

WILSON SCHOOL DISTRICT



HANDBOOK FOR STUDENT- ATHLETES AND PARENTS OF STUDENT-ATHLETES

WILSON ATHLETICS

Welcome to the Wilson School District athletic program; a program built on tradition and excellence; and which is the result of the hard work, dedication, and commitment of all of our outstanding coaches and highly motivated student-athletes. The Wilson School District administration and coaches are proud of the life lessons that can be taught to student-athletes through participation on our athletic teams. Likewise, we recognize the important role that our athletic programs play in the development of well-rounded student-athletes. Finally, we value the diversity and contributions of all of our athletic teams and recognize the significance that Wilson Athletics plays within our community.

Over the years, the Wilson athletic program has grown in many areas; not only in our number of teams and student athletes, but also in the number of rules and regulations needing to be followed. As the Wilson athletic program has grown, the need to communicate the following information to both student-athletes, and the parents of student-athletes, has become essential to ensuring the continued success of the Wilson athletic program:

- the mission and objectives of the Wilson athletic program
- the role of the administration, coaches, players, and parents
- the Wilson School District athletic policies, procedures, and guidelines

With that in mind, please take the time to review the information contained in this ***Handbook for Student-Athletes and Parents of Student-Athletes***. It is important to note that our student-athletes serve as role models for the entire school district population, from elementary students to high school students. In addition, our student-athletes serve as role models for the Wilson community at large. As such, it is imperative that our student-athletes, and the parents of our student-athletes, are always exhibiting good behaviors and sportsmanship. As a representative of our school and community, let your actions reflect positively on Wilson Athletics.

Thank you for your participation in our athletic program. I hope you have a memorable experience and look forward to seeing you at a Wilson sporting event this year...**GO BULLDOGS!**

Sincerely,

Drew Kaufmann

Director of Athletics
Wilson School District

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Extracurricular Program Mission Statement

The Wilson School District Extracurricular Programs are created to provide all students with an opportunity to participate in extracurricular activities. The mission of these programs is to develop student participants who value and promote teamwork and community pride within the framework of the Six Pillars of Character, while developing their knowledge and skills through practice and competition to be successful in their endeavor.

-Created by Wilson Coaching Staff, Summer of 2004

-Approved by the Wilson School Board, Fall of 2004

The mission statement of the Wilson School District extracurricular programs (of which athletics is a part) is divided into three components. The first component is that all Wilson students should have opportunities to participate in Wilson's vast array of extracurricular activities. When a student considers all of the offerings in the athletic, theater, music, and service programs, the student should be able to find an extracurricular activity that can meet their unique needs.

The second component of the mission statement is the development of student participants who value and promote teamwork and community pride within the *Six Pillars of Character*. *The Six Pillars of Character* are the focus of the ***Pursuing Victory With Honor*** sportsmanship and character development program. Wilson coaches are expected to teach, enforce, and model the character traits of *respect, responsibility, caring, fairness, trustworthiness and citizenship*. In addition, our coaches are expected to emphasize the importance of teamwork in order to achieve goals.

The third component of the mission statement is the development of knowledge and skills so that Wilson students and teams can be successful in their endeavors. Wilson coaches will provide your child, and your child's team, with quality, age appropriate instruction and teaching. Furthermore, your child will learn life lessons and skills that will be transferrable for many years to come. Qualities such as respect for self and others, fair play, honesty, integrity, commitment, reliability, and perseverance will be developed as a result of participating in our athletic programs. As one can surmise, our athletic program is an extension of our academic program; and the net result is the development of well-rounded individuals who will be prepared to become productive members of society.

Objectives of Participation for Student-Athletes

The Wilson School District administration works hard to provide growth opportunities for students who seek a competitive interscholastic athletic experience. As stated previously, athletics is viewed as an important part of the educational program and culture at Wilson. As such, the overall objective of our athletic program is to teach our student-athletes (through athletics) transferrable, lifelong skills which will lead to the development of well-rounded and productive members of society.

With that in mind, student-athletes participating in Wilson School District athletic programs should expect to receive the following benefits from participation:

1. They will be taught and encouraged to role model the **Six Pillars of Character - Respect, Responsibility, Trustworthiness, Fairness, Caring and Citizenship.**
2. They will be taught the fundamentals of the sport and the importance of being part of a team.
3. They will be given opportunities that will simulate and reflect life experiences in the contemporary world. These opportunities and experiences should provide the ability to:
 - a. Grow physically, mentally, emotionally, and socially
 - b. Acquire and develop unique skill sets not taught in the conventional educational setting
 - c. Be taught that team success is more important than individual success
 - d. Exemplify hard work, commitment, fairness, self-discipline, self-motivation, excellence, and the ideals of good sportsmanship
 - e. Participate on athletic programs that will generate interest in, and a feeling of unity for, the student body, faculty, and community
 - f. Develop high levels of fitness and a healthy lifestyle
 - g. Learn how to handle winning and losing with dignity
 - h. Create a desire to succeed in all areas of the student's life
 - i. Effectively utilize one's leisure time now and in the future
 - j. Display emotional maturity by learning how to make decisions under pressure
4. They will be given sufficient interscholastic athletic opportunities for a wide variety of interests and abilities.

