



**TURKEYFOOT VALLEY AREA**

**JUNIOR-SENIOR  
HIGH SCHOOL**

**STUDENT ATHLETIC  
HANDBOOK**

**2018-2019**

## STUDENT INSURANCE POLICY

**Insurance will not be free of charge for students or student athletes as in the past. As always, insurance will be offered at the beginning of each year that parents/guardians can purchase for their children. Unfortunately this insurance doesn't typically cover students participating in football. It is the parent/guardian's responsibility to provide their child with insurance. If your child does not have insurance, they will NOT be participating in any athletic practice or event. A written form will be required from every athlete that states the student's insurance carrier and/or insurance information. Pennsylvania offers insurance to ALL children through either medical assistance or PA Blue Chip. Medical Assistance information can be obtained by calling the Department of Public Welfare at 814-443-3681. If due to income you don't qualify for PA Medical Assistance and your employer does not offer insurance coverage, you can contact Blue Chip by either the internet at [www.chipcoverspakids.com](http://www.chipcoverspakids.com) or by calling 1-800-543-7105.**

**Please note any deductible or co-pay from any injury sustained at school during the school day or during an athletic event/practice will no longer be paid by the school.**

The District encourages all students to identify in new athletic opportunities and/or sports in which there is student interest to the District Athletic Director for purposes of gauging whether or not a new team can be fielded on an Intramural, Junior Varsity, or Varsity basis. Students are encouraged to contact the Athletic Director to express interest or otherwise identify sports they believe should be pursued at the Turkeyfoot Valley School District. The Athletic Director may be reached at 814-395-3621 ext. 314

**All students participating in the Athletic Co-Op Agreements with the Rockwood, Meyersdale or Berlin School Districts will now be required to pay a \$300.00 participation fee if the student quits the sport after the first regularly scheduled competition. This participation fee will be added to your student financial obligation and is considered a graduation requirement. Turkeyfoot students needing to make restitution of this obligation will make their payment to the Turkeyfoot Valley Area School District (TVASD).**

## ELIGIBILITY OF ATHLETES

To be eligible for interscholastic athletic competition, a pupil must pursue a curriculum defined and approved by the principal as a full-time curriculum. Where required, this curriculum or its equivalent must be approved by, and conform to, the regulations of the State Board of Education and the Pennsylvania School Code, as well as any local policies established by the local school board. The pupil must be passing at least four (4) full-credit **Core Curriculum** subjects or their equivalent. Eligibility shall be cumulative from the beginning of a grading period, shall be reported on weekly basis, and shall be filed in the principal's office. In cases where a student's cumulative work from the beginning of the grading period does not as of any Thursday meet the standards provided for in this section, he/she shall be ineligible from the immediately following Sunday through the Saturday immediately following the next Friday as of which his cumulative work from the beginning of the grading period meets the standards provided for in this section. Where a school is closed on a Thursday, for any reason, the principal may, at his election, determine whether the student as of that day meets the standards provided for in this section.

To be eligible to participate in activities and/or athletics, a student must be passing four (4) full-credit **Core Curriculum** subjects or their equivalent. Eligibility is cumulative, beginning with a grading period, and is examined weekly, by Weekly Academic Report period, and quarterly. Students are ineligible for one (1) week or until eligibility is approved by the High School Office or Principal. To regain eligibility, a student must provide written proof that he/she is now passing four (4) or more full-credit **Core Curriculum** classes or their equivalent. Teachers' signatures are required. If a student is declared ineligible at the end of a grading period or semester, then the student is ineligible for a period of fifteen (15) school days.

If academically ineligible, student athletes will be expected to inform their coach. It is the coach's decision as to whether or not the student attends contests. Student athletes will however not be dismissed early from school to attend. Student athletes are required to attend scheduled practices.

