ATHLETE-PARENT HANDBOOK

CUMBERLAND

VALLEY

26-27

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ATHLETIC DEPARTMENT MISSION STATEMENT

The Athletic Department of the Cumberland Valley School District makes available to students a wide variety of opportunities to develop athletic skills and to become involved as members of interscholastic athletic teams. Cumberland Valley High School is a member in good standing of the Pennsylvania Interscholastic Athletic Association (PIAA) and is a proud member of the PIAA District III and the Mid Penn Conference.

There is a rich athletic tradition at Cumberland Valley High School. Interscholastic athletics are viewed as a unifying force within the school community, affecting not just those who take active part on teams but the entire student body. All students are invited to take part in as many athletic programs as possible. Participation in Cumberland Valley High School Athletics, however, is a privilege and not a right; and that privilege is earned by each participant through his or her adherence to the rules and policies set forth by the Cumberland Valley School District and the Pennsylvania Interscholastic Athletic Association.

The athletic program is an extension of the academic program, and all athletes are urged to strive for excellence in both the classroom and on the athletic field. Good sportsmanship, commitment to team, and the development of skills and strategies necessary for interscholastic competition are essential to a successful athletic program.

The central goal of this athletic program is to foster certain characteristics and qualities. These include respect for self and others, honesty, integrity, commitment, reliability, common sense and perseverance. The values learned through athletic experience will help individuals become more productive members of the community.

COMMITMENT

When trying out for a team and after being selected to be a member of a team, Cumberland Valley High School students are expected to attend <u>all</u> practices and games of that team. In season practices will occur daily and weekend practices should be expected.

Every team member is expected to be present for all team practices and games. Because of 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, due to vacation or a planned extended absence, should discuss this situation with the head coach prior to trying out for the team. Each team will establish written guidelines that will address attendance at practices and games, based on the discretion of the head coach and Athletic Director.

SPORTSMANSHIP

STATEMENT

The Cumberland Valley School District believes good sportsmanship is an integral component of interscholastic competition. In order for good sportsmanship to prevail, coaches, student-athletes, and fans must display respect, fairness, civility, honesty and responsibility before, during and after all athletic contests. We encourage fans to enthusiastically support their team, recognize outstanding performance of opponents, and always exhibit good sportsmanship in their words and actions.

EXPECTATIONS

*Profanity, derogatory comments, and other intimidating words or actions directed at the officials, student-athletes, coaches, team representatives, or other spectators will not be tolerated and are grounds for removal from the site of competition.

NOTE: Such comments include negative cheers targeting an individual and cheers intended to sound like an inappropriate word or expression.

*Standing in the bleachers is prohibited – standing is permitted in the designated CV student section in the south end of the gym. Visiting students may stand in the mezzanine at the north end of the gym.

*Appropriate dress is expected - clothing with profanity, derogatory comments, or other intimidating words, pictures or symbols is prohibited. Shirts must be worn and torsos must be covered.

ATHLETIC ADMINISTRATION

Michael Craig	.....	Athletic Director
Darnell Stanford	.....	Assistant Athletic Director
Colette Koontz	.....	Secretary
Sheila Mueller	.....	Head Athletic Trainer
Sonny Mills	.....	Athletic Trainer
Bob Wolf	.....	Athletic Trainer
Tyler Fleck	.....	Athletic Trainer

EXPECTATIONS

The Cumberland Valley School District takes great pride in fielding first class athletic teams. Your appearance and behavior as a member of an Eagle Team is expected to be of Championship quality. You are a representative of your team, your school and your community when you compete in an interscholastic athletic contest.
Our tradition is not a mistake.

PROGRAMS

We offer the following interscholastic activities:

BOYS	GIRLS
Baseball	Basketball
Basketball	Cheerleading
Cheerleading	Cross Country
Cross Country	Field Hockey
Football	Golf
Golf	Lacrosse
Lacrosse	Soccer
Soccer	Softball
Swimming/Diving	Swimming/Diving
Tennis	Tennis
Track/Field (Indoor & Outdoor)	Track/Field (Indoor & Outdoor)
Unified Bocce	Unified Bocce
Volleyball	Volleyball
Water Polo	Water Polo
Wrestling	Wrestling

Plus: Student Trainers, Managers

STUDENT ATHLETIC TRAINERS

Student Athletic Trainers are a part of an internship through the school district open to students who are interested in discovering the complexities of athletic training. Under the watchful eye of the high school athletic trainer, students assist in the preparation and treatment of student athletes. Students will learn about the prevention, treatment, and rehabilitation of athletic training.

HEAD COACHES

FALL SPORTS

Derek Hockenbery	Cross Country
Ashley Hooper	Field Hockey
Josh Oswalt	Football
R. Scott Ainscough	Golf
Matt Billman	Boys Soccer
George Gemberling	Girls Soccer
Nick Mallos	Girls Tennis
Jackie Orner	Girls Volleyball
Corey Pelow	Boys Water Polo
Nick Francis	Girls Water Polo

WINTER SPORTS

David Vespignani	Boys Basketball
William Wolf	Girls Basketball
Mike Gobrecht	Swimming/Diving
William Chamberlain	Wrestling
Ryan Seagreaves	Girls Wrestling
Derek Hockenbery	Indoor Track
Katherine Irving	Unified Bocce
Kristi Shaffner	Competitive Cheer

SPRING SPORTS

Kyle Wagner	Baseball
Phil Helms	Boys Lacrosse
Karen Keitel	Girls Lacrosse
Gregg Williams	Softball
Nick Mallos	Boys Tennis
Derek Hockenbery	Track & Field
Terry Ranck	Boys Volleyball

ADMISSION TO ATHLETIC EVENTS

Cumberland Valley Athletics has partnered with HomeTown Ticketing for our digital ticketing for all our home games. Use this QR code to order tickets.

HomeTown currently works alongside the PIAA and PIAA Districts 3 for all post season games.

Download the HomeTown Fan App to easily buy and store your digital tickets to our sporting events so you don't have to wait in line!

TICKETING COSTS

Varsity Football

Adult Online Tickets	$7.50
Adult Cash Tickets at the gate	$7.00
Student Online Tickets	$4.50
Student Cash Ticket at the gate	$4.00
ALL Reserved Seats at the gate	$8.00

VOLLEYBALL – JV/V BASKETBALL – JH/JV/V WRESTLING

Adult Online Tickets	$6.50
Adult Cash Tickets at the gate	$6.00
Students	FREE

FIELD HOCKEY/SOCCER/LACROSSE
(JV AFTER 4:30 PM FOLLOWED BY VARSITY) IN STADIUM

Adult Online Tickets	$6.50
Adult Cash Tickets at the gate	$6.00
Students	FREE

TRYOUTS

Due to number restraints on squad sizes, student-athletes may be required to try out for athletic teams. Coaches will conduct tryouts on the first official date of practice and any subsequent dates necessary. No time constraints will be placed on coaches regarding tryouts, but coaches are encouraged to conduct these tryouts in a timely fashion. Squad selections may be announced or posted at the coaches' discretion. Prior to tryouts, it will be the coaches' responsibility to present expectations and performance goals and objectives to the candidates. It is the candidate's responsibility to alert the coaching staff of any possible conflicts that may arise during the season.

Should a candidate not be selected, he/she is encouraged to meet with the coach to discuss any concerns he/she may have regarding selection and areas where skill improvement can take place. Once the candidate has met with the coach to discuss these 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/parent meeting, the parent should contact the Athletic Director to set up a meeting with all parties involved.

Athletes playing two (2) or more sports will not receive equipment for the additional sports until all equipment is returned, or reimbursement received (this is for all lost/stolen equipment). Athletes are responsible for all equipment issued to them.

PLAYING TIME

One of the most emotional parts of a student athlete being involved in high school athletics centers around playing time. There are many decisions made on a regular basis by the Cumberland Valley High School coaching staff. It is their responsibility to decide which athletes should start a contest, who should play, what position, and how long each athlete should play. These coaching decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having observed the athlete in practice sessions, game-like situations, scrimmages and games.

CV STUDENT/ATHLETE RULES - CODE OF CONDUCT

GENERAL RULES FOR STUDENT/ATHLETE

a. YOU must demonstrate an interest in ACADEMIC ACHIEVEMENT. Do not use ATHLETICS as an excuse for not studying.

b. PROMPTNESS at all practice sessions, meetings, and trips.

c. Positively NO ALCOHOLIC BEVERAGES, TOBACCO OR DRUGS under any circumstances.

d. Plan your study program – get plenty of rest.

e. YOU must attend every practice session. The Coach is the only one who grants permission to miss practice.

f. You are responsible for all equipment and its maintenance.

g. Personal valuables should be given to the designated manager or locked in your locker.

h. Do not bring friends into the locker room.

i. All that takes place at practice or in the locker rooms is confidential. Treat it so. Be a booster of your teammates.

j. If you quit or are dropped from the team, you will turn in all equipment within 24 hours.