On middle school teams, the focus and emphasis will be in the following areas:

- a. Student participation
- b. Learning the fundamentals of the sport in preparation for high school participation

Wilson School District Board Approved Athletic Teams

The Wilson School District offers 31 high school teams, 3 freshman teams, and 26 middle school teams as School Board approved interscholastic athletic teams. They are:

High School

Fall

Football
Boys Soccer
Field Hockey
Girls Volleyball
Boys Cross Country
Girls Cross Country
Boys Water Polo
Girls Water Polo
Girls Tennis
Coed Golf
Cheerleading
Girls Soccer

Winter

Boys Basketball
Girls Basketball
Wrestling
Boys Bowling
Girls Bowling
Boys Swimming
Girls Swimming
Coed Rifle
Cheerleading
Indoor Track and Field
Dance

Spring

Baseball
Softball
Girls Lacrosse
Boys Track and Field
Girls Track and Field
Boys Tennis
Boys Volleyball
Boys Lacrosse

Freshmen

Fall

Football

Winter

Boys Basketball

Spring

Track and Field
Baseball

West Middle School

Fall

Football (8th grade team)
Boys Soccer (Combined)
Field Hockey (Combined)
Girls Volleyball
Boys Cross Country (Combined)
Girls Cross Country (Combined)
Cheerleading
Girls Soccer

Winter

Boys Basketball
Girls Basketball
Wrestling (Combined)
Cheerleading

Spring

Baseball
Softball (Combined)
Girls Track and Field
Boys Track and Field

Southern Middle School

Fall

Football (8th grade team)
Boys Soccer (Combined)
Field Hockey (Combined)
Girls Volleyball
Boys Cross Country (Combined)
Girls Cross Country (Combined)
Cheerleading
Girls Soccer

Winter

Boys Basketball
Girls Basketball
Wrestling (Combined)
Cheerleading

Spring

Baseball
Softball (Combined)
Girls Track and Field
Boys Track and Field

Requirements for Wilson Student-Athletes to Participate on Wilson Interscholastic Athletic Teams

It is important to understand that participation on a Wilson School District interscholastic athletic team is a privilege, not a right. Being and maintaining one's membership on the team means accepting all of the responsibilities that come along with being a championship caliber student-athlete. Student-athletes on Wilson teams are representatives of their team, school district, and community; as such, their appearance and behavior should be beyond reproach. Below is a list of requirements for student-athletes to participate on Wilson School District interscholastic athletic teams:

- **The student must be enrolled in the Wilson School District.**
- **The student must be in grades 7-12.**
- **The student must meet age requirements.** A student-athlete may not participate on a middle school athletic team when he or she is 16 years old before July 1. A student-athlete may not participate on a high school athletic team when he or she is 19 years old before July 1.
- **The student must have a pre-participation athletic physical (dated June 1st or later) and, if the student has been injured in a previous season, a recertification may be required.** The Wilson School District provides an opportunity for each student to have a pre-participation athletic physical for a fee. Pre-participation forms (CIPPE form) are available in the main office of the middle schools, in the athletic office in the high school, or online at the Wilson Athletics website. A recertification is required if the student (a) suffers an illness or injury which renders the student unable to participate in 25% or more of the regular season contests in the immediately preceding sports season and/or (b) suffers an illness or injury which resulted in absence from school for ten (10) or more days and/or which requires surgery. In order to tryout for a team, all student-athletes must have a completed CIPPE Form, signed by an Authorized Medical Examiner, on file with the Athletic Office (for high school sports) or Athletic Trainers (for middle school sports) prior to the first tryout date.
- **The student must pay the extracurricular activity fee.** The activity fee is a one-time per school year fee that allows for participation in all extracurricular activities for that year; and is used to offset the costs of extracurricular coaches/advisors, transportation, and equipment. If a student cannot afford the activity fee, they must submit the "Activity Fee Reduction Request" form (available on the Wilson Athletics website or in the Wilson Athletic Office) by the activity fee due date for consideration.
- **The student must meet academic eligibility and tutoring (if applicable) requirements.**
-If enrolled at the middle schools, if a student-athlete is failing two major subjects, or one major and two minor subjects, they will be ineligible to participate in contests. In addition, said student will be required to attend tutoring sessions at least three days per week until passing grades are achieved.

-If enrolled at the high school, a student-athlete must be passing at least four full-credit subjects, or the equivalent, as of each Friday during the grading period. If a student-athlete fails to meet this requirement, he/she will lose their eligibility from the immediately following Sunday through the Saturday immediately following the next Friday.

If a student-athlete is failing one or more major subjects, they will be required to attend tutoring sessions at least two times per week, per subject until a passing grade is achieved in each subject. As long as said student is attending two tutoring sessions per week, and submits required verification by the expected due date, they may participate in the week's contest(s). If the number of subjects failed during any given week reaches three, the student is automatically ineligible to participate until passing grades are attained.

The tutoring process for high school students involves three weeks:

- WEEK 1: On Friday of week one, the coach is notified that the student is failing. It is the responsibility of the coach to inform the student that tutoring is required during the next week. The coach should obtain the student's signature/initials, acknowledging that the student knows that they must be tutored and understands the tutoring process.
- WEEK 2: The student must be tutored by a teacher (certified in the subject area) two times per failing subject. The student must receive two signatures from the Tutor and one from their parent/guardian before turning in the Tutoring Form. Tutoring Forms are available on the Athletic Office door or via the Wilson Athletics webpage.
- WEEK 3: The student must return the completed/signed Tutoring Form to the Athletic Office no later than 9:00AM on Monday. The Tutoring Form can be returned during Week 2. Failure to return the completed/signed Tutoring Form to the Athletic Office before 9:00AM on Monday will result in the student being academically ineligible during Week 3 (including Saturday). Note: if the Tutoring Form is falsified in any manner, the student will be ineligible for Week 3 pending a conference with the High School principal, Director of Athletics, head coach, and parents.

Additional notes about tutoring:

- The Tutoring Center is available for major subject areas (Math, Science, English, Social Studies).
- When needing to be tutored in a world language, the student may obtain one signature from the Tutoring Center supervisor and one signature from the appropriate world language teacher. In other words, there must be **at least** one signature from the appropriate world language teacher.

- When needing to be tutored in virtual classes, the student must obtain **both** signatures from the appropriate virtual teacher or supervisor. The Tutoring Center supervisor will **not** provide a signature for virtual classes.
- If the Tutoring Form is lost and contained signatures, then it is the student's responsibility to get a new Tutoring Form signed by the appropriate teachers. The Tutoring Center supervisor will **not** sign for other teachers.