To be eligible to participate in activities and/or athletics, a student within the Summit Schools Learning Curriculum must be passing four (4) full-credit subjects or their equivalent. Students must be passing three (3) Summit Core Classes along with one (1) full credit class to remain eligible. Eligibility is examined for students working within the Summit Schools curriculum weekly at 2:00pm on Thursdays. Students are ineligible for one (1) week or until eligibility is approved by the administration. After two (2) weeks of ineligibility, students must attend the After-School Tutoring Program. To regain eligibility, a student must set goals within their PLT class and demonstrate progress towards those goals to their mentor teacher. If a student is declared ineligible at the end of a grading period or semester, then the student is ineligible for a period of fifteen (15) school days.

### Varsity/Junior High Basketball Option:

The intent of the following guidelines is to foster an atmosphere in which student athletes will have the opportunity to better develop their individual skills relative to their current abilities. Students in 9<sup>th</sup> grade may be presented with the option of moving up to play varsity basketball or staying down to play junior high basketball. This decision in large part will be made in conjunction with the coaching staff, parents, student and administration. If a 9<sup>th</sup> grade student chooses to play varsity basketball against the guidance of the coach, parent and administration, they must understand that their game playing time may be extremely limited.

## SCHOOL ATTENDANCE

Students participating in athletics must attend the entire day of school (8:05 am – 2:45 pm) the day of the game, practice or other event, unless an excuse is pre-arranged with the principal. The coach is responsible for enforcing this rule.

**Tardy to School – Arrival after 8:05 am**

**Early Dismissal – Leave after 2:45 pm**

All aspects of the student attendance policy will be followed for athletics. Upon entering school after 8:05am and leaving prior to 2:45pm at the end of the school day due to an early dismissal, you must report to the office and sign in or out.

On non-school days the coach will determine whether to have practices, but cannot make those practices mandatory.

If you are absent from school during a semester for a total of 20 or more school days (without a medical excuse), you will lose your eligibility until you have been in attendance for a total of 45 school days following your 20<sup>th</sup> day of absence.

## STEROID AND HEALTH

### **Pennsylvania Law Provisions Affecting Athletic Eligibility of Students Using Anabolic Steroids**

Pennsylvania Act 1989-93 requires the Board of School Directors (“School Board”) in every Pennsylvania school district to prescribe, adopt, and enforce rules and regulations to prohibit the use of anabolic steroids, except for a valid medical purpose, by any pupil involved in school-related athletics.

The Act also requires the School Board to prescribe the following **minimum** penalties for any pupil found in violation of the rules and regulations adopted by the School Board:

- (1) For a first violation, suspension from school athletics for the remainder of the season.
- (2) For a second violation, suspension from school athletics for the remainder of the season and for the following season.
- (3) For the third violation, permanent suspension from school athletics.

A student who has been suspended for violation of the School Board regulations shall not be eligible to resume participation in school athletics unless there has been a medical determination that no residual evidence of steroids exists.

The penalties, which the law requires School Boards to adopt, are minimum penalties. More severe penalties may be adopted by individual school districts, and the actual penalties may therefore vary from school district to school district.

## PHYSICAL EVALUATION NECESSARY BEFORE PRACTICES BEGIN

No student athlete shall be eligible to represent his/her high school in any interscholastic athletic contest unless he/she has **participated in a pre-participation physical evaluation** performed by a licensed physician of medicine or osteopathic medicine, a certified **registered** nurse practitioner, or a certified physician assistant before his first sports season’s **first legal practice date** of that **school** year, and the physician certified **registered** nurse practitioner, or **certified** physician assistant has signed the P.I.A.A. Physician’s Certificate. The **pre-participation physical evaluation** for fall sports shall not be performed earlier than **June 1 for the upcoming school year**.

## ATHLETIC AWARDS

It is permissible for a school to purchase a sweater, jacket, medal, or similar trophy for an athlete who has earned the official school letter of award and to present the same at the time the official school award is made. (Article X, PIAA By Laws)

### Authority to Make Awards

The coach shall recommend the members of his/her squad who have met the requirements for a letter/award. If any problems arise due to extenuating circumstances, a committee composed of the principal, athletic director, and coach shall make the final decision.