Violations to the “CODE OF CONDUCT” will be treated on an individual basis. Each case will be weighed by the coaching staff and/or administration and could lead to suspension and/or expulsion from a squad.

CV CODE OF CONDUCT

Our Mission

The Cumberland Valley School District, in collaboration with students, educators, parents and the community, is committed to developing 21st century learning and thinking skills through a rigorous, relevant, and comprehensive curriculum, while preparing students to be innovative, productive citizens in an interconnected world.

Our Beliefs

We believe...

* America's greatest resource and hope for the future is the successful education of present and future generations of our children.
* The student is the focus of education.
* Students have diverse needs.
* Everyone can learn and succeed.
* High expectations yield educational excellence.
* The sharing of ideas promotes personal and group growth.
* Education is a lifelong journey.
* Individuals are ultimately responsible for their own actions.
* Caring and responsible attitudes create respectful individuals.
* Goal setting and constructive evaluation enhance performance.
* A safe, healthy, and orderly climate is essential for learning.
* Effective leaders create long-term plans with vision.
* A skilled, committed, and caring staff is vital for success.
* A rapidly changing world requires adaptability.
* Family is an important foundation for an individual's success.
* Effective two-way communication facilitates involvement.
* The education and welfare of students is a shared responsibility.

Our Goals The Cumberland Valley School District will:

(1) Maintain an educational environment that meets the diverse academic, social, emotional, and physical needs of our students.
(2) Tailor teaching strategies and scheduling to meet the needs of the students.
(3) Provide a safe educational setting that facilitates respect for persons, property, and individual beliefs.
(4) Provide appropriate evaluation and reporting of student achievement
(5) Provide accessible pupil services that respond to the needs of a changing student population.
(6) Recognize and support the family's role as a partner in their child's education.
(7) Provide equipment and training so students and staff will be technologically competent.
(8) Help students develop a spirit of volunteerism.
(9) Provide and maintain a qualified, well-trained, professional and support staff.
(10) Provide an effective communication system that serves the entire Cumberland Valley community.
(11) Revise and update curriculum systematically to provide students with the most current academic opportunities.
(12) Generate a cooperative effort by the community and school district to assure maximum use of school facilities.

Cumberland Valley School District Student Code of Conduct
School Board Policies 103 and 104 / Discrimination and Title IX

The Board declares it to be the policy of this District to provide an equal opportunity for all students to achieve their maximum potential through the programs and activities offered in the schools without discrimination on the basis of race, color, age, creed, religion, sex, sexual orientation, ancestry, national origin, marital status, pregnancy or handicap/disability.

The District is committed to the maintenance of a safe, positive learning environment for all students that is free from discrimination by providing all students course offerings, counseling, assistance, services, employment, athletics and extracurricular activities without any form of discrimination, including Title IX sexual harassment. Violations of this policy, including acts of retaliation as described in this policy, or knowingly providing false information, may result in disciplinary consequences under applicable Board policy and procedures.

Discrimination shall mean to treat individuals differently, or to harass or victimize based on a protected classification including race, color, age, creed, religion, sex, sexual orientation, ancestry, national origin, marital status, pregnancy, or handicap/disability.

Harassment is a form of discrimination based on the protected classifications listed in this policy consisting of unwelcome conduct such as graphic, written, electronic, verbal or nonverbal acts including offensive jokes, slurs, epithets and name-calling, ridicule or mockery, insults or put- downs, offensive objects or pictures, physical assaults or threats, intimidation, or other conduct that may be harmful or humiliating or interfere with a person's school or school-related performance when such conduct is sufficiently severe, persistent or pervasive, and a reasonable person in the complainant's position would find that it creates an intimidating, threatening or abusive educational environment such that it deprives or adversely interferes with or limits an individual or group of the ability to participate in or benefit from the services, activities or opportunities offered by a school.

If you believe you or anyone else has been a target, please speak to a building administrator or other trusted adult, and/or access the link listed below for reporting procedures.

Cumberland Valley School District prohibits discrimination, including sexual harassment, on the basis of race, color, age, creed, religion, sex, sexual orientation, ancestry, national origin, marital status, parenting status, pregnancy or handicap/disability in its activities, programs or employment practices. The following employees have been designated to handle questions and complaints of alleged discrimination or sexual harassment:

Deputy Compliance Officers (Title IX): The Compliance Officer/Title IX Coordinator can be contacted at:

Address: 6746 Carlisle Pike, Mechanicsburg, PA 17050
Email: TitleIX@cvschools.org
Phone Number: 717-697-8261

Individuals with disabilities who require assistance or special arrangements to attend a program or activity sponsored by the Cumberland Valley School District should contact Mr. Chad Pellman, Director of Special Education at cpellman@cvschools.org.

A PARENT GUIDE TO DEALING WITH COACHES

Parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we can accept the actions of the other and provide greater benefit to children.

As parents, when your children become involved in the Cumberland Valley athletic program, you have a right to understand what expectations are being placed on your child. It is also important for parents to understand that coaches are professionals and will need to make judgment decisions based on what they believe to be in the best interest of all students involved.

Parents must also encourage their student-athlete to communicate with the coach and their coaching staff. A vast majority of communication lapses could easily be resolved if the student-athlete would first present these concerns to the coach and coaching staff.

The following guidelines will be helpful in parent/coach communications.
Communication parents should expect from the coach:

- The coach's philosophy.
- The coach's expectations for your son or daughter, as well as other players on the team.
- Location and times of practices and contests.
- Team requirements, such as fees, special equipment needed, school and team rules, and
  off season expectations.
- Procedures if your child suffers an injury during participation.

Communication coaches expect from parents:

- Notification of any schedule conflicts well in advance.
- Notification of illness that may result in an absence.
- Notification of injury.

Appropriate concerns to discuss with a coach:

- The mental and physical treatment of your child.
- What your child needs to do to improve.
- Aspects of your child's behavior.

Concerns that are not appropriate for discussion and must be left to the discretion of the coach:

- How much playing time each athlete is getting.
- Team strategy.
- Play calling.
- Any situation that deals with other student-athletes.

PARENT ATHLETIC CODE OF CONDUCT AND EXPECTATIONS

Interscholastic athletics are an integral part of the total educational program of the Cumberland Valley School District. The goal and purpose of the athletic program is to teach the student athletes the meaning and understanding of sportsmanship, commitment, fairness, sacrifice, teamwork, and hard work. Additional goals include knowing how to win and how to lose, increasing the knowledge of the sport, developing a healthy lifestyle and skill development. Our athletic fields and gymnasiums are laboratories for learning. We ask all parents to support our efforts to help teach the goals of interscholastic athletics.

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

1. Support your child by being a positive listener, especially after a tough loss.
2. 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.
3. Support the coach and administration in public around the other parents & fans.
4. Avoid speaking negatively about the coach in front of your child. It may create a major barrier in the child's hope for improvement in the sport.
5. 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.
6. Serve as a good role model for the students, athletes, and other fans. Children learn best by imitation and good example.
7. Contribute to the booster clubs by volunteering to help with projects and committees.
8. Appreciate the educational opportunity that your athlete is receiving in the athletic program. This includes the enormous time and effort provided by the coaches.
9. Display excellent sportsmanship at all times. Teach your child to always play by the rules and be fair and honest with you and their abilities.
10. 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.
11. Follow the chain of command when you have a concern. Your athlete 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 the coach, please contact the Athletic Director to request a meeting to discuss your concerns.
12. Express your concerns and questions in a courteous and civil manner and please do it at the right time and proper setting.
13. Avoid constant and chronic complaining.

14. Abide by the Cumberland Valley School District Code of Conduct, eligibility requirements and team rules.
15. 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.
16. Teach your child that hard work and honest effort are more important than winning.
17. Be loyal to the school and team; put the best interests of the team above your child's personal glory.
18. 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.
19. 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.
20. Keep athletics in perspective – family, faith, fun and education are far more important.
21. PIAA by-laws dealing with athletic courtesy provide that any spectator who continually evidences poor sportsmanship should be requested not to attend future contests.

Failure to follow these expectations and abide by this Code of Conduct may result in forfeiting the opportunity to attend future athletic contests.

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, the student-athlete must report to school no later than 10:30 AM. The only exception is an excuse from the doctor's office (original copy), family death, or prior approval from the Athletic Director or Principal.

If the student/athlete does not report by 10:30 AM he/she will be ineligible on that specific day for games or practice.

If a student-athlete is sent home 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/opponents. Therefore, if a student/athlete is sent home sick, he/she is to remain at home. This will not be held against the student/athlete in any manner.

To compete in a scheduled Saturday (or vacation day) game or practice, a student/athlete must have attended school the previous day OR produce a written excuse verifying legal absence signed by parent or guardian. Legal excused absences include illness, family emergencies, prearranged doctor or dental appointments, authorized school activities and approved educational trips.