In addition, a student-athlete 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 final grades for the preceding school year. If a student-athlete fails to meet this requirement, he/she will lose their eligibility for at least 15 school days of the next grading period, beginning on the first day that report cards are issued.

- **The student must exhibit good behavior in the classroom and on the athletic team.** A coach has the authority to deny a student-athlete from trying out or participating on a Wilson athletic team if the student-athlete has exhibited behavior that is detrimental to the management and/or cohesion of the team. Student-athletes should commit themselves to academic excellence in the classroom and not use athletics as an excuse for not studying.
- **The student will dress appropriately, and in accordance with team policy, for home and away games.** Apparel should be neat, clean, and in good taste.
- **The student will be on time for all team-related functions.**
- **The student will not possess, use or distribute drugs, drug paraphernalia, alcohol, narcotics, tobacco products and/or unprescribed anabolic steroids during the athletic season. Additionally, students will not remain in a location where drugs, alcohol, tobacco, and/or unprescribed anabolic steroids are present and being used illegally.**
- **The student will comply with all PIAA rules, Wilson rules, and team rules.**
- **The student is responsible for returning all school-issued athletic equipment at the end of the season in good condition, or will pay for the cost of replacing such items.**
- **The student and a parent must sign the *Athletic Responsibility Acknowledgement form (high school)*.** The *Athletic Responsibility Acknowledgement form* confirms that the student-athlete and their parents have read, and agree to comply with, all items contained in this handbook.

General Information for Parents of Wilson Student-Athletes

Defined Season of Wilson Interscholastic Athletic Teams

Unlike many club or youth teams, Wilson interscholastic athletic teams have a defined season, with a definitive start and end date established by the PIAA (for all seasons, the middle school teams begin one week after the high school teams). During the defined season, a Wilson student-athlete is expected to make the Wilson athletic team a priority over all other Wilson interscholastic athletic teams, club teams, or youth teams. If a Wilson student-athlete cannot make that commitment, then they may be asked to not participate on the Wilson interscholastic athletic team. Any such conflicts should be discussed with the Wilson coach prior to the start of the season. Likewise, while all students should have the opportunity to participate in as many interscholastic athletic activities as is reasonably possible, no sport shall operate to the detriment of any other sport.

Commitment

When trying out for a team, and after being selected to become a member of a team, Wilson student-athletes are expected to attend all practices and games of that team. In season practices will occur on a daily basis and weekend practices should be expected. In addition, due to scheduling parameters, many teams will practice and/or play during scheduled school vacations. Students who plan to be absent for an extended period of time for whatever reason, should discuss their situation with the head coach prior to trying out for the team.

Tryouts

Due to a number of factors, student-athletes may be required to tryout for athletic teams. Coaches will conduct tryouts beginning on the first official date of practice and any subsequent dates necessary. No time constraints will be placed on coaches in regards to tryouts; however, coaches will be expected to offer a minimum of three tryouts in a timely fashion. Team selections may be announced at the coaches' discretion. Prior to tryouts, it is the student-athlete's responsibility to alert the coaching staff of any possible conflicts which may arise during the course of the season.

Should a student-athlete not be selected to the team, he/she is encouraged to meet with the coach to discuss any concerns related to the selection/evaluation process and areas where improvement can take place. Once the student-athlete has met with the coach to discuss their concerns, should he/she still have questions, a meeting should be arranged with the coach and parent. If a resolution does not occur after the coach/student-athlete/parent meeting, then the parent should contact the Director of Athletics to schedule a meeting with all parties involved.

Preseason Information from Coaches

Wilson coaches will provide parents with information regarding the season. This information will include, but is not limited to, practice and game schedules, team guidelines, coaches' contact information, Athletic Responsibility and Code of Conduct Contract (high school), and yellow emergency cards. Some coaches may have a parents' meeting and other coaches may provide the student-athlete with an information packet to be given to the parent. The Athletic Responsibility and Code of Conduct Contract and yellow emergency cards must be completed and returned to the coach.

Middle School Students Playing on Freshmen Teams

Exceptionally talented middle school students, based on the recommendation of the high school coaching staff, have the opportunity to participate on Wilson School District sponsored freshmen teams. In order for this to be allowed, the student's parent, middle school principal, freshmen principal, and Director of Athletics must grant their approval and sign a related permission form.

Playing Time

One of the most emotional aspects of a student-athlete being involved in athletics centers around playing time. On a daily basis, coaches need to make many important decisions regarding what is best for their team. Amongst other things, it is the coaches' responsibility to decide which athletes should start a contest, determine who should play what position, and regulate how long each student-athlete should play. These coaching decisions, often difficult to make, are made only by the coaching staff and are taken very seriously after having observed the student-athlete in practice, game-like situations, scrimmages, and games. Bottom line, playing time decisions are based on the coaches' discretion and should not be challenged by student-athletes or parents. If a student-athlete is unhappy with their playing time, they should discuss with the coach what needs to be done to earn more playing time.

Attendance

On the date of a PIAA athletic event or practice, the student-athlete must attend school, or he/she will be ineligible to participate on that specific date. If for some reason the student-athlete is not present by the time attendance is taken in homeroom/first period, then the student-athlete must report to school no later than 11:00AM. The only exception is an excuse from the doctor's office (original copy), a Wilson High School approved family emergency, or prior approval from the high school Principal or Director of Athletics. If the student-athlete does not report to school by 11:00AM, he/she will be ineligible on that specific date for games or practices.

To compete in a PIAA athletic event or practice that is scheduled on a Saturday or school vacation day, the student-athlete must have attended school the previous day or provide a written excuse, signed by their parent/guardian, that verifies an acceptable reason for absence. Acceptable reasons for absence include illness, family emergency, authorized school activities, approved educational trips, or prior approval from the high school Principal or Director of Athletics.