## AWARDING OF ATHLETIC LETTER

A varsity letter is only awarded to a high school student in grades 9 – 12. All Jr. High Athletes will receive a participation letter if the required criteria have been met. During high school, the first time an athlete meets the requirements for an athletic award; he shall receive the appropriate letter, plaque, or pin and certificate for the level of competition. Only one (1) varsity letter will be issued to the athlete. The athlete will receive additional pins or certificates for the number of years lettered in all other sports.

Cheerleaders must cheer the entire season, they must participate in 80% of the floor cheers including games, pep rallies and any other scheduled event. Cheerleaders cannot receive more than eight (8) demerits in one season in order to Letter. The coach/assistant coach will determine these demerits.

### General Criteria in Meeting the Requirement for a Letter or Award:

**Attendance** - - Athletes should attend all practices unless excused by the head coach.

**Sportsmanship** - - Athletes should realize that they are representing their school and community and should conduct themselves in such a manner that they are unquestionable assets to both.

**Adhere to Training Rules** - - Athletes must abide by the training rules as set forth by the coach and the athletic department.

### Junior High Letters of Participation:

Junior high athletes will be eligible for an athletic letter in grades 7-9. Criteria for this letter are 100% participation in all practices, 100% attendance at all games and player conduct as determined by the coach and administration. The head coach is responsible for maintaining these records and reporting them to the Athletic Director following the season.

Football, Basketball, Baseball, Softball, Cheerleading, and Rifle

All participants must compete in at least half of the total quarter/innings played to receive a varsity letter.

\* Baseball and Softball - - **Pitchers only** - - may receive a varsity letter by participating in one third of the total innings. All participants receiving a varsity letter must complete the season of that sport. The varsity coach may award a varsity letter to a participant that was injured and would have participated in at least one half of the total quarters in the opinion of the coaches.

**TURKEYFOOT VALLEY AREA HIGH SCHOOL EXTRACURRICULAR ELIGIBILITY & TUTORIAL PROGRAM**

Participation in extracurricular activities is a privilege and therefore the Turkeyfoot Valley Area School District has adopted the following standards of academic eligibility.

To be eligible for extracurricular activities a pupil must pursue a curriculum defined and approved by the principal as a full-time curriculum. Where required, this curriculum or its equivalent must be approved by, and conform to, the regulations of the State Board of Education and the Pennsylvania School Code, P.I.A.A., as well as any local policies established by the local school board. The pupil must be passing the core academic areas. Eligibility shall be cumulative from the fifteenth day of school and reported on a weekly basis.

In cases where a student's cumulative work from those areas does not as of any Thursday meet the standards provided for in this section, he/she shall be ineligible from the immediately following Sunday through the following Saturday unless the tutorial program policies are followed.

In all cases, a student's work must meet P.I.A.A. standards for eligibility.

New students must comply with the requirements of the curriculum rules. The standing required for the preceding week, the preceding grading period, or the preceding year shall be obtained from the records of the last school that the pupil has attended.

Students declared ineligible have the right to an appeal before the high school principal and the faculty member awarding the failing grade. The final decision in regards to eligibility rests with the high school principal.

**EXTRACURRICULAR ACTIVITIES INCLUDE:** All activities beyond the regular school day.  
Students declared ineligible may continue to practice their activity.

**TUTORIAL PROGRAM**

Students attend school primarily to become educated, productive, and well-adjusted young adults to the fullest of their individual abilities and talents. The successful pursuit of academic studies is the most important key to success as an adult. Everything possible must be done to prepare our young people for adult life.

It is proposed that a tutoring program shall be established through which help in any of the four core academic areas shall be available to students who desire it (English-Math-Science-Social Studies).

The only prerequisite for tutorial assistance shall be that the student actively participate in classroom activity and not rely solely on the tutoring experience.

Teachers (retired or active) shall provide tutoring assistance. Any other capable tutor could be used only upon the recommendation of the administration and the school board.

The tutoring program shall be of special significance for students who participate in extracurricular activities.