ANY STUDENT SERVING AN IN-SCHOOL SUSPENSION IS NOT ELIGIBLE TO PARTICIPATE IN ANY INTERSCHOLASTIC CONTEST OR PRACTICE.

GUIDELINES AWARDS FOR INTERSCHOLSTIC ATHLETICS

The criteria for awarding a letter will be an evaluation by the coach or coaches concerning the amount of games or meet time played by the athlete along with the following guidelines:

40% of Total Innings/Quarters	50% of Total Quarters
Baseball	Football
Basketball	Lacrosse
Field Hockey	
Soccer	
Softball	
Water Polo	

Based on Averaging 1 Point per Meet	Participate in 40% of Matches/Games
Cross Country	Golf
Swimming	Tennis
Track/Field	Volleyball
	Wrestling
	Girls Wrestling

Letters will be awarded in each sport the first time an athlete meets the requirements. In succeeding years when a varsity letter is earned, a pin will be issued in lieu of a varsity letter. An athlete must finish the season in good standing to earn an athletic award.

Letters will be awarded on the recommendation of the coach for the following:

Cheerleaders
Managers
Student Trainers

Seniors not meeting the requirements:

- The awards for seniors, who do not meet the above criteria, will be based on the recommendation of the coach.
- The Coaches' recommendation will supersede any or all of the above criteria in evaluating game time.

Areas a coach can use to recommend a letter include:

- Attitude of athlete
- Attendance of athlete
- Self-discipline of athlete
- Character of athlete
- Skill development of athlete
- Leadership qualities of athlete
- Loyalty qualities of athlete

SCHOLARSHIP HIGH SCHOOL AND MIDDLE SCHOOL

ACADEMIC PERFORMANCE

A. Academically eligible student-athletes

1. A student athlete is deemed academically eligible as long as the student athlete is passing four credits for grades 7 through 11.

2. Coaches will receive email notification from the athletic office of student athletes that are failing any classes so that the coaches can help the athletes get any necessary academic help. The athletic department will check grades via Skyward every Wednesday at 12:00 PM and any make up work or changes must be finalized by Friday at 12:00 PM.

B. Guidelines for an Ineligible Student Athlete

1. A student athlete is deemed academically eligible as long as the student athlete is passing four credits for grades 7 through 11.

2. Eligibility shall be cumulative from the beginning of the grading period, shall be reported on a weekly basis, and shall be filed in the Principal's office. In cases where a student athlete's cumulative work from the beginning of the grading period does not, as of any Friday meet the standard, the student athlete shall be ineligible the following Sunday through Saturday.

3. Students who do not meet eligibility requirement on their report cards will be declared ineligible for fifteen (15) school days beginning the date report cards are issued. (PIAA Article X, Section 3)

4. Academically ineligible student athletes may not be dismissed early from school to attend any games or meets and cannot be dressed for competition or sit with the team during competition.

5. The THIRD time student athletes are declared ineligible during the same season, the student athlete will be removed from the team.

C. New Pupils Must Meet Eligibility Requirements on Curriculum

Pupils who are enrolled for the first time, 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, which the pupil has attended.

D. Use of Final Credits at End of School Year

At the end of the school year, the student's final credits in his/her subjects rather that his/her credits for the last grading period shall be used to determine his/her eligibility for the next grading period or next school year.

PARTICIPATION IN SPORTS P.I.A.A. SEASON AND OUT OF SEASON RULES AND REGULATIONS

Section 1. Guidelines

Consistent with the concept that interscholastic athletics are a part of the educational system, and consistent with the established goals of health, safety, and sportsmanship, the following guidelines for out-of-season regulations are set forth:

1. The basic responsibility of all administrators and athletic Coaches is to provide
   students who are participating in interscholastic athletics with a worthwhile, educational experience.
2. All sports have a defined-season, and no sport shall operate to the detriment of any
   other sport.
3. All students should have the opportunity to participate in as many interscholastic
   athletic experiences as is reasonably possible.

Section 2. Rules and Regulations.

Each sport has a defined season which includes the first Practice Day, the first Inter-School Practice or Scrimmage Day, the first Regular Season Contest Day, the last Regular Season Contest day, the District Deadline, the dates for PIAA Championships, the maximum number of Regular Season Contests and the maximum number of Regular Season Inter-School Practices or Scrimmages. All PIAA member schools must comply with the defined season established for each sport.
Within each defined-season, PIAA member schools may sponsor sports Teams which compete against other PIAA member schools or schools that follow all PIAA Policies and Procedures and Rules and Regulations.

A. Out-of-Season Activities

Outside of the defined season for sports.

1. PIAA member schools may not sponsor Teams in that sport:
NOTE: Schools participating in sanctioned NCAA/NFHS scheduled events may sponsor a team.

2. PIAA member schools, Coaches and/or students of PIAA member schools may be involved with sports activities such as training programs, recreational activities, Open Gyms, clinics, and camps provided that any participation by Coaches and/or students is as private citizens;
3. Coaches and/or students acting as private citizens, and on a voluntary basis, may participate on Teams and other activities that are not sponsored by PIAA

member schools. Coaches and other PIAA member school personnel may not require a student to participate in a sport or a training program for a sport outside of the PIAA-defined sport's season. The participation of students in any sports activity that occurs outside of its defined season must be voluntary.

4. The school's interscholastic athletic uniform may not be used by community organizations, groups, or students; however, the Principal, may permit community organizations, groups or students to use the school's interscholastic athletic equipment and the school's interscholastic athletic health/first-aid supplies.

B. Conclusion of Regular Season.

Except as provided below, all activity in a sport, including Practice, must terminate by the last Regular Season Contest day in that sport unless the Team is entered into District or InterDistrict Championship Contests. If the Team is entered into those Championship Contests, all activity in the sport must terminate on the day of elimination from such Championship Contests.

With the approval of the District Committee, Regular Season Contests which have been postponed may be rescheduled and played between the last Regular Season Contest day in that sport and the District Deadline in that sport. For purposes of the immediately preceding sentence, the last date of playing such a postponed Regular Season Contest constitutes the last Regular Season Contest day in that sport.

C. Football. The following sport-specific rules modify the provisions otherwise set forth in this ARTICLE. To the extent any other provision in this ARTICLE is inconsistent with this Section, this Section controls.

1. For purposes of this Section, "Physical Contact" means blocking and/or tackling. "Physical Contact" does not include contact with blocking and/or tackling dummies, shields, and/or sleds; and/or minimum risk "form" blocking or tackling.
2. Students who engage in Physical Contact at football camps and/or during clinics and/or drills, or similar or comparable functions or activities, and/or during Practices, Inter-School Practices, Scrimmages, and/or Contests, outside the PIAA-defined football season are ineligible to participate in interscholastic football for a period of up to one year from the date of such participation. Coaches assisting and/or supervising in Physical Contact by students from PIAA member schools, outside the PIAA defined football season are ineligible to Coach interscholastic football at any PIAA member school for a period of up to one year from the date of such conduct.
3. Outside the PIAA-defined football season, the Principal may permit students of the Principal's school to use the school's helmets and shoes for NON-PHYSICAL CONTACT skill related instruction supervised by school approved adults or at instructional camps (shoulder pads are not to be worn except for quarterback

throwing 37 BYLAWS 2023-2024 activities). This provision is to promote student safety in football-related activities that do not include Physical Contact.

4. Outside the PIAA-defined football season, in addition to PIAA member school sponsorship of activities defined in Section 2.A(3) of this ARTICLE, PIAA member schools may sponsor non-contact 7v7 programs provided that any participation by Coaches and/or students is voluntary.
5. In recognition of the unique circumstances within those PIAA member schools that are absent of any junior high/middle school interscholastic football program, students enrolled in and attending those member schools in grades 7 and 8 may annually participate in the out-of-season interscholastic football program organized and operated as National Football League (NFL) Junior Player Development. A student's participation shall be limited to a maximum of two weeks per year.
6. Nothing in this Section shall prevent any student from participating, up through the completion of 8th grade, on community based non-school affiliated youth fall football programs through December 31st of that fall football season.

D. Competitive Spirit. Competitive spirit was adopted by the PIAA Board of Directors, as an opportunity to expand competitive opportunities for girls. Because of the unique elements of competitive spirit, application of certain PIAA Bylaws is not practical. To the extent inconsistent with the following, then, other PIAA Bylaws are waived:

1. Season. Competitive spirit squads may not Practice or participate in any Inter-School Practice, Scrimmage, and/or Contest on more than six days in any Calendar Week. Within that limitation, they may participate in Practices, Inter-School Practices, Scrimmages, and/or Contests at any time and at the discretion of the Principal of the competitive spirit squad's member school. There is no maximum number of Inter-School Practices, Scrimmages, and/or Contests in which a competitive spirit squad may participate.
2. Contest Officials. Competitive spirit judges do not register with PIAA. They are retained by the Tournament organizers under standards set by the Tournament organizers.
3. PIAA Championships. Annual Competitive Spirit Championships shall be held by PIAA at a date and location to be determined by the PIAA Board of Directors. PIAA may license a third party to organize and manage said Championships.