If a student-athlete is sent home from school sick, it is important that he/she not participate in a game or practice because of their own health and the health of the other players involved in the contest. Therefore, if a student-athlete is sent home from school sick, he/she is to remain at home. This will not be held against the student-athlete in any manner.

Any student-athlete serving an in-school suspension is not eligible to participate in any interscholastic contests or practices.

Finally, students must arrive in school on time the day following a competition, no matter what time the bus arrives back from an event. There are no excused absences due to late arrival back to the school from athletic events. If a student-athlete is on an athletic team, that is part of the responsibility of being a student-athlete at Wilson.

Injuries to Athletes

Wilson has two full-time and two part-time (at the middle schools) certified athletic trainers. These athletic trainers are highly-trained, allied health care professionals who have an in-depth knowledge of human kinesiology and sports medicine. The Wilson athletic trainers specialize in the prevention, treatment, and rehabilitation of athletic injuries.

When a Wilson student-athlete is injured during a practice or competition, the student-athlete should seek the care of the appropriate Wilson athletic trainer immediately. The certified athletic trainer will evaluate the injury and determine if the student-athlete needs to be referred to a physician.

Once the student-athlete has been evaluated by the physician, the student-athlete must submit to the Wilson athletic trainer the documentation regarding the diagnosis, prescribed treatment, and date the student-athlete may resume participation. Without this documentation, the athlete may not participate in practices or competitions. All final decisions related to return to play will be made by Wilson's certified athletic trainers.

Secondary Accident Insurance

The Wilson School District provides secondary insurance for Wilson student-athletes participating on Wilson School District board-approved interscholastic athletic teams. Student-athletes are covered by secondary insurance beginning on the first official day of practice and ending on the last game of the season. Student-athletes are not covered by Wilson secondary insurance during non-team related activities or intramurals.

If a student-athlete is injured, the coach will submit the appropriate insurance form to the athletic office. The athletic office will then send the insurance form to the parent with an explanation of coverage. The parent is responsible for submitting the insurance form to their insurance provider.

Transportation of Student-Athletes

Participation on a Wilson School District interscholastic athletic team requires the student-athlete to use the Wilson School District approved transportation to and from away games. The Wilson School District will provide transportation for all student-athletes in school-authorized vehicles when a contest has been scheduled at an opponent's facility.

All Wilson student-athletes must ride the school-provided transportation to and from away games. The only exceptions to this rule are if there is a conflict with another Wilson School District activity or a family emergency. In both cases, the head coach must be given a written note from the parent, prior to the event in question, and the coach must approve of the request to travel outside of school-provided transportation.

Booster Clubs/Parent Organizations/Fundraising

The purpose of booster clubs and parent organizations is to support the student-athletes and the coaching staff. Booster clubs/parent organizations should have three primary goals:

- To promote fan support, spirit, and sportsmanship

- To assist the school district by providing supplemental benefits and services to student-athletes
- To increase the opportunity for communication between parents/guardians and coaches in areas of common interest

Booster clubs and parent organizations are not a vehicle to remove coaches, advance vested interests, or alter Athletic Department policy. They are a service and support organization that works in harmony with the Wilson School District athletic programs.

Booster clubs and parent organizations should be well organized with officers (president, vice-president, secretary and treasurer) and have a written constitution and by-laws. They should meet on a regular basis and use Roberts Rules of Order. Again, booster clubs and parent organizations do not have input regarding Wilson School District coaching, administrative, or personnel decisions.

The Wilson School District athletic department provides everything necessary for the Wilson School District athletic teams to compete in the BCIAA, District 3, and PIAA. These items include, but are not limited to, coaching staffs, athletic trainers, uniforms, necessary equipment, facilities, and transportation to/from away competitions. Booster clubs and parent organizations may elect to provide the Wilson School District athletic teams with items beyond the necessary items. Often times, this is done through fundraising. Booster clubs and parent organizations must keep in mind that the fundraising is for the “wants” and not the “needs.”

Fundraising activities by booster clubs and parent organizations must be pre-approved by the Wilson School District administration (the approval process is electronic and the appropriate form can be found at: www.wilsonsdist.org/PRshare). The Wilson School District administration does not support student-athletes fundraising while in-season. Additionally, booster clubs and parent organizations cannot require Wilson student-athletes to fundraise or make a donation to participate on any Wilson School District interscholastic athletic teams. Booster clubs and parent organizations may not use the Wilson School District tax-exempt status.

Please reference the *Handbook for Booster Organizations* for additional details related to how booster clubs/parent organizations should operate.

Wilson School District Athletic Website

The Wilson School District athletic website can be found at www.wilsonsdist.org/athletics. The website contains valuable information related to the Wilson School District athletic program, including this handbook, schedules, Activity Fee information, CIPPE forms, tutoring forms, directions to away games and Wilson venues, postponement and cancellations, links to important websites such as the PIAA and District 3, and more.

Locker Rooms

Many athletic teams will be provided with locker rooms for the duration of their season. Locker rooms should be kept neat, organized, and clean. Professional and courteous behavior is expected at all times in the locker room. All valuables should be locked in a locker, as the Wilson School District is not responsible for lost or stolen items. Only people associated with the team are allowed in the locker room, friends are not permitted in the locker room.

Social Media

All student-athletes are responsible for their own behavior when communicating on social media, and will be held accountable for the content of the communications they state/post on social media outlets. Student-athletes should realize that information they place on social media sites and designate as private can be accessed/distributed by others and utilized in litigation, even after such information has been removed from the site. The Wilson School District administration and coaches will not tolerate disrespectful comments and behavior online. As such, inappropriate use of social media will be subject to disciplinary actions as determined by the coach, Director of Athletics, and/or high school Principal.