In all tutoring instances, cooperation and strict attendance patterns shall be expected on the part of the student involved.

## **GUIDELINES – JR. HIGH TUTORING / SUMMIT LEARNING PROGRAM (Grades 7-9)**

1. The responsibility for basic instruction lies with the classroom teacher. Under no circumstances will the tutoring process be a substitute for regular and conscientious attendance in the classroom. At no time is the tutor to become responsible for primary teaching.
2. Each teacher regardless of failures must turn a tutoring list into the office, by the close of school on Thursday.
3. Teachers will inform students in their classes who are failing, that their names have been submitted for tutorial assistance.
4. Students who are failing the second week must report for tutoring as prescribed above and may not participate in contests until they receive a passing grade in the class.
5. Students being tutored must sign an attendance sheet. These attendance sheets will be checked to ensure eligibility of participants.

## **EXTRACURRICULAR CODE OF ETHICS**

1. Participation in athletics at Turkeyfoot Valley Area High School is a privilege extended to you and is subject to this Code of Ethics.
2. Each athlete is required to do his best at all times. This includes practice sessions as well as in competition.
3. Each athlete is required to display proper conduct in school, in the community, at practice sessions, and in competition, that will reflect well on him, his coaches, his parents, and the school.
4. Each athlete is required to attend practice sessions regularly. Being excused from practice should be the discretion of the coach who should be notified in advance.
5. Each athlete is fully responsible for all equipment issued him. It is required that equipment be properly cared for during the time it is in his/her possession. The student will pay for lost or stolen equipment.
6. Each athlete is required to abide by the training rules established by the coach as well as the school district.
7. In addition to the above standards of academic eligibility, the Turkeyfoot Valley Area School District has also adopted the following attendance requirement.

**Students participating in athletics must attend school for *the entire day (8:05 am–2:45 pm)* of the game or other events unless an excuse is pre-arranged with the Principal. If the student is late to school, he/she will not be eligible for the game that day. If the student is going to be late for school due to unforeseen circumstances, a parent/guardian must attempt to contact the school as soon as possible. If the above has been abused, the student will be declared ineligible for the day's game. The coach is responsible for enforcing this rule.**

8. Each athlete will recognize the authority of his/her coach and the administration over his participation in athletics. He/she should understand that for reasons of improper conduct, disobedience, low grades, etc., he/she will be expelled or suspended from the squad or disciplined in other ways as seen necessary by the coach or principal.
9. Individuals that violate any of the above rules or regulations will automatically relinquish all and any types of honors that have been bestowed upon the team or the individual by the school district.
10. Final authority involving athletics rests with the school administration.

## **RULES**

1. Snuff or smoking or use of tobacco in any form:  
1<sup>st</sup> Offense: Shall not practice or participate during the suspension  
2<sup>nd</sup> Offense: Cut from the team
2. Drugs and Alcohol:  
1<sup>st</sup> Offense: Cut from the team
3. Bus Behavior:  
1<sup>st</sup> Offense: One-week suspension  
2<sup>nd</sup> Offense: Cut from the team
4. Unbecoming Conduct:  
1<sup>st</sup> Offense: Cut from the team
5. After-School Detention:  
Must serve penalty, then return to game or practice the following day
6. Supervised Study Suspension (SSS):  
Students are not eligible to play in the game that day. Student must return to practice that day.
7. Out Of School Suspension (OSS):  
Students are not allowed on school property for any reason during suspension period.
8. Hair: Neatness as well as the health factor and safety of the team are taken into consideration.

## **RULES AND REGULATIONS FOR ATHLETIC TEAMS AND CHEERLEADING SQUADS**

Turkeyfoot Valley students will not be permitted to participate in two (2) or more extracurricular sports that are running simultaneously during the same season. An example of this would be playing on the basketball team and being a member of the rifle team due to sharing the same calendar season causing conflict with practices and games/matches. Any questions regarding this new policy must be addressed with the principal who would ultimately have the final say in the participation of the athletic team/sport in question.

