formal suspension and / or expulsion policy of HCS.
- ◆ Any athlete who commits any of these violations will be suspended immediately from athletic participation and may be suspended up to one complete season or more.
 - ◆ Unexcused cuts from class or leaving class early without permission on any given day during an athlete's season will result in a one game suspension from the next game.
 - ◆ Any athlete making an obscene gesture during practice or competition or use of obscene language in a practice or game will result in a one game suspension from the next scheduled contest. Any subsequent use of obscenity in the form of words or gestures in a practice or game will result in another one game suspension.
 - ◆ In addition, students may also be suspended from competition for one game for insubordination or disrespect to any school employee, coach, official, or fan, or for not meeting the conduct requirements of individual coaches.
 - ◆ Formal 1 game suspensions will be given for obscene gesturing or use of crude language in any tournament (regular season tournament, district 3 playoffs, or PA state playoffs) resulting in a one game suspension from the next scheduled tournament game.
 - ◆ Any HCS student, athlete or not, who seeks to belittle or harass an official or a player or fan from another school, shall be removed from the premises during the athletic competition. The high school principal will be informed so that disciplinary measures can be taken by the principal. The principal and athletic director reserve the right to *not* permit the student to attend 1 or more or all remaining games in that season.
 - ◆ If a student serves detention on a practice day and is late for practice, the coach may decide not to give participation privileges to the athlete on that day.
 - ◆ All athletes must abide by the cell phone, tattoo, and body piercing policies described in the student handbook of Harrisburg Christian School. Any student in violation of any of these policies shall be subject to the disciplinary measures as written in the policy. Any school suspension (in or out of school) will result in the student athlete being denied the privilege of attending the practice or game on the day or days of the suspension.
 - ◆ Student athletes are only permitted to use cell phones after 3:05 PM in circumstances that necessitate their use (e.g., calling a parent or guardian to secure or confirm transportation after the practice or game that day). Cell phone use is discouraged for the athlete after 3:05 PM. An athlete's focus should be on preparing himself/herself for the practice or competition that day. Excessive cell phone use before or during athletic competition may result in team disciplinary measures being taken by the head coach.
 - ◆ Any student who has a tattoo must keep it covered at all times while participating in athletic practices, competition, or team activities.
 - ◆ All athletes must remove all jewelry prior to sports practices and athletic competition. Male athletes are not permitted to wear body piercings during any athletic practice,

competition, or team activity. Female athletes must remove earrings and all other jewelry for their personal safety prior to all practices and competition.

- ♦ Any student athlete serving an “in school” or “out of school” suspension is ineligible for practices and games during the length of the suspension.

Discipline for Specific Fouls and Game Ejections

Head coaches, assistant coaches, and student athletes are expected to conduct themselves with self-control and appropriate behavior on the field or court of play. Aggressiveness, hard work, and team play are principles of excellence in athletics within the scope of the rules and in the spirit of the sport. Within the rules of the game, boundaries have been established for coaches and athletes. At times, fouls are called for aggressive play. These are examples of an athlete doing his or her best within the rules to help the team reach their goals. However, when a coach or athlete steps over the boundary lines created for them, a game official may need to call a foul to correct inappropriate game behavior and restore control of the game to proceed within the rules and spirit of the game.

The department of athletics has initiated a policy for conduct of coaches and athletes in game situations. Fouls are divided between “course of play” fouls and fouls that demonstrate behavior that is “unsportsmanlike”, “flagrant”, or “dissenting of officials”. The following are types of fouls with their resulting consequences:

Soccer and Field Hockey:

1. “Course of Play” Yellow Card Foul (for aggressive play):

Discipline, if any, will be at the discretion of the head coach.

2. Athlete “Unsportsmanlike Conduct”, “Dissent Toward Officials”, or “Flagrant” Yellow Card Fouls:

First Offense: 8 minutes on the bench

Second Offense: $\frac{1}{4}$ of the game on the bench.
(Varsity 20 minutes/Middle School 15 minutes)

Subsequent Offenses: $\frac{1}{2}$ of the game on the bench.
Athlete is also suspended 1 game from the next scheduled game.