Position on Hazing

Hazing is an issue that the Wilson School District administration and coaches take very seriously. Hazing is generally defined as “any act committed against a student attempting to become a member of an athletic team, that is humiliating, intimidating, demeaning, or endangers the health and welfare of the student. Hazing includes the student’s active or passive participation in such acts and occurs regardless of the willingness to participate in these activities.” Hazing is a negative activity and works against the aforementioned Extracurricular Mission Statement and Objectives for Participation. It is unacceptable behavior for anyone associated with the Wilson School District, and it is punishable by law.

House Bill 1574, effective July 25, 2016, expanded the existing Anti-Hazing Law of 1986 and made hazing a third-degree misdemeanor for all students in grades 7-12. It also amended the definition of hazing to apply the prohibited behaviors to any person, rather than only a student. Furthermore, it amended the enforcement and penalties subsection of the law to provide that expulsion may also be a penalty for a violation of the institution’s anti-hazing rules.

There are several misconceptions regarding hazing. One is that hazing includes harmless pranks that can be dismissed as traditions. The truth is that hazing is physically and emotionally harmful for middle school and high school students. Hazing is a form of abuse. A second misconception is if someone agrees to participate in an activity, it cannot be considered hazing. The truth is that consent of the victim cannot be used as a defense for hazing activities. A third misconception is that hazing teaches respect and develops discipline. The truth is that respect is earned, not taught. Victims of hazing do not respect the individuals responsible for the hazing. Hazing creates mistrust and alienation.

The following steps are taken in the Wilson School District to eliminate hazing:

1. Head coaches are expected to discuss hazing with their respective teams, specifically the destructive nature of hazing, and the related consequences if someone is found guilty of hazing (i.e. team discipline, school discipline, and reporting to the local police)
2. If a student-athlete is aware of a hazing incident, the student-athlete is expected to report the incident to a coach or school administrator immediately.
3. If a coach is aware of a hazing incident, the coach must report the incident to a school administrator immediately.
4. All reported incidents of hazing are investigated by school administration.

Position on Bullying/Cyberbullying

Bullying and cyberbullying will not be tolerated by the Wilson School District administration and coaches. Bullying is “unwanted, aggressive behavior among school-aged children that involves a real or perceived power imbalance. The behavior is repeated, or has the potential to be repeated, over time. Bullying includes actions such as making threats, spreading rumors, attacking someone physically or verbally, and excluding someone from a group on purpose.” Cyberbullying is “bullying that takes place using electronic technology. Examples of cyberbullying include mean text messages/emails/posts, rumors sent by email or posted on social networking sites, and embarrassing pictures, videos, websites, or fake profiles.”

Both parents and student-athletes can help prevent bullying and cyberbullying. Parents should talk about bullying and cyberbullying with their children. Amongst other things, they should discuss what bullying/cyberbullying looks like, how to stop it, and where to report it. Parents should play an active role in monitoring the relationships that their children have with others, both “in person” relationships, as well as “online” relationships. In addition, parents should model how their children should treat others with kindness and respect. Finally, if you or someone you know is a victim of bullying or cyberbullying, in addition to reporting the incident immediately, provide support to the victim to make sure that the bullying or cyberbullying stops and the effects can be minimized.

The same steps taken to prevent hazing also apply to bullying and cyberbullying:

1. Head coaches are expected to discuss bullying and cyberbullying with their respective teams, specifically the destructive nature of bullying and cyberbullying, and the related consequences if someone is found guilty of bullying and cyberbullying (i.e. team discipline, school discipline, and reporting to the local police)
2. If a student-athlete is aware of a bullying and/or cyberbullying incident, the student-athlete is expected to report the incident to a coach or school administrator immediately.
3. If a coach is aware of a bullying and/or cyberbullying incident, the coach must report the incident to a school administrator immediately.
4. All reported incidents of bullying and cyberbullying are investigated by school administration.

Athletic Recognition Ceremony

In the spring, the Wilson School District will recognize senior athletes from the three athletic seasons. Please note that recognition of senior athletes from the spring season may be incomplete due to the timing of the conclusion of the spring season. Awards are presented to:

- all-league, all-district, all-state, and all-American senior athletes
- senior multiple sport athletes
- selected senior athletes for various awards which are voted upon by the head varsity coaches and/or sponsors of the award

NCAA Eligibility Center

The National Collegiate Athletic Association (NCAA), an organization founded in 1906 which has established rules on eligibility, recruiting, and financial aid, regulates college

sports. The NCAA has three membership divisions – Division I, II and III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If a high school student-athlete wants to play NCAA college sports and receive a scholarship at the Division I or II level, he/she will need to register with, and be cleared by, the NCAA Eligibility Center. The Eligibility Center is the organization within the NCAA that determines the academic eligibility and amateur status for all NCAA Division I and II athletes. Student-athletes must apply and be approved prior to their freshman year of college or they will not be allowed to be on the team or to accept any athletic scholarships. It is recommended to apply to the NCAA Eligibility Center before the end of your 11th grade school year. For additional information about this process, student-athletes should contact their counselor.

School Board Policies

All Wilson School District School Board Policies, including ones which are specific to athletics, can be located on the district website and are useful sources of information.

Privacy Statement

Student-athletes participating in Wilson athletics do so in a public venue. As such, they may have photographs and/or videos taken of them which may appear in various media outlets. Photographs and/or videos of Wilson student-athletes should not be used for personal or financial gain. In addition, photographs and/or videos that are of a controversial nature, or are questionable with regards to individual rights of privacy, shall not be sanctioned by the Wilson School District as outlined in School Board Policy # 950. Finally, photographs and/or videos taken during a private event should not be published. In general, student-athletes and parents of student-athletes should use good judgment when taking and sharing photographs and/or videos.

