

TROY AREA SCHOOL DISTRICT



Student-Athlete Handbook

Updated August 2022

INTRODUCTION

To the parents:

This material is presented to you because your child has indicated a desire to participate in athletics and you have expressed your willingness to permit her/him to participate. The Troy Area School District believes that participation in athletics provides a wealth of opportunities and experiences which assist students in personal development.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-denial. These are the reasons the Troy Area School District places such stress on good training habits. Failure to comply with the rules of training and conduct could mean exclusion from the activity. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in high school athletics for students who will not discipline their minds and bodies for rigorous competition.

It is the role of the Troy Area School District to make rules that govern the spirit of competition for these activities. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this publication for students and parents.

To the participant:

Being a member of a Troy Area School District athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great tradition is not built overnight; it takes the hard work of many people over many years. As a member of an athletic program of the Troy Area School District, you have inherited a wonderful tradition, which you are challenged to uphold.

Our tradition has been to succeed with honor. We desire to succeed, but only with honor to our participants, our schools and our community. Such a tradition is worthy of the best efforts of all concerned.

It will not be easy to contribute to such a great tradition. When you represent the Troy Area School District, we assume that you not only understand our traditions, but are also willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to both you and your family.

- **Responsibilities to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, and your participation in athletics, prepare you for your life as an adult.
- **Responsibilities to Your School:** Troy Area School District cannot maintain its position as having outstanding schools unless you do your best in the activity in which you engage. By participating to the maximum of your ability, you are contributing to the reputation of your school.

- **Responsibility/Commitment to the Community:** You assume a leadership role when you are participating in athletics. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our schools by your conduct and attitude, both on and off the field. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Troy proud of you and your community proud of your school, by your consistent demonstration of these ideals.
- **Responsibility to Others:** As an athletic participant, you also bear a heavy responsibility to your home. If you give your family, friends and community members something to be proud of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules, that you have performed to the best of your ability every day and that you have performed at your highest level, you can maintain your self-respect and your family can be justly proud of you. The younger students in the Troy Area School District are watching you. They will copy you in many ways. Do not do anything to let them down. Set good examples for them.

“In a situation where provisions of the athletic handbook contradict school board policy, the board policy shall prevail.”

DIVISION OF SKILL- ATHLETICS

JUNIOR HIGH TEAMS

Jr. High teams are available for 7th and 8th graders. Freshman with limited play experience may be permitted to play at the Junior High level in specific sports at the discretion of the coach with the approval of the Athletic Director. Gaining experience through training and play should be paramount, not the win/loss record. The coaches will make every attempt to provide all of the student-athletes involved with the opportunity to participate in every event. At this level of play, the focus is on learning athletic skills, game rules, fundamentals of team play, social-emotional growth, physiologically appropriate demands on the adolescent body, healthy competition, sportsmanship and having fun.

JUNIOR VARSITY TEAMS

The roster will be made up of Freshman, Sophomores and Juniors. Seniors with limited playing experience may be permitted to play at the JV level at the discretion of the coach with the approval of the Athletic Director. This level of competition has an increased emphasis upon team play, physical conditioning, and refinement of basic skills. Although being successful on the J.V. level is important, winning is not the sole objective. This is the level at which the athlete displays his/her readiness for the execution of skills at game speed. Athletic abilities, commitments, and positive attitudes will be rewarded and tested in competitive game situations.

An attempt will be made to allow as many participants as possible to play but not all will play equally. At the J.V. level, playing time will be based on the degree of effort, skill improvement, sportsmanship, and ability to compete and execution of skills at game speed demonstrated by the student athlete in practice and games.

VARSIITY TEAMS

Varsity competition is the culmination of each sport program. Normally, Juniors and Seniors make up the majority of the roster. Occasionally, a sophomore and infrequently, a freshman may be included on the team, provided that evidence of advanced levels of physical development, athletic skill, and appropriate social-emotional development are demonstrated. Freshmen are not permitted to play at the Varsity level without prior written approval of the parent and Athletic Director.