E. Open Gyms. This activity, as defined in the Glossary, is to encourage participation in a sport. Open Gyms are limited to two hours per day and three days per calendar week outside the defined sport season during the school year.
Weight training and conditioning activities are not considered Open Gyms and may be held daily so long as they are voluntary and not compulsory.
Effective July 1, 2019: Within 10 days prior to the start of each sports season, no student enrolled at a PIAA member high school may participate in any team competition on a team on which all other players and at least one coach are also affiliated at that student's school.

Section 3. Reporting of and Procedure for Alleged Violations. Violations of this ARTICLE shall subject the Student, Team and/or school to any and all possible penalties provided for in Sections 2 through 9 of ARTICLE XIII of the PIAA Bylaws.

Section 4. Mixed Gender Participation. PIAA strongly supports and encourages participation by both boys and girls in interscholastic athletics. Based upon real and demonstrable physical and competitive differences between similarly aged and trained boys and girls in athletic performances, PIAA recognizes that combining genders for competition purposes would have a chilling effect on female participation in interscholastic athletics. PIAA further recognizes that, historically, girls' participation has been much more limited than boys' participation. To promote participation by the historically underrepresented gender in a fair competitive environment, PIAA, therefore, classifies sports by gender and limits mixed gender participation as follows.

A. If a school has a Boys' Team in a sport, boys at the school are not eligible to play on the school's Girls' Team in that sport. If a school has a Girls' Team in a sport, girls at the school are not eligible to play on the school's Boys' Team in that sport. The Principal may waive this limitation for a girl seeking to play on a Boys' Team if the Principal believes that the girl's skill level is such that participation on the Girls' Team would not provide meaningful competition for the girl.

B. Girls may play on a Boys' Team if the student's school does not sponsor a comparable Girls' Team in that sport. NOTE: softball and baseball are not viewed as being comparable sports. Despite some differences in rules, boys' volleyball and girls volleyball, as well as boys' lacrosse and girls' lacrosse, are viewed as comparable sports.

C. Boys may play on a Girls' Team if the student's school does not sponsor a Boys' Team in that sport and the Principal determines that;

1. the overall boys' athletic program at the student's school provides fewer opportunities for boys to participate than for girls;
2. the boy would not displace any girl from the Team's roster;
3. the boy would likely not, due to his physical size, athletic ability, and/or other characteristics, pose an increased risk of harm to opponents beyond that which would be posed by an average-sized and skilled participating girl; and
4. the boy would not provide his Team with a significant competitive advantage (as applicable herein, this means that the boy's participation would likely cause the Team to be noticeably more competitive than it would be without the boy's participation on the Team). In considering whether to permit participation, with regard to factors 3 and 4, above, the Principal shall be guided by the following:

a. Where there is a question as to the risk posed to opponents or to a possible significant competitive advantage to the Principal's Team, such questions should be resolved in favor of the health and safety of opponents and in favor of preventing significant competitive advantage.

b. Due to the increased risk of injury to opponents in direct contact sports (field hockey, lacrosse, soccer and volleyball), particular scrutiny should be applied by the Principal to requests in these sports.

Notwithstanding any other provision in this Section, boys are permitted to participate on a Spirit Team without Principal approval.

D. Rules applicable to Mixed Gender Teams: Because PIAA does not have a Mixed Gender classification, the following provisions govern participation by Mixed Gender Teams:

1. For Postseason purposes, Mixed Gender Teams (other than in the sport of Spirit) shall compete only in the sport classifications designated for boys.
2. For enrollment classification purposes, a Mixed Gender Team shall be classified by using the school's enrollment number for whichever gender constitutes a majority of the Team members.
3. In the sport of volleyball and tennis, a Mixed Gender Team shall play during the boys' Regular Season and Postseason.

E. Where a student's sex is questioned or uncertain, the decision of the school as to the student's sex will be accepted by PIAA. In accordance with the Presidential Executive Order 14201 entitled “Keeping Men Out of Women’s Sports”, dated February 5, 2025, schools are required to consult with their school solicitor relative to compliance with the Order.

F. Nothing in this Section shall be interpreted to require a school to have a Mixed Gender Team where such participation would be inconsistent with the school's religious beliefs.

G. The refusal of a Team to participate in a Contest against a Mixed Gender Team shall result in forfeiture of the Contest by the Team which refuses to participate. In sports in which individual events or matches are conducted, refusal of a contestant to participate in any event or match will result in forfeiture of that event or match by that student and not by the Team

SCHOOL BOARD POLICIES FOR CVHS STUDENTS PARTICIPATING IN EXTRA CURRICULAR PROGRAMS

For copies of School Board Policies

Extracurricular Activities

Board Policy No. 122

Interscholastic Athletics

Board Policy No. 123

Drug & Alcohol Testing

Board Policy No. 227

Hazing

Board Policy No. 247

Bullying/Cyberbullying

Board Policy No. 249

PHYSICAL EXAMINATION

Effective June 1, 2007, the Cumberland Valley School District and the PIAA will accept only a yearly comprehensive physical; the initial pre-participation physical evaluation performed by an Authorized Medical Examiner After May 31, 2026.

A re-certification is required, for each subsequent sports season, 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.

Athletes must complete the entire PIAA physical packet located on Rank One and have a PIAA section 6 physical completed June 1st or later for the following school year. An athlete will NOT be able to try out without these completed. For more information about Rank One and how to complete forms please visit the Athletic Trainer's page using the link below.

https://www.cvschools.org/page/physical-formrank-one-information

A Fact Sheet for
ATHLETES

HEADS UP CONCUSSION

WHAT IS A CONCUSSION?

A concussion is a brain injury that affects how your brain works. It can happen when your brain gets bounced around in your skull after a fall or hit to the head.

This sheet has information to help you protect yourself from concussion or other serious brain injury and know what to do if a concussion occurs.

WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?

REPORT IT. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. It's up to you to report your symptoms. Your coach and team are relying on you. Plus, you won't play your best if you are not feeling well.

GET CHECKED OUT. If you think you have a concussion, do not return to play on the day of the injury. Only a health care provider can tell if you have a concussion and when it is OK to return to school and play. The sooner you get checked out, the sooner you may be able to safely return to play.

GIVE YOUR BRAIN TIME TO HEAL. A concussion can make everyday activities, such as going to school, harder. You may need extra help getting back to your normal activities. Be sure to update your parents and doctor about how you are feeling.

WHY SHOULD I TELL MY COACH AND PARENT ABOUT MY SYMPTOMS?

- Playing or practicing with a concussion is dangerous and can lead to a longer recovery.
- While your brain is still healing, you are much more likely to have another concussion. This can put you at risk for a more serious injury to your brain and can even be fatal.

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

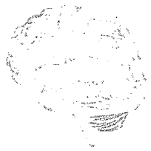
HOW CAN I TELL IF I HAVE A CONCUSSION?

You may have a concussion if you have any of these symptoms after a bump, blow, or jolt to the head or body:

- **Get a headache**
- **Feel dizzy, sluggish or foggy**
- **Be bothered by light or noise**
- **Have double or blurry vision**
- **Vomit or feel sick to your stomach**
- **Have trouble focusing or problems remembering**
- **Feel more emotional or "down"**
- **Feel confused**
- **Have problems with sleep**

Concussion symptoms usually show up right away, but you might not notice that something "isn't right" for hours or days. A concussion feels different to each person, so it is important to tell your parents and doctor how you are feeling.

HOW CAN I HELP MY TEAM?



PROTECT YOUR BRAIN. Avoid hits to the head and follow the rules for safe and fair play to lower your chances of getting a concussion. Ask your coaches for more tips.

BE A TEAM PLAYER. You play an important role as part of a team. Encourage your teammates to report their symptoms and help them feel comfortable taking the time they need to get better.

The information provided in this document or through linkages to other sites is not a substitute for medical or professional care. Questions about diagnosis and treatment for concussion should be directed to a physician or other health care provider.

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

To learn more, go to www.cdc.gov/HEADSUP

A Fact Sheet for

HIGH SCHOOL PARENTS

HEADS UP CONCUSSION

This sheet has information to help protect your teens from concussion or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Teens Safe?

Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for teens to avoid hits to the head.

How Can I Spot a Possible Concussion?

Teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned.
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness *(even briefly)*.
- Shows mood, behavior, or personality changes.
- Can't recall events *prior to* or *after* a hit or fall.

Symptoms Reported by Teens

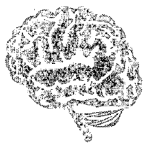
- Headache or "pressure" in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not "feeling right," or "feeling down."