Risks of Athletic Participation (Assumption of Risk)

In spite of protective equipment, and the supervision and sound instruction by our coaches, there are risks associated when someone participates in athletics. Injuries in some of our activities can and do occur. In extremely rare cases, death could also result. All student-athletes and parents need to be aware of, and understand, this possibility. At the Wilson School District, we will do all that we can to ensure a safe and healthy environment for all of our student-athletes.

Varsity Letter Requirements

All varsity letters are awarded upon recommendation by the Head Coach at the conclusion of each season.

The Head Coach has the right to deny letter awards if an athlete did not fully complete the season, broke team rules, displayed poor sportsmanship, had a negative attitude, missed a lot of team functions, lacked self-discipline, exhibited poor character, or represented his/her school in a dishonorable manner. Conversely, special consideration, and the awarding of letters, can occur if a student-athlete did not meet the minimum requirements outlined below. Areas of consideration include, but are not limited to, skill development, leadership qualities, and loyalty to the team.

Seniors who have been on the team for three or more years may be eligible for a letter if recommended by the Head Coach. Team managers and student trainers may receive a

letter after serving two years as a varsity manager/trainer and upon recommendation by the Head Coach.

An athlete shall receive only one chenille letter award; all subsequent letter awards will be a metal insert designating the sport.

The minimum requirements for becoming eligible to receive a varsity letter are as follows:

SPORT	MINIMUM REQUIREMENTS
Baseball	Attend 90% of practices, play in 40% of the innings, pitchers must pitch in 30% of the innings
Basketball	Attend 90% of practices and play in 50% of the quarters
Bowling	Attend 90% of practices and participate in two thirds of the matches
Cheerleading	Attend 90% of the practices and complete the season
Cross Country	Attend 90% of practices, finish in the top eight of the Wilson starters in 75% of the meets
Diving	Achieve a total of one point per dual meet
Golf	Attend 90% of practices and participate in half of the matches
Field Hockey	Attend 90% of practices and play in 50% of the games
Football	Attend 90% of practices and play in 50% of the quarters
Lacrosse	Attend 90% of practices and play in 50% of varsity games
Rifle	Participate in 50% of matches
Soccer	Attend 90% of practices and participate in 75% of the games
Softball	Attend 90% of practices, play in 40% of the innings, pitchers must pitch in 30% of the innings
Swimming	Attend 90% of the practices, and score a total number of points equal to the number of meets x 1.5
Tennis	Attend 90% of practices and finish in the Top 9 at the end of the season
Track	Attend 90% of practices and participate in 75% of meets as one of top three on your team
Volleyball	Attend 90% of practices and participate in 50% of varsity games
Water Polo	Attend 90% of practices and participate in 75% of the games
Wrestling	Attend 90% of practices and participate in 1/2 of the varsity matches

SPORTSMANSHIP & FAN BEHAVIOR

The Wilson Athletic Department and Wilson School District want to promote good sportsmanship at all of our extracurricular events. Sportsmanship is an essential component of any competition and is expected from the student-athletes, coaches, officials, and spectators. Fan behavior should be positive, respectful, and encouraging of the student-athletes, coaches, officials, and the game. We want our spectators, especially our parents, to act in a way that makes their student-athletes proud of their behavior. We encourage all of our fans to enthusiastically support our team, recognize outstanding performances of our opponents, and always exhibit good sportsmanship in our words and actions.

The Wilson High School Athletic Department wants to encourage you to:

- ✓ Act appropriately to foster a family-friendly atmosphere
- ✓ Be enthusiastic when supporting our teams
- ✓ Show good sportsmanship
- ✓ Have a welcoming attitude to all opposing fans and visitors
- ✓ Recognize and appreciate good performances regardless of affiliation

The following are unacceptable behaviors at any Wilson High School event:

- ✓ Disruptive or unruly behavior
- ✓ Foul, intimidating, or abusive language
- ✓ Obscene gestures
- ✓ Rudeness to fellow spectators or Wilson personnel
- ✓ Use of drugs, alcohol, or tobacco

Spectators who display any unacceptable behaviors will face consequences for their actions, including immediate ejection from the event in question and refusal of admittance to future events. Any official, including but not limited to, contest officials, the aquatics director, the athletic director, principal, assistant principals, game site supervisors, or anyone in an administrative role, may impose a spectator ejection and/or refuse admittance to an event. If a spectator displays unacceptable behavior, they can be subject to the disciplinary actions below:

First Offense: A meeting between the spectator, Athletic Director, and/or principal will be scheduled. Potential actions which may be taken include immediate suspension from attending future home contests for the same activity. After the meeting, a letter will be sent to the spectator, signed by the Athletic Director and principal, officially documenting the situation and detailing dates of the additional suspended events.

Second Offense: The spectator will be suspended from all home contests and other school events and activities for the remainder of the school year. A letter will be sent from the office of the principal, officially documenting and notifying the spectator of the sanctions.

Third Offense: The spectator will be prohibited from entering Wilson School District Property without written permission from the principal or superintendent. A letter will be sent from the office of the Superintendent officially documenting and notifying the spectator of the ban.

The Role of Parents

As a parent of a student-athlete, your sportsmanship goals should include:

- ✓ Realizing that athletics are a part of the educational experience and that the benefits of involvement go beyond the final score of a contest.
- ✓ Encouraging our student-athletes to perform their best, knowing that others will turn in better or lesser performances.
- ✓ Participating in positive cheers that encourage our athletes; and refraining from any cheer that would redirect that focus.
- ✓ Learning, understanding, and respecting the rules of the contest, the officials who administer them, and their decisions.
- ✓ Respecting the task that our coaches face as teachers; and supporting them as they strive to educate our youth.
- ✓ Respecting each official and realizing they are an essential part of every contest.
- ✓ Respecting our opponents and their parents.
- ✓ Developing a sense of dignity under all circumstances.
- ✓ Being a FAN...not a fanatic!