1. If you miss a practice the night prior to a scheduled game, you will be ineligible for the next scheduled game. However, you will be expected to attend the game with the team or squad, you will not dress, and you will be expected to sit with the team or squad. Exceptions: If the absence is excused by the coach prior to practice due to illness, doctor's excuse or anything that would be considered an excused absence by the Student Handbook.
2. If you are caught smoking, chewing tobacco, rubbing snuff, to or from a school sponsored event, (this includes practice), and you will be referred to the Principal. Use/Possession of a tobacco product by a minor is an illegal offense and will be referred to the Magistrates Office. The participants will be suspended from game participation for a period of one (1) week for the first offense. The second (2<sup>nd</sup>) offense you will be ineligible to play for the remainder of the season. A report will be turned into the school after each offense, and all Student Handbook Rules will apply.



3. If you are caught using drugs or alcohol at a school sponsored event you will be cut from the squad. Participants will be referred to the Principal. Use/Possession of drugs/alcohol by a minor is an illegal offense and will be referred to the Magistrates Office.
4. Any player ejected from a game will not be permitted to play in the next contest.
5. You will not be permitted to ride home from an away game with anyone but a parent or family member. The coach must verify this. You are permitted to leave with someone else if you bring a permission slip from your parents to the coach or Athletic Director the day before the game so it may be verified. No notes will be accepted at the game.
6. Regarding the bus ride to and from a game as to music, talking, cheerleaders and players sitting together, and where we stop to eat, will be left to the discretion of the individual coaches.
7. Fighting among teammates will result in a one game suspension for persons involved. Participants will be referred to the Principal for appropriate discipline action as well.
8. It goes without saying, that you will be expected to conduct yourselves as ladies and gentlemen, to and from games, at all home and away games, and at any restaurant that is chosen, and that all Student Handbook rules will apply.
9. We encourage all students to be at practice on time. Students who are continuously late are being disrespectful to teammates and coaches. The coaches/advisor will handle this at their discretion and inform the principal.
10. The principal has final say in all disciplinary actions involving students in extracurricular activities.
11. In addition to the above, all SCHOOL RULES will be in effect.
12. It has been determined that there must be a minimum number of participants to be considered a squad or team, if there is not the minimum number, the team or squad will be terminated for that season:

Cheerleaders	5 Members
Basketball	5 Members
Baseball	9 Members
Softball	9 Members
Rifle	3 Members
Cross Country Boys	5 Members
Cross Country Girls	5 Members

Volleyball, Soccer, Golf, Tennis, Track & Field  
 Football  
 Wrestling

Rockwood Co-op Sports  
 Meyersdale Co-op Sport  
 Berlin Co-op Sport

## **CHEERLEADING AND COMPETITIVE SPIRIT SQUAD**

### **Varsity/JV Cheerleading:**

- The schedule will be determined by the coaches, principal and athletic director.
- If a sports team makes the playoffs, the cheerleading squad will attend the game to cheer.

### **Jr. High Cheerleading:**

- Jr. High Cheerleaders will cheer at the Junior High Basketball Games only. The schedule will be determined by the coaches, principal and athletic director.
- Jr. High Cheerleaders may cheer from the floor during the junior varsity basketball games only. JV games are played on the same night as the varsity cheerleaders are cheering for the varsity games. (boys and girls)
- Jr. High cheerleaders may cheer for the varsity basketball games but ONLY from the sidelines and not on the floor which are on the same night as the varsity is cheering for the varsity games (boys and girls)
- Jr. High Cheerleaders may participate in Pep Rallies.
- Jr. High Cheerleaders will ONLY be awarded a Jr. High Participation Letter.

### **Competitive Spirit Squad:**

- TVASD students will have the option to participate on the Competitive Spirit Squad. Competitive Spirit holds all student athletes to the same standards of other school sports and will follow all guidelines in the Student Athletic Handbook. Competitive Spirit participates in a district competition each year. If a high enough ranking at the District Completion is reached, the team may qualify for the State Competition. Practices are mandatory and can affect participation in events.
- Members of the competitive spirit squad will be the Varsity Cheerleading Squad. Athletes who are not members of the competitive spirit squad will cheer as part of the Junior Varsity Cheerleaders.