Talk with your teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.

Concussions affect each teen differently. While most teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your teens' health care provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



Plan ahead.

What do you want your teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other.
- Drowsiness or inability to wake up.
- A headache that gets worse and does not go away.
- Slurred speech, weakness, numbness, or decreased coordination.
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching).
- Unusual behavior, increased confusion, restlessness, or agitation.
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously.

You can also download the CDC *HEADS UP* app to get concussion information at your fingertips. Just scan the QR code pictured at left with your smartphone.

What Should I Do If My Teen Has a Possible Concussion?

As a parent, if you think your teen may have a concussion, you should:

1. Remove your teen from play.
2. Keep your teen out of play the day of the injury. Your teen should be seen by a health care provider and only return to play with permission from a health care provider who is experienced in evaluating for concussion.
3. Ask your teen's health care provider for written instructions on helping your teen return to school. You can give the instructions to your teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a health care provider should assess a teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A teen's return to school and sports should be a gradual process that is carefully managed and monitored by a health care provider.

Teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious and can affect a teen for a lifetime. It can even be fatal.

Revised 12/2015

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

To learn more, go to www.cdc.gov/HEADSUP

GUIDELINES TO MINIMIZE/REDUCE COMMUNICABLE SKIN CONDITIONS AND INFECTIOUS DISEASES

The following guidelines are adopted from Position Statements by the National Athletic Trainers Association and the National Federation of State High School Associations. Cumberland Valley Athletic Department strongly recommends the following guidelines are carried out by all those involved with athletics and our athletes. Following these guidelines will help reduce the occurrences and outbreaks of infectious diseases. This will take an active participation of the coaches, parents, athletes, as well as the school district. After each statement are initials indicating who the primary responsibility falls upon. Although this is a collaborative effort by all those involved, each statement has a specific responsibility more applicable to some.

A – Athlete
AT – Athletic Trainer
C – Coach
D – School District
P – Parent

GENERAL

1. Wash hands thoroughly with soap and water or use an alcohol-based hand sanitizer routinely. Hands should be washed every time after using the bathroom (A, AT, C, D, P)

2. Immediately shower after practice/competition. (A, P, C)

3. Use your own soap (preferably liquid), towel and wash cloth. (A, P)

4. Do not share personal hygiene products (bar soap, razors, etc.) with others. (A, P)

5. Wash towels, wash cloths, and all athletic clothing worn during practice/competition daily. Make sure gym bags are washed and/or disinfected each time dirty workout clothes are transported in them. (A, P)

6. Don’t perform cosmetic shaving of chest, legs or genital areas. (A)

7. Seek proper first aid. (A, AT, C)

8. Don’t let abrasions or open sores go without evaluation by the Athletic Trainer. Be sure to keep them clean and covered with proper dressings. (A, AT, C)

9. Inform the Athletic Trainer about any suspicious lesions at the beginning of practice. Only skin infections that have been properly diagnosed and treated may be covered and allowed to participate. (A, AT, C)

10. Playing fields should be inspected by coaches, athletic trainers, and field maintenance personnel for animal droppings that could cause bacterial infections of cuts or abrasions. (AT, C, D)

EQUIPMENT

1. It is recommended that athletes do not share sports equipment, but if necessary shared sports equipment (helmets, pads, etc.) and wrestling headgear should be disinfected daily. (A, C)

2. Wash athletic gear (such as knee pads, elbow pads, wrestling shoes) on a regular basis (weekly minimum) and dry thoroughly. (A, P)

3. Clean/disinfect protective equipment such as helmets, shoulder pads, and hockey goalie equipment on a regular basis (weekly minimum). (A, P)

4. Weight room equipment, including benches, bars and handles should be disinfected before and after each weight room session. Weight room floors should be disinfected each night. (C, D)

5. Replace/repair torn and worn-out padding on weight machines. (D)

6. Avoid common tubs with any open wounds, scrapes or cuts. Any athlete with an open wound must have the wound covered and sealed (such as with a plastic bag) or must have a tub to themselves. (A, C)

7. Athletes should shower or use hand sanitizer before and after using common tubs. (A, C)

8. Tubs must be disinfected after each use. (A, AT, C)

9. Athletes are encouraged to bring their own water bottles and sweat towel if they do not want to use the waterboy or Gatorade bottles provided (A, AT, C, P)

10. As stated earlier, all athletic clothing worn during practice/competition, towels and wash cloths should be washed daily. (A, P)

LOCKER ROOMS/SHOWER ROOMS

1. All items should be kept off the floors so the locker room floors can be disinfected each night. (A, C)

2. Athletic gear should not be stored in the lockers that do not have adequate ventilation. Team rooms should be kept locked if equipment can't be put in lockers. (A, C)

3. If a locker room has poor ventilation, fans should be placed in the room to increase air circulation. (D)

4. Athletic lockers should be sanitized between seasons. (D)

5. Rather than carpeting, locker or dressing rooms should have tile floors that may be cleaned and sanitized. (D)

ATHLETIC TRAINING ROOM (ALL IN THIS CATEGORY IS AT)

1. Disinfect treatment/taping tables daily.

2. Athletes with open wounds, scrapes, or cuts must use an individual whirlpool or tub.

3. Whirlpools and tubs must be disinfected after each use. If a whirlpool is used, disinfectant must be run through the turbine.

4. Ice scoops should be disinfected regularly.

5. Coolers and bottles that are used must be sanitized each night.

WRESTLING ROOM/WRESTLERS

1. Coaches/Athletic Trainer should visit with wrestlers, and their parents/guardians to discuss how to recognize and prevent the most common communicable skin conditions. (AT, C)

2. Wrestling mats are to be cleaned with disinfectant before and after each individual team (school, youth, and matches). Allow mats to air dry before using. (C, D)

3. Use "designated" mops to clean the wrestling mats. Mop heads should be washed after each use. Mop heads and disinfectant should be changed after each cleaning. (D)

4. Use mat tape to cover small holes and tears on top and bottom surfaces of mats. (C, D)

5. Wipe down the padding along walls daily after practices are finished. (D)

6. No street shoes are allowed on the wrestling mats. (EVERYONE)

7. Wrestlers should keep fingernails trimmed short to avoid scratching others or themselves, as any opening in the skin increases the risk of infection. (A)

8. Wrestlers should have daily skin checks performed. (A, AT)

EMERGENCY ACTION PLAN/LIGHTNING POLICY

The following plan is the course of action to be taken by those affiliated with the Cumberland Valley athletic program in the event of an athletic injury.
If an athlete is injured and an athletic trainer(s) is present at the site of injury, the athletic trainers will evaluate the injury and make the determination of how to care for the injury, possibly with the assistance of student athletic trainer and/or the coaching staff. Until the school district makes it mandatory, it is strongly advised that the coaching staff have current certification in first aid and CPR/AED. (In 2016 the PIAA mandated that all coaches complete the fundamentals of coaching course along with first aid, health and safety courses).

***If an injury occurs in the pool that requires a water rescue, the designated lifeguard or a certified lifeguard will perform the rescue with the Athletic Trainer assisting (if the ATC is not on site, the rescue will be performed by the lifeguard and the ATC will be notified by phone or radio). Once the athlete is removed from the water, the Athletic Trainer becomes the primary caregiver.

If an athlete is injured on the field/court and the athletic trainer(s) is not present at the site:

- The athletic trainer(s) should be notified via the two-way radio that there is an injury. If the radio is not working or not available, the coach should have a cell phone as backup. (see ATC's phone numbers on last page). If a cell phone is not available or does not have reception, the coach should send an assistant to the nearest landline phone (see landline phone locations) with emergency phone numbers and keys to access the building/rooms to contact the necessary personnel. In the case of Winter Sports, the coaches may choose to send someone to the athletic training room, because of the close proximity (excluding Eagle View, CV9 Academy and Winding Creek), to notify the Athletic Trainer. At this time the coach should advise the athletic trainer whether to bring the AED. There is an AED available in each athletic training room location: High School, DSF, Eagle View Turf and the Mountain View Turf unless the ATC(s) are located at practice/game sites, then they will usually carry the AED with them. There are also AEDs located in the pool office, outside the Performing Arts Center, outside the Eagle View Nurse's office, in the gym at Mountain View and outside the Nurse's office at Mountain View, outside the Winding Creek cafeteria. If the AED must be used, the policies and procedures outlined by the Cumberland Valley School District will be followed.
- The coach and/or the student athletic trainer (if present) must determine whether to call an ambulance or wait for the athletic trainer(s) to arrive. Their decision may be assisted by the athletic trainer through communication over the radios/cell phones.
- The person who is notifying the ambulance should follow the following procedure:
    - Dial 911 (9-911 if calling from an on-campus phone)
    - Give your full name and title
    - Give the location of the athlete
    - Number of victims
    - Victim's level of consciousness
    - Give a brief description of the injury
    - Arrange to have somebody meet the ambulance at the designated entrance (CVHS either the main entrance off the Carlisle Pike or Dapp Road; MV/WC the main entrance off Bali Hai Road) to the school if possible.