The number of participants on any given team is a function of the number needed to conduct an effective and meaningful practice and to play the contest. It is vital that each team member have a role and be informed of its importance. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of the team's goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed. It is the coach's responsibility to make clear to the student athlete what his/her role is on the team.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-day-a-week commitment. This commitment is often extended into vacation periods for all sport seasons and the dedication and commitment needed to conduct a successful program should be taken seriously.

ATHLETIC GOALS AND OBJECTIVES

Our Goal – The student-athlete shall become a more effective citizen.

The student shall learn:

- A. To work with others – In a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The activity and its objectives must be placed higher than personal desires.
- B. To be successful – Our society is very competitive. We do not always prevail, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to succeed with earnest dedication. Develop a desire to excel.

ATHLETIC PROGRAM BELIEFS

- TASD believes that students are our highest priority.
- TASD believes the dignity and self-esteem of participants should be paramount in all activities.
- TASD believes all individuals involved with our district will treat and be treated by others with honesty, integrity, and respect.
- TASD believes the most important result of competition is the development of life-long values and skills.

- TASD believes the athletic program is an integral part of the educational experience.
- TASD believes winning is an attitude resulting from optimum preparation, concentrated effort and a deep commitment to excel.
- TASD believes well-designed athletic programs promote community and school pride.
- TASD believes open communication and mutual respect among coaches, parents and athletes provide the foundation of a successful athletic program.
- TASD believes morale, satisfaction and performance are enhanced when participants work together as a team.
- TASD believes well qualified coaches and program administrators are important components in a successful athletic program.
- TASD believes positive parent support and involvement enhance student growth and program quality.

ACADEMIC ELIGIBILITY

- A. To be eligible for athletics, a student must be enrolled as a full-time student pursuing a minimum four-year program as outlined by the Troy Area School District. This includes all home-schooled students and online learners as well.
- B. At the beginning of each school year, each student must have passed at least four full-credit subjects from the previous year to be eligible for the start of the season. Eligibility will be reinstated after 15 school days have passed of the new school year. Due to TASD's eight period schedule, students will need to be passing four full credits from week to week once the school year has begun. Eligibility shall be cumulative from the beginning of a grading period, shall be reported on a weekly basis, and shall be enforced by the Building Principal or designee.

****Remember not all classes are a full credit****

- C. On the final day of the school week (usually Friday), the Building Principal or designee will verify that all students meet the criteria listed above. If a student is deemed ineligible, they will be unable to participate in athletic events from the following Sunday morning until the following Saturday at midnight. If a student is deemed ineligible at the end of a nine weeks, they will be unable to participate in athletics events for 15 school days.
- D. Where a school is closed on a Friday for any reason, the principal may, at the principal's election, determine whether the student meets the academic standards listed above.
- E. The academic eligibility requirements are applicable to all students in the athletic program in grades 7 through 12 in the Troy Area School District.

SCHOOL ATTENDANCE

A student who has been absent from school during a semester for a total of twenty (20) or more school days, shall not be eligible to participate in an Inter-School Practice, Scrimmage, or Contest until the student has been in attendance for a total of forty-five (45) school days following the student's twentieth (20th) day of absence.

The following absences may be waived by the Building Principal:

- A. Days when the student was required to serve as the primary caregiver to a member of the student's immediate family or a near relative or a death in that student's immediate family or of a near relative, both as defined in Section 1154 of the Public-School Code of 1949, as amended.
- B. Days when the student was absent due to the student's compliance with a court subpoena.
- C. Days when the student was confined by quarantine.
- D. Days when the student attended a religious activity/function which the church requires its members to attend.
- E. Days when the student has an excused absence of five (5) or more school days due to the same confining illness or injury.