**Yearly Athletic Meeting**

**As of April 21, 2014:**

A parent/guardian of each player must attend one athletic parent meeting which will cover your child's entire athletic career, grades 7 – 12 while at Turkeyfoot Valley. A parent or guardian must attend one meeting before the student will be permitted to practice or participate in extracurricular events. Administration reserves the right to require additional meetings as necessary.

**Behavior Expectations of All Spectators**

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition; not to intimidate or ridicule the other team or its fans.

Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

Learn the rules of the game, so that you may understand and appreciate why certain situations take place. Rules do change over time.

Show respect for the opposing players, coaches, spectators, and support groups.

Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.

Recognize and show appreciation for an outstanding play by either team.

Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

**Overall Unacceptable Behavior**

- Yelling or waving arms during an opponent's free throw attempt, serve, etc.
- Disrespectful or derogatory yelling, chants, songs, or gestures.
- Confronting a coach before, during or after the game.
- Confronting another player or spectator.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
- Yells that antagonize opponents.
- Blaming loss of a game on officials, coaches or participants.
- Use of profanity or displays of anger that draw attention away from the game.

## CONSEQUENCES FOR NOT FOLLOWING RULES

- First offense: spectator will receive a verbal warning by the administrator in charge.
- Second offense: spectator will be asked to leave and escorted from the contest.
- Third offense: spectator will be banned from attending all athletic events held at Turkeyfoot Valley Area Jr/Sr High School for one year.

## PARENT/COACH COMMUNICATION

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication you should expect from your child's coach:

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. practices, special equipment, out-of-season conditioning, etc.
5. Procedure followed should your child be injured during participation.
6. Discipline that may result in the denial of your child's participation.

Communication coaches expect from parents:

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns with regard to a coach's philosophy and/or expectations.

Appropriate concerns to discuss with coaches:

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

Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other student-athletes.

**There are situations that may require a conference between the coach and the parent, these are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue or concern.**

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

- 1. Call to set up an appointment.**
- 2. If the coach cannot be reached, call the Athletic Director. A meeting will be set up for you.**

What a parent can do if the meeting with the coach did not provide satisfactory resolution.

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. If a meeting with the Athletic Director is unsatisfactory, you may call and set up an appointment with the Principal to discuss your questions and concerns.

Adopted: June 18<sup>th</sup>, 2012

**\*\*YOU ARE A STUDENT FIRST!  
GRADES AS WELL AS BEHAVIOR MUST BE MAINTAINED BOTH ON & OFF  
THE FIELD AS WELL AS IN SCHOOL.**

**\*\*YOU REPRESENT THE TURKEYFOOT VALLEY JUNIOR-SENIOR HIGH  
SCHOOL,  
THE COMMUNITY, YOUR PARENTS, AND ABOVE ALL YOURSELVES.  
CARRY YOURSELF IN SUCH A MANNER TO SHOW POISE AND  
SPORTSMANSHIP.**

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**PLEASE RETURN THIS SIGNED AGREEMENT SHEET TO YOUR  
COACH OR THE ATHLETIC DIRECTOR.**

DATE \_\_\_\_\_ SPORT \_\_\_\_\_

\*SIGNATURE OF PARTICIPANT \_\_\_\_\_

\*SIGNATURE OF PARENT \_\_\_\_\_

\*BY SIGNING THIS AGREEMENT, THE STUDENT AND PARENT/GUARDIAN AGREE TO ADHERE TO THE ATHLETIC CODE OF ETHICS, THE TURKEYFOOT VALLEY AREA SCHOOL DISTRICT POLICIES, PROCEDURES AND GUIDELINES, THE P.I.A.A. RULES AND REGULATIONS AND BY-LAWS.