A person who exhibits good sportsmanship, be it a student or a parent, is a true leader within the school and community. As parents, you can have a major influence on your child's attitude. The leadership role you take in sportsmanship will help influence your child, and our community, for years to come.

Relationships

It is important that players, parents, and coaches have a clear understanding of the influence, boundaries, and dynamics that exist in the relationships that develop between players, parents, and coaches.

The Parent-Player Relationship:

The attitude of the parent can be the most influential factor in determining if a student-athlete has a rewarding interscholastic athletic experience; and can be more influential than the talent level of the student-athlete, the amount of playing time the student-athlete receives, the attitude of the coach, the attitude of the players or the team's win-loss record. Many student-athletes describe the "worst 15 minutes of the day" as the ride home in the car after a practice or competition because of their parents' negative attitudes toward the student-athlete, the coach, or their teammates.

If parents express a negative opinion in front of their child, they need to realize that the child will likely return to practice the next day and carry with them that negative opinion. Likewise, receiving technical or strategic instructions at home may interfere and conflict with the instructional process at practice sessions or during competitions. This may ultimately impede your son or daughter's progress and affect their playing time and/or whether they win a starting position.

What student-athletes need most from their parents is unconditional love and support, no matter what happens during practices or games.

The Player-Coach Relationship:

The player-coach relationship is perhaps the most critical relationship in athletics. A parent can have a pronounced effect on this very important and delicate relationship. While you and your child may not agree with all of the decisions of a coach, it is important to encourage your child to first speak to the coach to try to address and resolve any concerns, as many concerns can and should be resolved through this process.

Players and coaches develop their relationship over the course of a season. As a parent, it is important that you respect that relationship; and support and encourage your child to value that relationship and have an open line of communication with the coach.

The Parent-Coach Relationship:

In your role as a parent, you obviously love your child and are concerned about their welfare and success. Naturally, you want the best for him or her; however, the athlete can only have one coach. Allowing the coach to instruct and guide the team is crucial to the success of the team.

One of the responsibilities of a coach is to meet with the team at the conclusion of a contest; these brief meetings are essential to the learning process involved in interscholastic athletics. Many parents believe that they have a degree of expertise as a result of playing or coaching experience, and thus know more than Wilson coaches; while this knowledge may heighten your appreciation of the sport, as a parent, you are

not the coach. Student-athletes should not pause to talk to parents immediately after games. Instead, they should remain with their team until being released by the coach. Should you have questions or concerns which you do not feel are appropriate for your child to discuss with the coach, do not approach the coach at the conclusion of a contest or during a practice because, at this time, coaches have other responsibilities and may be very emotional. Instead, call or email the coach and make an appointment for a later time. During your appointment with the coach, the discussion should be conducted in a calm, courteous, and logical manner.

The Parent-Official Relationship:

The age-old question often used by irate fans to coaches and athletic directors is “Where did you find these officials?” Each sport has an “officials’ assignor” who assigns officials for every game in that sport for the entire season. Games should not be played without a PIAA certified official. Officials agree to and follow a code of ethics. They do not care or have an interest in which team wins the contest. As in any vocation, there are great, good, and average officials. However, each official is doing their best to provide a safe, unbiased, and structured environment for the student-athletes.

As a parent, nothing positive will result in yelling at the officials. In fact, many negative actions can occur by a parent yelling at the officials, including:

- appearing foolish
- embarrassing your child
- setting a poor example which others may follow
- promoting a negative environment

Parents should refrain from commenting about and/or approaching officials at any time. Failure to do so may result in removal from the competition.

Parent-Athletic Director Relationship:

The athletic director supervises the administering of all high school and middle school athletic teams. **Prior to approaching the athletic director regarding the management of an athletic team, a parent should first speak to the coach.** If the parent is not satisfied with the discussion with the coach, the parent may request a meeting with the athletic director and the coach. However, the issues of playing time, techniques, and strategies are not appropriate topics of discussion with the coach or athletic director.

Parent/Coach Communication Plan

Parenting and coaching can be difficult vocations that are both rewarding and challenging. By establishing an understanding of each position, we are able to accept the actions of the other and provide greater benefit to children.

As parents, you have the right to understand what expectations are placed on your child. That being said, parents should always encourage their child to communicate with their coach and coaching staff. A vast majority of communication lapses could be resolved if the child would first present their concerns to their coach and coaching staff.

However, it is understood that there may be times when things do not go the way parents and student-athletes expect. At these times, discussion with the coach may be necessary. When communicating with coaches, it is important for parents to understand that coaches need to make judgment decisions based on what they believe to be best for the team.

The following guidelines will be helpful in parent/coach communications.

Communication Parents Should Expect From Coaches

- Locations and times of all practices and contests
- Team and school requirements (both behavioral and academic)
- Procedures if your child suffers an injury during participation
- Actions that could lead to discipline and/or denial of participation

Communication Coaches Expect from Parents

- Notification of any scheduling conflicts well in advance
- Notification of illness which may result in an absence
- Notification of injury which may prevent optimal performance

Concerns that are Appropriate to Discuss With Coaches

- Treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior or academic performance

Concerns that are NOT Appropriate to Discuss With Coaches

- Playing time
- Team strategy/play calling
- Any situation that deals with other student-athletes

As you can see from the above lists, certain topics can and should be discussed with a coach. Other topics, such as playing time, coaching strategies, and concerns about other student-athletes, should be left to the discretion of the coach. However, if your child is on a middle school team, and is not playing a minimum of a quarter of each game, please discuss this with the appropriate middle school coach.

How to Handle an Athletic Team Concern

- Encourage your child to speak directly to the coach, as many concerns can be resolved through this process.
- Contact the coach to schedule an appointment.

- If a coach cannot be reached, contact the athletic office who will assist you in arranging a meeting.
- Do not present your concerns to a coach before a contest, after a contest, or during a practice.
- When meeting with the coach, conduct yourself in a calm, courteous, and logical manner.
- If the meeting with the coach does not provide a resolution, contact the Athletic Director to discuss the situation.