    - ***Don't hang up until the operator hangs up or tells you to do so*** An ambulance has been dispatched even though you are still on the phone. A team of at least eight dispatchers are working to get all the necessary information.
- While waiting for the ambulance appropriate applicable medical care (first aid/CPR) should be given to the athlete and his/her medical forms should be checked on Rank One, our Electronic Medical Records System. These forms are located on Rank One on the Coach's phone. The form contains emergency phone numbers and pertinent medical history of the athlete.

- The parents should be notified (numbers are on the forms) for additional information including
  what hospital they prefer to transport their child if the need be.

- Someone on the coaching staff or school personnel should accompany the athlete if there is no
  parent/guardian present.

If an athletic trainer is not on the school campus or designated "home event" site at the time of injury:

A medical emergency requiring immediate medical attention:

- The head coach calls on a cell phone or sends someone (preferably an assistant) to call for an ambulance (911) if needed. The coach also designated someone to go meet the ambulance at the appropriate entrance.
- The coaching staff initiates First Aid until the ambulance arrives.
- The parents are contacted, and pertinent medical information is taken from medical history forms.
- The athletic trainers are contacted and notified of the incident.
- Someone on the coaching staff or school personnel should accompany the athlete if there is no
  parent/guardian present.

An injury that requires medical attention, but not immediately:

- The coach will evaluate the injury's seriousness.
- Administer appropriate first aid.
- Try reaching an athletic trainer by telephone.
- Follow the advice of the athletic trainer if contacted.
- Call parents if you have doubts.

When traveling to another school it is important to have an emergency plan:

- Before the contest the coach should check with the host athletic trainer/coach as to their procedure for handling an emergency.
- If no plan is in effect the coach should apply the plan mentioned above "if an athletic trainer is not on the school campus."
- Have access to a cell phone or find out where the nearest phone is located.
- Emergency forms are located in the Rank One App.
- The athletic trainer(s) should be notified regarding the injury as soon as possible.

Landline Phone Locations

Coaches should familiarize themselves with the landline phone in closest proximity to their practice/game areas. The following are suggested locations:

- High School: Athletic Training Room, Weight Room, PE Offices, Pool Office, and classrooms.
- DSF: Athletic Training Room and Indoor Turf Field.
- Eagle View: PE Office, Custodial room (near docks), and Nurse's Office.
- Mountain View: Athletic Training Room
- Winding Creek Middle School: Main Office

Remember to send emergency numbers and building keys with the person going to make the call.

LIGHTNING POLICY

This plan was taken from the Journal of Athletic Training, Volume 48, Number 2, April 2013. With the suggestions from this article, the coaches from each sport should use the information to know when to leave their location, where to seek safe location, and when to return to their location.

During traditional practice times the certified athletic trainer(s) will be the final authority as when to cancel or suspend practice due to thunder and/or lightning by calling each practice site, or driving out to the practice and speaking with the head coach. If at any time the coach suspects danger, and the athletic trainer(s) has not yet communicated with him/her in the process of clearing the practice fields, he/she should remove all personnel to a designated safe location. The responsibility of removing a team or individuals from an athletic site in the event of dangerous and imminent thunder and/or lightning activity lies on the coach supervising the activity. During a contest the certified athletic trainer(s) and athletic director or game administrator will confer and come to an agreement as to suspending the play of the game due to thunder and/or lightning. At this point both head coaches will be notified as well as the officials.

The athletic training staff should be aware of thunderstorm development. As a preventative measure, the athletic trainer(s) will check the weather each day before practices by using an internet weather monitoring service. This service can give live weather reports and flash an alarm if the National Weather Service issues a severe thunderstorm watch or warning for the surrounding area. Since thunderstorms can become threatening in as little as half an hour, the coaching and athletic training staff should know safe locations closest to the athletic site and how long it takes to reach the designated location.

Safe locations are defined as fully enclosed buildings and vehicles (e.g., schools, homes, cars, vans and buses).

Unsafe locations are defined as places termed *shelters* that can also be open (e.g., dugouts, storage sheds, tents, concession stands, trees, press boxes) or enclosed pools and locker rooms that are not grounded. Materials outside the building (lighting, heating, plumbing, and drains) can transmit lightning energy into the building, locker rooms, and pool. Also, if possible, avoid using hardwired landline phones to make an emergency call.

The Cumberland Valley Athletic Trainers promote the following policy guidelines on lightning safety for all outdoor activities as well as swimming and water polo.

1. If thunder can be heard, lightning is close enough to be a hazard. All persons must immediately leave the athletic site or swimming pool and seek a safe location.

2. Stay away from tall or individual tress, lone objects (light or flag poles) metal objects (fences and bleachers), standing pools of water, and open fields.
3. Allow 30 minutes to pass after the last strike of lightning is seen (at least 10 miles away) and after the last sound of thunder. This 30-minute clock restarts for each lightning flash within 10 miles and each time thunder is heard.
4. Lightning strike victims do not carry an electrical charge. CPR is safe for the responder; however, this is at the responder's own risk under the assumption there is still thunder/lightning.
5. If athletes cannot reach a safe location during a thunderstorm, they should at least avoid the riskiest locations. This includes elevated places, open areas, tall isolated objects, or near large bodies of water. Athletes should never seek shelter near or under a tree to keep dry.

DESIGNATED SAFE LOCATIONS

DO NOT ALLOW YOUR ATHLETES TO BE OUTSIDE DURING THUNDER/LIGHTNING ACTIVITY-SEEK YOUR DESIGNATED SAFE LOCATION OR CLOSEST SAFE LOCATION.

- The designated safe location for all outdoor events occurring on the fields, stadium, and track by Eagle View mainly used by field hockey, cross country, softball, football, soccer, and lacrosse will be the Eagle View Lobby and/or Gym area. The storage sheds and trailers are NOT considered a designated safe location.
- The designated safe location for all outdoor events occurring on the fields, stadium, and track by Mountain View mainly used by field hockey, track and field, soccer, and lacrosse will be the Mountain View Gym area. The storage sheds and trailers are NOT considered a designated safe location.
- The designated safe location for all outdoor events using tennis courts, football practice fields, JV baseball field, and the stadium is the District Support Facility (DSF). Athletes will meet inside the DSF using the indoor turf, locker rooms (avoid shower rooms) and weight room.
- The designated safe location for all outdoor events using tennis courts, baseball, softball, will be Eagle Lobby-lobby by Performing Arts Center (door #19) or enter school by the wrestling room (door#9)
- The designated safe location for events held on the Eagle Foundation soccer fields will be the high school. The closest entrance to the fields is the school's main entrance (door #1) and the entrance by the Athletic Director's office (door #2).
- Any events held in the pool must exit the pool, pool deck, and shower facilities and seek a safe area such as the hallway, spectator gym, or Eagle Lobby
- The storage sheds and trailers are NOT considered a designated safe location.
- The designated safe locations for all outdoor events at Winding Creek will be the Winding Creek Main lobby or Cafeteria.
- Any team that is running off campus refer to <u>guideline #5</u>

Spectators attending the event should be cleared from bleacher areas and advised to seek a safe location in cars, or in the school if possible.

Coaches – If you are at an away event and the opposing team does not have a designated safe location, seek safety on the bus, or in the school if possible.

All events will be postponed until notified by the athletic trainer or athletic directors when it is safe to continue. With the information on lightning presented in this policy, the coach and/or athletic trainer can make an intelligent and safe decision regarding the removal of a team or individuals from an athletic site or the stopping of play during dangerous thunderstorm activity. In addition, any individuals who feel they are in danger of any lightning activity have the right to leave a field or event site to seek a safe location.

EXERTIONAL HEAT ILLNESS MANAGEMENT; FLUID REPLACEMENT/REHYDRATION PROTOCOL

INTRODUCTION:

The following policy on fluid replacement, rehydration, and exertional heat illnesses has been developed in accordance with the NATA Fluid Replacement Position Statement, and the NATA Exertional Heat Illnesses Position Statement. These policies are to help provide quality healthcare services and assure the well-being of each student-athlete in the Cumberland Valley School District.

DEFINTION OF HEAT ILLNESS:

Heat illness if closely associated with physical activity and its occurrence increases with a rise in temperature and relative humidity. It is usually classified in three categories: heat cramps, heat exhaustion, and heat stroke. Although most often occurring in hot, humid weather, heat illness can also occur with the absence of both heat and/or humidity.