NOTE: If a foul occurs late in the game, disciplinary minutes will carry over into the next scheduled game. This includes District 3 and PA state playoff competition.

Basketball:

1. "Course of Play" Technical Fouls (for aggressive play)

Discipline, if any, will be at the discretion of the head coach.

2. Athlete "Unsportsmanlike Conduct", "Dissent Toward Officials", or "Flagrant" Technical Fouls:

First Offense: 5 minutes on the bench

Second Offense: Removed from the game for 2 quarters (equivalent to 16 minutes for varsity and 12 minutes for middle school).

Subsequent Offenses: The athlete is removed from remainder of the game and receives a 1 game suspension from the next scheduled game.

NOTE: If a technical foul occurs late in the game, the minutes will carry over to the next scheduled game. This includes District 3 and PA state playoff competition.

Athlete Game Ejections

Anytime a student athlete receives a game ejection for any reason from any HCS athletic event, the person will have an automatic 1 game suspension from the next scheduled game. The athletic director reserves the right to decide on a longer suspension if it is warranted.

Team Commitment

- ♦ No athlete who is dropped from one squad for disciplinary reasons, or who "quits" after season practices have begun shall be eligible to compete in another sport for that particular season. If an athlete participating in 2 sports at the same time decides to quit one of the sports, he/she will not be permitted to play the other sport for the remainder of the season. Once they commit to any sports teams for a season, they are expected to complete what they start. Athletic injuries do not nullify an athlete's opportunity to complete a season in his/her sport after recovery.
- ♦ No athlete may start another sport for the next season until his or her current season ended. (Example: District or state playoffs carrying over into the next athletic season). Emphasis must be on completing the first season before going to the next.

Release from Class for Athletic Events

- ♦ All interscholastic athletic contests shall be scheduled so that students miss a minimum number of classes for travel to away games.
- ♦ For each away game, athletes will have a class dismissal and school departure time to be determined by the athletic director. Dismissal will be determined in a way that minimizes the amount of academic time lost while allowing the teams to arrive at the game sites in ample time for warm-ups prior to game time. School administration has established a time of 10 minutes from class dismissal until the team departs for their game.

- ♦ Hall monitors will supervise the team's dismissal from class and prompt exit to the AAC to change into uniforms and pack equipment. School disciplinary measures will be used for any misbehavior or loud noise in the hallway from the time of dismissal until they depart.
- ♦ It is the responsibility of all athletes to make up any work they miss when dismissing early for games.

Practice Dress Code

- ♦ Every athlete will dress in clothing consistent with attire worn in HCS physical education classes.
- ♦ If a student is not dressed in clothing that he or she wears in physical education (full length t-shirt, sweatshirt, jacket, fingertip length shorts, or sweatpants), he or she will be asked at the start of practice to change into the appropriate practice clothing and return to practice. If the athlete does not have the physical education clothing with them that day, he or she will not be permitted to practice that day. They should immediately change into their school uniform and not participate in practice until the next practice day." It is unacceptable for males to be shirtless on the school campus and girls shorts to be shorter than fingertip length.
- ♦ If the athletic director observes that the dress code is not being followed, he will reserve the right to meet with the coach and athlete to correct the issue. If the issue is still ongoing after a meeting with the athletic director, the athlete will be suspended from 1 practice for each day the practice dress code is violated.
- ♦ The coach shall be responsible for ensuring that every member of his / her team follows the athletic dress code for practices at every practice session at HCS, off-season conditioning and informal workout sessions at HCS, and in sports clinics held at HCS.
- ♦ The department of athletics seeks, in unity with the mission of HCS, to always maintain a consistent pattern of modesty in dress for athletic practices, workouts, conditioning sessions, and games. This modesty on behalf of all athletes is expected and appreciated.