Any student who participates in athletics and is absent or late for school will not be permitted to practice or engage in the scheduled activity for that day. A student athlete who leaves the school building/school grounds without permission will not be eligible to participate in practice or scheduled event that day. The student will be subject to suspension from a scheduled event. Exceptions are:

- A. Students who are tardy must have a medical, dental, or court appointment, when they can provide proof of the appointment.
- B. A student may still participate if they provide the school with a medical, dental, or court proof of appointment letter.

RULES AND REGULATIONS

TASD does not allow the use of tobacco, alcohol or any type of mood-altering substances. You cannot compromise athletic participation with substance abuses. The participant who experiments with such substances jeopardizes team morale, reputation and success and does physical harm to himself/herself.

The community of Troy is concerned with the health habits of student-participants and is convinced that athletics and the use of these substances are not compatible.

A student must decide if he/she wants to be a participant. If you do wish to be a participant, you must make the commitment in order to be a competitor. A big part of this commitment is following a simple set of training and practice rules, which the Troy Area School District believes to be fair.

- Incidents involving tobacco, illegal drugs, controlled substances, or alcohol
 - Student will be removed from the team for the remainder of the season.
 - Students may be permitted to participate in the subsequent season after the following:
 - Completion of a six-session counseling program for abused substance.
 - Building Principal has approved his/her return.
 - School equipment, issued to the student, has been returned.

INDIVIDUAL COACH RULES

Coaches may establish additional rules and regulations with the approval of a building administrator and/or the athletic administrator for their respective sports. These additional rules for a particular sport must be stipulated in writing to all team members and parents and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the athletics office and published on the school's website.

BASIC ATHLETIC POLICIES-

- I. **Participation:** It shall be the philosophy of the Troy Area School District that participants shall enjoy as many athletic opportunities as the student athlete and their parents/guardians wish them to participate in without influence from any coach to specialize in one activity. All coaches should encourage participation in other activities.
- II. **Dropping or transferring sports:** On occasion, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed:
 - a. Consult with immediate coach and then the head coach.
 - b. Report situation to the athletics director.
 - c. Check in all equipment/supplies issued from the school
- III. **Multiple Sport Participation:** Students are encouraged to participate on as many different sports teams as they can during their careers. However, for a student to participate on more than one team per season is extraordinarily difficult and, most often not in the best interest of the student or the teams. Exceptions require the approval of the Athletics Director with a recommendation from both Head Coaches involved.
- IV. **Equipment:** School equipment/supplies checked out by the student-participant are his/her responsibility. He/she is expected to keep it clean and in good condition. Loss of any equipment/supplies is the student-participant's financial obligation.
 - a. Equipment/supplies issued are to be used only during scheduled activities or by permission from the head coach.
 - b. Uniform tops and game jerseys may be worn on certain game days. Normally the wearing of school sports items will be reserved for special occasions.

- c. Any equipment/supplies purchased by the student are the property of the student and may be worn or used at his/her discretion. *All equipment/supplies must meet PIAA/NFHS standards.*

- V. **Missing practice:** An athlete should always consult his/her coach before missing practice.

- VI. **Travel:** All student athletes must travel to and from events in transportation provided by the school district unless previous arrangements are made by the parents. These arrangements must be made in writing and be approved by the head coach.

- VII. **Travel Guidelines:** All District bus riding guidelines are to be observed with the addition of the following:
 - a. Head Coaches will assume all responsibility for conduct and discipline on the bus.
 - b. All students are to be at the point of departure on time.
 - c. Students who miss the bus and travel to the competition/event late shall not be permitted to participate unless there were extenuating circumstances approved by the coach.
 - d. No food or drink is allowed on the bus unless the driver has granted permission. Coaches are responsible for inspecting and ensuring that the bus is left in broom clean condition.
 - e. All students are expected to dress appropriately and neatly on extracurricular trips.
 - f. All participants are expected to conduct themselves in an appropriate manner at all times on away trips. Foul language or obscene gestures will not be tolerated. Gambling in any form will not be permitted.
 - g. Only authorized persons may ride the bus. No spectators are permitted.
 - h. Spikes or cleats are not to be worn on the bus.
 - i. Personal listening devices are permissible at the discretion of the head coach.
 - j. The emergency door shall be used only in the case of an emergency unless authorized by the driver.