Exercise-Associated Muscle (Heat) Cramps:

- Occurs during or after intense exercise as an acute, painful, and involuntary muscle contraction.
- Causes may include dehydration, electrolyte imbalances, neuromuscular fatigue, or a combination of factors.
- *Signs and Symptoms:* dehydration, thirst, sweating, transient muscle cramps, fatigue.

Exercise (Heat) Exhaustion:

- Occurs most frequently in hot, humid conditions and causes an inability to continue to exercise

- May be caused by dehydration, heavy sweating, sodium loss, and energy depletion.
- *Signs and Symptoms:* pallor, persistent muscle cramps, urge to defecate, weakness, fainting, nausea, decreased urine output, cool and clammy skin, ataxia, diarrhea, body temperature between 97-104 degrees.

Exertional Heat Stroke:

- Occurs when core temperature is elevated (usually greater than 104 degrees) with associated signs of organ system failure due to hyperthermia and physical activity.
- Caused by an overwhelmed temperature regulation system due to excessive endogenous heat production or inhibited heat loss due to environmental conditions.
- *Signs and Symptoms:* tachycardia, hypotension, sweating (although skin may be wet or dry), hyperventilation, altered mental status, vomiting, diarrhea, seizures, coma, and CNS changes.
- Life threatening condition that can be fatal unless promptly recognized and treated.

PREVENTION OF HEAT ILLESS GUIDELINES:

- All pre-participation examinations will identify student-athletes who may be predisposed to heat illness or have a history of heat illness.
- The Athletic Training Staff will be onsite at most practices and competitions to assist in providing hydration and access to further cooling supplies. The staff will be aware of the signs and symptoms of heat illness to properly recognize and intervene on behalf of the student-athlete.
- The Certified Athletic Training Staff will help educate athletes and coaches regarding the necessary time needed to have student-athletes adapt to their environment. Acclimatization should be a gradual progression. Well-acclimatized athletes should be able to train 1 to 2 hours under the same heat conditions that will be present for their event.
- In addition, the certified athletic trainer should know how to use a wet-bulb globe temperature (WGBT) and/or a sling psychrometer, decipher the corresponding temperature graphs for these instruments, and base the level of physical activity upon the gathered information. This will be used as one of the factors in determining any risk of heat illness associated with relevant environmental conditions.

TREATMENT OF HEAT ILLNESS:

The Athletic Training Staff will treat heat illness by recognizing its signs and symptoms, understanding the causes of heat illness, and taking the necessary measures to ensure an efficient and safe recovery for the student-athlete.

Exercise-Associated Muscle (Heat) Cramps

- The student-athlete should stop activity, replace lost fluids (containing electrolytes), and begin mild stretching and massage of the muscle spasm.
- Instruct the student-athlete to lie down, as this may allow blood flow to be distributed more rapidly to cramping leg muscles.

Exercise Heat Exhaustion

- Assess cognitive function and vital signs.
- Transport the student-athlete to a cool and/or shaded environment, remove excess clothing, start fluid replacement, and cool the student-athlete with fans, ice towels, or ice bags (placed in armpits, neck and groin). Rest in supine position and elevate the legs. Or if deemed necessary, submerge in cool whirlpool bath in the training room.
- The student-athlete should be referred to the team physician and/or the emergency room of the closest hospital if in the judgment of the attending certified athletic trainer symptoms warrant further immediate attention.

Exertional Heat Stroke

- Activate the emergency medical system immediately.
- Assess cognitive function and vital signs.
- Lower the body-core temperature as quickly as possible by removing excess clothing and immersing the body into a tub of cold water (35-59 degrees) while checking temperature every 5-10 minutes (if rectal thermometer available). Cool via cold water immersion before transporting. Remove student-athlete from water if temperature reaches 101-102 degrees to prevent overcooling.
- Continue using cooling methods mentioned for heat exhaustion while transporting to decrease body-core temperature.
- Maintain and monitor airway for breathing and circulation.

RECOVERY OF HEAT ILLNESS:

Student-athletes who experience a heat stroke may have impaired thermoregulation, persistent CNS dysfunction, and hepatic or renal insufficiency following recovery. Decreased heat tolerance has been shown to affect 15% to 20% of athletes experiencing a heat stroke-related collapse. Following recovery, the student-athlete's activity should be restricted with a gradual return regulated by a doctor.

Cumberland Valley School District's Athletic Department will use the NATA Guidelines and Physical Exercise Chart for guidelines in regard to physical activity and/or practices conducted outside:

NATA Guidelines

WBGT (°F)	Activity Guidelines and Rest Break Guidelines
<82.0	Normal activities: provide ≥3 separate rest breaks of minimum duration 3 min each during workout.
82.0-86.9	Use discretion for intense or prolonged exercise. Watch at-risk players carefully. Provide ≥3 separate rest breaks of minimum duration 4 min each.
87.0-89.9	Maximum practice time = 2 h. For football: players restricted to helmet, shoulder pads, and shorts during practice. All protective equipment must be removed for conditioning activities. For all sports: provide ≥4 separate rest breaks for minimum duration 4 min each.
90.0-92.0	Maximum length of practice = 1 h. No protective equipment may be worn during practice and there may be no conditioning activities. There must be 20 min of rest breaks provided during the hour of practice.
>92.1	No outdoor workouts, cancel exercise, delay practices until a cooler WBGT reading occurs.

Source: NATA Position Statement: Exertional Heat Illness, Journal of Athletic Training volume 50, number 9 2015, Table 5

HIGH SCHOOL STATE GUIDELINES

The following states have their own WBGT guidelines for high school athletics:

- **Georgia**
- **Illinois**
- **Minnesota**
- **North Carolina**
- **Vermont**

For printed copies, please visit our website www.heatstress.com.

RATIONALE OF FLUID REPLACEMENT

Student-athletes who are exposed to prolonged practices and competitions in an excessively hot and humid environment may be deprived of essential fluids, carbohydrates, and electrolytes that an ultimately lead to dehydration and potential heat illness.

It has been demonstrated that dehydration of just 1-2% of body weight can alter physiological function and negatively influence a student-athlete's performance. Student-athletes who are not properly hydrated prior to the start of practice or competition can begin to notice the signs of dehydration in just one hour or sooner of exercise. Dehydration has been identified as an increased risk factor for student-athletes developing heat-related illness such as heat cramps, heat exhaustion, and potentially life-threatening heat stroke.

REHYDRATION GUIDELINES

The Athletic Training Staff of Cumberland Valley School District has developed the following rehydration guidelines based on nationally accepted criteria. The Athletic Training Staff will assist in promoting the consumption of beverages.

PRIOR TO EXERCISE:

- All student-athletes should be encouraged to drink 17-20 fluid ounces of water or sports beverage 2-3 hours before exercise.
- 10 to 20 minutes before the beginning of practice or competition, student-athletes should be encouraged to drink an additional 7-10 ounces or water or sports beverage.

DURING EXERCISE:

- Encourage student-athletes to drink early and often.
- Drink 7-10 fluid ounces or water or sports drink every 10-20 minutes.
- It is important to stress to the student-athletes to drink prior to becoming thirsty. A student-athlete who is thirsty may already be in the early stages of dehydration.

AFTER EXERCISE:

- Encourage student-athletes to replace any fluid loss due to sweating within 2 hours from the end of exercise. This rehydration should include water, carbohydrates, and electrolytes to allow the immediate return of physiological function.
- Encourage them to drink 20-24 fluid ounces for every pound of weight lost.

**Sports beverages should ideally contain a carbohydrate level of no more than 8%. A higher carbohydrate level can slow fluid absorption and cause stomach problems.
**Fruit juices, carbohydrate gels, and carbonated beverages should not be recommended as the sole rehydration beverage of choice. Beverages containing caffeine, alcohol, or carbonation should be limited due to their diuretic effects and decreased fluid retention.

WEIGHT LOSS/GAIN GUIDELINES

It is recommended that all student-athletes exercising in hot and humid environments be weighed in prior to and after practices or competition. By weighing in, a determination can be made of the percentage body weight lost due to sweating and the amount of rehydration that must occur prior to the next practice session. Furthermore, student-athletes should be weighed preferably wearing the same amount of clothing pre-and post-practice. The percentage of weight lost between practice sessions will be used as one factor to determine if a student-athlete can safely continue to practice. Student-athletes should ideally have their pre-exercise body weight remain relatively consistent.

- 2% body weight difference should be noted and that student-athlete should be closely monitored for any signs or symptoms of dehydration.
- A student-athlete with greater than 2% body weight loss should not be allowed to return to practice until proper fluid replacement has taken place.

COLD WEATHER POLICY

In accordance with the recommendations by the National Athletic Trainers' Association and the guidelines set forth by the NCAA, the Cold Weather Policy for outdoor practices and competition has been established to protect the Cumberland Valley School District student-athletes and staff from cold injuries associated with decreased environmental temperatures.