Game Day Dress Code

- ♦ A "game day" in-school dress code for athletes has been established. On game days, the student athlete will be provided with 2 options for school attire. They may choose to wear from either option.
 - 1.) First, the student will have an opportunity to purchase an athletic department produced standard blue "school spirit polo" (in school colors) that can be worn with either their regular, school approved Flynn & O'Hara khaki pants or khaki school uniform skirt for girls. Girls may wear either the pants or skirt. They will be presented the option to purchase the shirt early in the school year. The blue polo is *not* a requirement, but is permitted for wear in school on game days only. The shirts will be sold at cost.
 - 2.) Second, the athlete may wear their standard school uniform on game days.
- ♦ Any uniform violations will be handled according to school dress code policy. If a student is not following the approved dress code on their game day, their parents will be called early in the day to bring a change of clothing.
- ♦ Athletes may participate in the monthly free "Nut Day" if it falls on a game day. During basketball season, if a varsity or middle school basketball participant uses this "Nut Day",

he /she must bring “game day” dress to change into before their team departs for an opponent school. Students shall *not* wear “Nut Day” clothing to any away game.

6. Scholastic Athletic Eligibility Requirements

HCS seeks to provide a top quality Christian education to its students in the classroom environment. Athletics at HCS is considered a privilege. All student athletes participating in interscholastic athletics at HCS are required to meet the academic standards established by HCS as well as the PIAA. At HCS, a student athlete will be eligible for participation on an athletic team if he or she meets school enrollment requirements and meets the academic and attendance standards of HCS and the PIAA.

Academic Requirements

- ♦ At HCS a “3 strike” policy will be followed. A student will be academically ineligible to participate in athletics after a season begins if he/she accumulates 3 “strikes” in the same academic course during the season. A “strike” accumulates when a student athlete is failing a course. A student athlete will be considered ineligible for the remainder of the season if they carry a failing grade in the same academic course for any 3 weeks during their athletic season.
- ♦ As “strikes” accrue (by having a failing grade in the same academic course), the following criteria for eligibility shall be used:

1st failing grade in at least one full-credit subject:

Notification letter sent home to parents.

2nd failing grade in the same full-credit academic subject:

1. Notification letter sent home to parents.
2. Student will receive a suspension from all games and practices the following week (Monday through Saturday). The student must go home immediately after school each day during that week and should not return to school for any games or practices that week. Athletes also may not sit on the bench with their team for any of the games during that week. The student is expected to spend the time after school at home studying.

3rd failing grade in the same full-credit academic subject:

1. Notification letter sent home to parents.
2. Student receives an athletic suspension for the remainder of the season. He or she will not be permitted to attend practices or games with the team and may not sit on the bench with the team during practices or games for the remainder of the season.

PIAA Academic Eligibility Requirements

- ◆ The student athlete must pursue a curriculum defined and approved by the Principal as a full-time curriculum.
- ◆ The student athlete must be passing at least four full-credit subjects or the equivalent as of each Friday during a grading period. If the student fails to meet this requirement, he or she will lose their eligibility from the following Sunday through the Saturday immediately following the next Friday in which they meet this requirement.
- ◆ The student must have passed at least four 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 10 or 15 school days of the next grading period, beginning on the first day report cards are issued. If your school has four grading periods, you will be ineligible for at least 15 school days; if your school has six grading periods, you will be ineligible for at least 10 school days.

School Attendance Requirements for Athletic Eligibility

- A student who is absent from school may not attend or participate in their practice or game that day.
- A student who is present for school will be eligible to participate in the practice or game that day. "Present" will be defined as attending at least 5 periods in the school day (not including lunch). The AD and Principal reserve the right to excuse an athlete for extenuating circumstances (i.e. medical emergencies). Anytime a student is present less than 5 complete periods in a day, he/she is automatically ineligible to participate in the next scheduled game (if absence occurs on a game day) or when practice is scheduled that day. Medical or family emergencies are the exception.
- A student who is late for school unexcused on the day of a game or day after a game will be subject to the following HCS athletic department eligibility standards:

Late to School on the Day of or Day After a Game

First Offense: No participation in the opening ¼ of that day's scheduled game. If late and unexcused the day after a game, the student will not be eligible to participate in the opening ¼ of the next scheduled game.