- VIII. **Hazing:** Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or membership in or affiliation with any extracurricular organization. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates. The Troy Area School District does not condone any form of initiation or harassment, known as hazing, as part of any school sponsored activity. No student, coach, volunteer, or district employee shall plan, direct, encourage, assist or engage in any hazing activity. Suspected acts of hazing should be reported to the coach, athletic administrator, principal, or other school administrator. (Further detailed in BP #247)

Student

I, _____, have received a copy of the current Troy Area School District Student-Athlete handbook. I have read the handbook and agree to abide by its stipulations. I understand that if I have questions about the contents of the handbook, it is my responsibility to ask questions for clarification.

Student Signature

Date

Parent/Guardian

Please acknowledge in writing that you have reviewed a copy of the Student-Athlete handbook which contains policies, procedures, rules, and regulations for our student athletes in the Troy school district. *Failure to sign or return the form does not affect the student’s responsibility to act in accordance with the policies outlined in the handbook. However, it is the goal of the Troy Area School District to have the acknowledgment forms returned to TASD no later than **One Week after the Start of School.**

Parent/Guardian Signature

Date

*Please return this form to the main school office, indicating that you and your parents/guardians have received the handbook and have read the contents and agree to abide by it. This form is to be returned no later than **One Week after the Start of School.***

****Note to all Parents/Guardians of Freshman (9th grade) athletes****

In the Troy Area School District 9th grade athletes are a part of the high school athletics program. It is possible that the Varsity Head coach may ask a 9th grade athlete to participate at the Varsity level. This does not happen often and needs to be approved by the Athletics Director and the Building Principal when the moment arises. **As the parent/guardian if you are NOT comfortable with your 9th grade student-athlete participating in Varsity level events please check the box and provide your signature.**

Parent/Guardian Signature



Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness
- lightheadedness
- shortness of breath
- difficulty breathing
- racing or fluttering heartbeat (palpitations)
- syncope (fainting)
- fatigue (extreme tiredness)
- weakness
- nausea
- vomiting
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who have SCA die from it.

Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student-athletes safe while practicing or playing. The requirements of the Act are:

Information about SCA symptoms and warning signs.

- Every student-athlete and their parent or guardian must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may also hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses and athletic trainers.

Removal from play/return to play

- Any student-athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

Signature of Student-Athlete

Print Student-Athlete's Name

Date

Signature of Parent/Guardian

Print Parent/Guardian's Name

Date



Emergency Card for Athletes

- Emergency card/authorization for each athlete must accompany the athlete at all times.
- The card for each athlete should be carried in the first-aid kit for each sport.
- The card for each athlete should be readily accessible to the Coach, athletic trainer, or emergency personnel.
- Prior to the start of each sport, the card for each athlete should be reviewed by the Coach/trainer/athletic director or any other medical personnel for completeness.
- Include emergency phone numbers or significant medical history.

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

Name: _____
 Address: _____
 City, State, Zip: _____
 Telephone: _____

In case of accident or emergency, please contact:

Parent's/Guardian's Name _____ Relationship _____
 Address _____ Emergency Contact Telephone # () _____
 Secondary Emergency Contact Person's Name _____ Relationship _____
 Address _____ Emergency Contact Telephone # () _____
 Medical Insurance Carrier _____ Policy Number _____
 Address _____ Telephone # () _____
 Family Physician's Name _____ MD or DO (circle one)
 Address _____ Telephone # () _____

Pre-Existing Circulatory/Pulmonary Conditions: _____
 Diabetes: _____
 Inhalers: _____
 Allergies or Allergic Reactions: _____
 Medications Being Used: _____

Have you ever had a concussion (i.e. bell rung, ding, head rush) or head injury? _____ Yes _____ No

Other Pertinent Information: _____

Permission to Treat: _____ Parent's/Guardian's Signature