Injuries associated with a decrease in environmental temperatures include hypothermia, frostbite, chilblain, and trench foot. Worst-case scenarios for all of these conditions include tissue necrosis, neuraplaxia, limb loss, and death.

The CVSD Athletic Department Cold Weather Policy is designed to limit exposure to environmental cold by altering outdoor practices and competition as needed based on two factors, the wind chill temperature and precipitation. The National Weather Service has calculated the wind chill temperature by using the ambient temperature and the velocity of air speed. As an individual loses body temperature more quickly in windy conditions due to the process of convection, special consideration must be given to the wind chill temperature as opposed to ambient air temperature. Additionally, moisture increases the rate at which body temperature is lost.

With a decrease in temperature and/or precipitation, student-athletes and Athletics staff should take steps to properly cloth themselves. Proper clothing includes moisture wicking fabrics, cotton layers (avoid cotton on first layer if possible), water and/or wind proof layer on top, moisture wicking socks, proper footwear, gloves, and hat.

To limit exposure, practices and competition will be altered by the following guidelines. Please note the following temperatures ranges account for wind chill. Air temperature information is available on www.weather.com (note the temperature corresponding to 'Feels like').

Wind Chill Temperature	Guidelines/adjustments
25-30 Degrees F	-Be aware and ready for possible cold injures -Total exposure time: maximum of 2 hours
15-25 Degrees F	-Cover all exposed skin as possible -Rewarm: ever 20 min for at least 10 min -Total exposure time: maximum 60 min
0-15 Degrees F	-Considering limiting or modifying activity to limit exposure - Rewarm: every 15 min for at least 10 min -Total exposure time: maximum 30 minutes
<0 Degrees F	-Cancel all practices/competitions

FIELD/BUILDING USAGE GUIDELINES

The Cumberland Valley School District provides a variety of athletic facilities that are maintained by the school district maintenance staff. These facilities accommodate our student-athletes and allows them to compete on the highest levels. The Cumberland Valley School District makes District Facilities available for community purposes, provided they do not interfere with the educational program of the schools. The Use of School Facilities is covered in Policy 707 of the Cumberland Valley School District Board Policy.

All building and field usage must be approved by the Cumberland Valley Board of School Directors. All building and field usage must be supervised by a coach, club advisor or person granted usage by the Board of School Directors.

When using School District athletic facilities, individuals are asked to adhere to the following guidelines:

General Field Usage

- Do not park on the grass or along the curbs.
- Do not move bleachers or benches.
- Clean up all trash and refuse.

Soccer/Field Hockey/Lacrosse Field Usage

- Use of the "goal mouths" should be limited to games. The CV maintenance staff reserves the right to move field boundary lines to aid in the restoration of "heavy usage" areas.

Baseball/Softball Field Usage

- Batting practice should take place in batting cages.
- Pitchers throwing "live" batting practice must throw off a portable mound or a rubber mat.
- Pitchers mound, home plate and all bases should be raked and tamped at the conclusion of practices and games.
- Clean up all trash and refuse in the dugouts.

General Building Usage

- No cleats will be worn in the building.
- Cleats should be removed and cleaned (in the grass) prior to entering the building.
- Balls should not be used in the hallways.

Gym Usage

- No food or drink in the gymnasiums.
- Players are only to use water while on the bench or in the gym, no sport drinks.
- No tape on the gym floors.

- Arrangements must be made with the custodial staff to use bleachers and scorers table.
- Arrangements must be made with the Athletic Department to use scoreboards and
  PA system.
- Doors must be locked at all times when facility is not in use.
- No black soled shoes.

Wrestling Room Usage

- Wrestling shoes only.
- Mats must be rolled and placed in pre-selected areas at the end of each session.
- Mats must be sanitized at the end of each session.

Locker Room Usage

- No horseplay in the locker rooms.
- Items must be locked, in a locker, at all times
- Over night use of lockers is only permitted in designated team rooms.
- Showers must be turned off.
- Clean up all trash and refuse.
- Locks in teams rooms must be removed within five (5) days of the completion
  of the season.

Weight Room Usage

- Direct supervision is required at all times.
- Wipe down all equipment
- Place all weights back on the rack.
- Return all equipment to its proper location.
- Music must be kept to an “acceptable” level.
- Do not rest on machines.
- No food or drink in the weight room.

Turf Stadium/Indoor Turf Facility

- Coach must be present at all times.
- Water only on turf
- No food or sports drinks allowed on the turf.
- Please pick up all trash from turf after practice and games.
- No gum or plastic/glass bottles on the turf.
- NO SUNFLOWER SEEDS AT ANY TIME.

STEPS TO REGISTER WITH THE NCAA CLEARINGHOUSE

STEP 1: It is recommended that the student athlete registers in his/her junior year, beginning in the month of May. To register, the student athlete needs to apply online at: www.eligibilitycenter.org.

STEP 2: After the student registration is complete, you must request your high school transcripts be sent to the NCAA Clearinghouse. One will be sent as a final junior transcript and one will be sent as a final senior transcript. (If the student has attended more than one high school, each high school must receive a copy of the completed Student Release form. A transcript must be sent from each high school attended.)

STEP 3: All prospective student-athletes intending to enroll in an NCAA Division I or II institution for the first time must complete the NCAA Amateurism Certification questionnaire.

STEP 4: Test scores must be reported directly from either ACT or SAT. They will no longer be accepted from the high school transcript. When registering to take the SAT's or ACT's you should include the NCAA as one of your free choices to where to send your scores. The code for the NCAA is 9999. If you did not do this, go online for SAT scores to www.collegeboard.org or for ACT scores to www.act.org and send your score directly to the NCAA Clearinghouse.

STEP 5: Upon completion of the junior year, the final junior year transcript will be sent to the Clearinghouse. The student will receive an initial clearing statement from the Clearinghouse in the fall of the student's senior year.

STEP 6: Before the end of the senior year, you must request the Final Amateurism Certification for each sport that you will participate in. Log back into your account at www.eligibilitycenter.org. Click on MY PLANNER. Then select the red "Request Final Amateurism" button and follow the instructions.

STEP 7: After graduation, the student's final senior transcript with the exact date of graduation must be sent to the Clearinghouse from the high school. The student will then receive a final clearing statement from the Clearinghouse.

In completing the registration forms, the high school CEEB code is required.
CV High School CEEB CODE is 392-545.
Clearinghouse Customer Services:
NCAA Eligibility Center
Certification Processing
P.O. Box 7136
Indianapolis, IN 46207
Service Hours: 8 a.m. – 5 p.m. Central Time
Toll Free: 877-262-1492 FAX: 317-968-1500

PARENT/GUARDIAN GUIDELINES FOR SUPPORTING STUDENT ATHLETE MENTAL WELLNESS

Your student-athlete's mental health and physical wellbeing are essential to their success both on and off the field. If they ever feel overwhelmed, stressed, or have concerns about their mental or physical health, there are resources available to help. Encourage your student-athlete to speak with their coach, who will support them and connect them with school resources such as counselors, trainers, or other support services. Coaches play an important role in ensuring the wellbeing of student athletes and are required to report any concerns to school personnel. This process helps ensure your student-athlete receives the care they need to thrive in both their athletic and academic pursuits. By working together, we can foster a supportive environment where student-athletes feel empowered to prioritize their health and succeed in all aspects of their lives.
Here are some possible signs of mental health issues that parents should be aware of if they have concerns regarding their student-athlete:

<u>Emotional Signs</u>

- Persistent sadness, hopelessness, or excessive crying
- Irritability, anger, or mood swings
- Feelings of being overwhelmed, anxious, or excessively worried
- Lack of motivation or interest in activities they once enjoyed, including sports

<u>Behavioral Signs</u>

- Withdrawal from friends, teammates, or social activities
- Changes in eating or sleeping habits (e.g., sleeping too much, insomnia, or appetite loss)
- Difficulty focusing or making decisions
- Risk-taking behaviors or reckless actions

<u>Physical Signs</u>

- Unexplained aches, pains, or fatigue
- Frequent injuries or slower recovery times
- Decline in athletic performance without a clear physical cause

<u>Academic/Performance Signs</u>

- Difficulty concentrating or a noticeable drop in academic performance
- Lack of effort or enthusiasm during practice or competition
- Missing practices, games, or school without explanation

<u>Verbal or Expressed Signs</u>

- Talking about feeling trapped, hopeless, or like a burden to others
- Expressing thoughts of self-harm or suicide
- Complaints about feeling "burned out" or unable to manage stress

Student-Athlete Supports & Resources A CVSD website with various supports and resources specifically for students, coaches, and parents.	
Student Supports & Resources A CVSD website with various supports and resources for students and parents.	
Safe2Say If a ANYONE has an emergency concern about an athlete's well-being, S2S can be used 24/7 and alerts school as well as emergency responders.	

Student Services Director- Doris Hagemann (717 329-5024)
Student Services Assistant Director- Brian Robinson (717 756-1081)