Varsity Baseball	Out first 2 innings
Varsity Soccer:	Out first 20 minutes
Varsity Field Hockey:	Out first 15 minutes
Varsity Basketball:	Out first 8 minutes
Middle School Baseball:	Out first 2 innings
Middle School Soccer:	Out first 15 minutes

Middle School Field Hockey: Out first 10 minutes
Middle School Basketball: Out first 6 minutes
Varsity & MS Track / Field: Out next scheduled practice (subject to suspension measures of track coach for missed practices)

Second Offense: No participation in the opening ½ of that day's scheduled game. If late and unexcused the day after a game, the student will not be eligible to participate in the opening ½ of the next scheduled game.

Varsity Baseball: Out first 3 ½ innings
Varsity Soccer: Out first 40 minutes
Varsity Field Hockey: Out first 30 minutes
Varsity Basketball: Out first 16 minutes
Middle School Baseball: Out first 4 innings
Middle School Soccer: Out first 30 minutes
Middle School Field Hockey: Out first 20 minutes
Middle School Basketball: Out first 12 minutes
Varsity and MS Track/Field: Out next scheduled practice (subject to suspension measures of track coach for missed practices)

Third Offense and Subsequent Offenses: 1 game suspension from the scheduled game that day. If late and unexcused the day after a game, the 1 game suspension would occur in the next scheduled game.

**3rd offense and subsequent offenses for Track and Field—Participant will not participate

in the meet that day. Subject to suspension measures of track coach.

7. Basic Athletic Policies

Sportsmanship

Sportsmanship is defined as “fair conduct: conduct considered fitting for a sportsperson, including observance of the rules of fair play, respect for others, and graciousness in losing.” Sportsmanship is expected of every coach, athlete, and spectator in attendance at every athletic event at HCS. Nothing short of good sportsmanship is acceptable in athletics on the HCS campus.

- ▶ HCS athletes involved in a serious physical or verbal altercation with players from the other team will be escorted from the facility or field and are not permitted to participate in the contest any further that day.
- ▶ Athletes shall never physically strike anyone from the opposing school, whether coach, player, or fan. Good sportsmanship and Godly character are to be taught and applied on the field or court of play. Upon review by the athletic director, involvement by any athlete at HCS may result in dismissal from the team for the remainder of the season. All student athletes must follow a “hands off” approach to handling disagreements and disputes. Fighting in any sport shall be construed to consist of the following: an invitation to fight; following an opposing player during a disturbance and making any menacing or taunting gesture or sound; punching or slugging, whether or not contact is made; wrestling or tackling an opponent as part of an altercation. In addition, leaving the player box or player bench area to approach an altercation shall be construed as participation in the altercation. PIAA and HCS disciplinary measures will be taken any time a fight occurs.

- ▶ Any student athlete who engages in a verbal or physical altercation with fans will be ejected from the site and suspended from all remaining interscholastic athletics for the remainder of the school year.
- ▶ Game officials are considered a guest of HCS from the time of arrival on campus until his or her departure from the campus after the game. Mistreatment of officials is unacceptable. Any student athlete who harasses an official before, during, or after the game will be removed from the premises and receive a 1 game suspension from the next scheduled game.
- ▶ HCS student athletes are reminded that in the event of inappropriate behavior in the stands, fan taunting, or yelling insults at athletes, they should never leave the court or field of play, retaliate in any way, make physical gestures, or speak back to fans.
- ▶ Students should be reminded that in the event of any fan altercation on the field or floor, if they are at the bench, they are to remain at the bench until cleared by the officials to come on to the field or court of play.
- ▶ Any fan, coach, or athlete who refuses to contain his or her behavior (after being asked by the AD, administrator, or other security) will be ejected from the school premises. If they will not leave the premises, the athletic director, administrator, or school volunteer will call the police by dialing 911 to have law enforcement arrive on site to remove them.
- ▶ Sportsmanship begins with you!

Student Athletes Locker Room and Building Rules

- ▶ Rough-housing and belligerent behavior is prohibited in the locker room. Bullying and all other forms of mistreatment of other players is prohibited.
- ▶ No one except coaches and assigned players are allowed in locker rooms.
- ▶ All cleats are to be removed before entering the Arts and Athletics Center. Cleats are not to be worn in any part of the building at any time.
- ▶ The locker rooms will be emptied of all personal belongings weekly. Any belongings left in the locker rooms will be sent to the lost and found at the start of each new week to keep the locker rooms neat and in order.