Parent Code of Conduct and Expectations

Interscholastic athletics are an integral part of the total educational program offered by the Wilson School District. Our athletic fields and gymnasiums are laboratories for learning. As such, we ask all parents to support our efforts to promote a positive “learning” environment.

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

- Support your child by being a positive listener, especially after a tough loss.
- Avoid putting pressure on your child to start, score, or be the star of the team.
- Do not force an unwilling child to participate in sports. Children take part in organized sports for their own enjoyment, not yours.
- Support the coach and administration in public and around other parents and fans.
- Avoid speaking negatively about the coach in front of your child. It may create a major barrier in your child’s hope for improvement in the sport.
- Understand the ultimate purpose of athletics; it exists as an integral part of the total educational mission of the school; and participation in athletics is a privilege, and not a right.
- Serve as a good role model for all students, athletes, and other fans. Children learn best by imitation and good example.
- Contribute to the booster clubs by volunteering to help with projects and committees.
- Appreciate the educational opportunity that your athlete is receiving in the athletic program.
- Recognize the enormous amount of time and effort provided by the coaches.
- Display excellent sportsmanship at all times.
- Teach your child to always play by the rules.
- Show respect to everyone involved in the athletic programs – the coaches, athletes, fans, other parents, officials, security, and administrators.
- Do not publicly question an official’s judgment or integrity. Don’t complain or argue about an official’s calls or decisions during or after an athletic event.
- Communicate any concerns in a timely manner and follow the proper chain of command when you have a concern. Your child should speak to the coach first. The next step would be for you to contact the coach to set up a meeting at a mutually convenient time. If you are not satisfied after meeting with the coach, please contact the Athletic Director to request a meeting to discuss your concerns.
- Express your concerns and questions in a courteous and civil manner and please do it at the right time and proper setting.
- Avoid constant and chronic complaining.
- Understand that the goals of the team and the athletic program are more important than the hopes and dreams you may have for your child.
- Teach your child that hard work and honest effort are more important than winning.
- Be loyal to the school and team; put the best interests of the team above your child’s personal glory.
- Teach your child to live and play with class and to be a good sport. An athlete should be gracious in victory and accept defeat with dignity.
- Support the concept of “being a student first.” Commit your child to getting the best possible education. Be honest with your child about the likelihood of getting an

athletic scholarship or playing sports on the professional level. Reinforce that college and universities will not recruit student-athletes who do not have a serious commitment to their education.

- Keep athletics in perspective. Family, faith, fun and education are far more important.
- Support the efforts of all Wilson student-athletes.
- Work to promote a positive environment that is conducive to the development of student-athletes.
- Become familiar with and review the philosophy, rules, and regulations pertaining to Wilson athletics.

Consequences for Student Violations

VIOLATION:	Smoking (including smokeless tobacco)
1 st Offense	Minimum ten (10) school day suspension beginning the day of the first competition. Student may practice but may not suit-up.
2 nd Offense	Minimum twenty (20) school day suspension. Student may practice but may not suit-up.
3 rd Offense	Minimum forty (40) school day suspension. Suspended from sport for remainder of season. Suspension will carry into playing season of the next sport, i.e. the first 14 days of practice do not count as part of the suspension.
4 th Offense	No longer allowed to participate in sports at Wilson for one full calendar year. After one year, student may appeal for reinstatement. <u>An appeal process is available at this level.</u>

VIOLATION:	Alcohol and/or Drugs
1 st Offense	Minimum ten (10) school day suspension beginning the day of the first competition. Student may practice but may not suit-up.
2 nd Offense	Minimum twenty (20) school day suspension. Student may practice but may not suit-up.
3 rd Offense	Minimum forty (40) school day suspension. Suspended from sport for remainder of season. Suspension will carry into playing season of the next sport, i.e. the first 14 days of practice do not count as part of the suspension.
4 th Offense	No longer allowed to participate in sport at Wilson for one full calendar year. After one year, student may appeal for reinstatement. <u>An appeal process is available at this level.</u>

VIOLATION:	Anabolic Steroids
1 st Offense	Minimum twenty (20) school day suspension beginning the day of the first competition. Student may participate but may not suit-up. A SAP evaluation is required and student must follow through with recommendation.
2 nd Offense	Minimum forty (40) school day suspension. Suspended from sport for remainder of season. Suspension will carry into playing season of the next sport, i.e. the first 14 days of practice to not count as part of the suspension.
3 rd Offense	No longer allowed to participate in sport at Wilson for one full calendar year. After one year, student may appeal for reinstatement. <u>An appeal process is available at this level.</u>
4 th Offense	Suspended from all sports for remainder of high school career. <u>An appeal process is available at this level.</u>
<i>Comment:</i>	<i>This rule is dictated by Pennsylvania Senate Bill #454.</i>

Violations are cumulative during a student's high school career!

None of the above consequences shall take the place of the already existing "in-school" policies for alcohol and drug use.

When a student is suspended for an "in-school" violation, the student shall not practice or compete for their athletic team during said suspension. For all "in-school" violations, the existing "in-school" policies will apply.

If requested, the student-athlete can appeal the consequences of the fourth offense. This process will consist of the student-athlete appealing to an appeals committee consisting of two head varsity coaches (not coaching the student-athlete's sport), two student-athletes (not involved in the student-athlete's sport), two secondary administrators, and the assistant superintendent. The head coach(es) of the sport the athlete is hoping to return to shall be present at this appeal process.

There are four ways that a student-athlete can be found in violation:

1. The student-athlete admits to the violation
2. The parent/guardian of the student-athlete reports the violation
3. A Wilson School District Employee is a witness to the violation
4. There is a police report or campus security report of the violation

Contact Information

Wilson School District Administrators

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Mr. Kyle Wetherhold
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