Weight Room Use

- ▶ Students may use the weight room only when supervised by an adult who can give correct weight training consultation. This ensures that proper safety measures are being employed during all training sessions, that equipment is receiving proper care, and so proficient coaching techniques are used to prevent injury and bring the greatest benefit to the athletes who use the weight equipment.
- ▶ Shirt and shoes must be worn in the weight room at all times.
- ▶ Lifters must work with a partner.

Athletic Injuries

- ▶ Athletes who are injured, under doctor's care, and periodically unable to participate due to injury during the season must have a written statement from the physician giving permission for the student to return to athletic participation. An athlete may not return to practice and game play without a note from the doctor giving permission to return.

Special Precautions for Temperature Extremes (Heat Exhaustion and Heat Stroke)

Practices and competitions are frequently conducted in very warm and humid weather. Under such conditions, special precautions must be observed to avoid cramps and heat fatigue, heat exhaustion, and/or heat stroke.

Heat fatigue dulls the athlete's skills and alertness and makes him or her susceptible to leg cramps and injury. The other two heat conditions can result in serious physical harm and even death. All are preventable.

Coaches need to be aware of how to prevent heat-related sickness during preseason and regular season practices and games.

Dehydration is the main problem associated with exercising in hot weather. Athletes who do not replace their fluid losses may lose 10 pounds during the course of 2-a-day practice sessions. Thus, continuous fluid replacement is essential to maintain normal physiological function.

Below are listed a number of items that coaches can do to prevent heat stress problems.

- ▶ Practice during the cooler part of the day - if possible, early morning. Consider temperature and relative humidity.
- ▶ Allow your athletes adequate time to become acclimatized before intensive practice sessions begin. The acclimatization process can take 7-12 days. Start with light, short practice sessions and build from there.
- ▶ Wear lightweight clothing that is loose fitting at the neck, waist and sleeves, especially when the temperature and humidity are significantly high.
- ▶ Limit practice sessions to two hours or less.
- ▶ Know your physical condition before you start your training program.
- ▶ Remember that fluid loss of 3 to 5 percent of body weight will reduce blood volume and could be a serious health threat.
- ▶ People will drink enough to satisfy thirst but not enough to replace all fluid loss. Stress the importance of heavy fluid intake before and between practice sessions to ensure that you report to the next session well-hydrated.
- ▶ Drink cold water using the following strategy:
 - 1) Two hours before practice - 32 ounces
 - 2) Fifteen minutes before practice - 16 ounces
 - 3) Every 30 minutes during practice on hot and/or humid heavy practice days - 16 ounces
 - 4) After practice - 5 glasses of fluid. Electrolyte drinks are best used before and after practice, when gastric emptying is less important. Also, it's sometimes difficult to get athletes to drink adequate amounts of plain water -electrolyte drinks are a better-tasting alternative.
- ▶ Do not deny yourself water or rest at any time.

Heat Exhaustion and Heat Stroke

Heat exhaustion - an excessive depleting of electrolytes and water. Characterized by extreme weakness, headache, dizziness or fainting, profuse sweating, cold and clammy skin, rapid but weak pulse and near normal temperature.

What to do:

- (a) Have the athlete lie down in a cool place and drink cool liquids.
- (b) Remove excess clothing and rub the athlete's body with a cold, wet towel.
- (c) Instruct the athlete to stay out of the heat for the rest of the day.
- (d) In emergency situations, call 911 and have an emergency vehicle transport the athlete to the hospital.

Heat stroke - overheating due to a breakdown in the thermo-regulatory system. Associated with a high body temperature, warm/dry skin, pin-point pupils, lack of sweating (although heat stroke may occur before sweating totally ceases), rapid and full pulse, serious disorientation, unconsciousness. **Immediate** action is necessary.

What to do:

- (a) Remove all clothing without delay.
- (b) Cool body immediately by whatever means possible; hose, ice, water, cold shower.
- (c) Call 911 and notify them of possible heat casualty.
- (d) Have an emergency vehicle transport victim to the hospital.
- (e) Enroute to the hospital, apply ice water with sponge or towels to the victim.