INDIANA AREA SCHOOL DISTRICT

STUDENT-ATHLETE/PARENT HANDBOOK

2025-26

"If you believe in yourself and have dedication and pride – and never quit, you'll be a winner. The price of victory is high but so are the rewards." – Bear Bryant

Revised 7/10/2025

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TITLE IX COMPLIANCE

To comply with Federal Laws (including Title IX of Education Amendments of 1972), and Section 504 of the Rehabilitation Act of 1973 and the amendments of 1974, state law, and State Department of Education implementation, the Indiana Area School District declares itself to be an equal rights and opportunities agency. As an Equal Rights and Opportunities Agency, it does not discriminate against individuals or groups because of race, color, national origin, disabilities as defined by law. The Indiana Area School District's commitment to non-discrimination extends to students, employees, prospective employees, and the community.

Indiana Alma Mater

Sing a song of Indiana,

School we love so well

Of our noble Alma Mater

All her praises tell

Hail to Indiana High

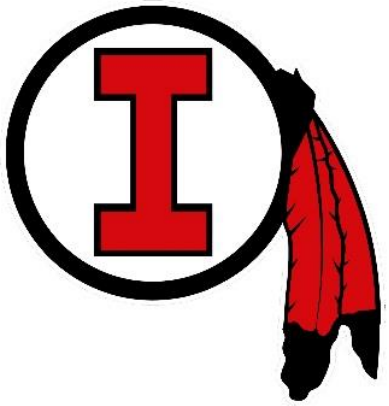
Hail, all hail again

Red and black thy colors fly

Soaring upwards to the sky.

Thee we've loved in days gone by,

And we will until the end.



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Introduction

The purpose of this manual is to inform head coaches, assistant coaches, guardians, fans, and others with the policies, rules, regulations, procedures, and general guidelines which are necessary to provide athletic participants with programs that are consistent within the framework of the educational program of the Indiana Area School District, as well as the By-Laws of the Pennsylvania Interscholastic Athletic Association (PIAA) and the leagues of which our school is a member.

Coaches should use this handbook as a guide for conducting an effective and successful program. Requests for clarification, explanation, or other questions should be directed to the Athletic Director. The Athletic Director in turn will make coaches aware of any changes in athletic policy or procedure.

The student athletes and parents/guardians must understand that it is a ***privilege*** to participate in the Indiana Area School District's interscholastic athletic program. A condition to participating in the IASD athletic program is a commitment to follow the rules, regulations, policies, and procedures established by the district for the implementation of its athletic program. It must also be understood that athletes who violate the rules, regulations, policies, and procedures shall face disciplinary action.

Philosophy of Athletics

The athletic program is an integral part of the educational process of the Indiana Area School District. It promotes a desire in our students and community to take part in sports either as a participant or a spectator. IASD believes that by promoting sportsmanship at all levels, the athletic program instills pride and reinforces a sound value structure, and enhances the individual's self-image as well as the image of the school district and community.

Our aim is to develop highly competitive athletes but not to lose sight of educational values such as sportsmanship, citizenship, health and scholastic attainment. The athletic programs should also promote school morale and provide an additional source of self-esteem for our students.

Sportsmanship

One goal of IASD is to develop student-athletes and fans (student body) who demonstrate good sportsmanship. IASD believes that the basic rules of good sportsmanship include the following:

- Showing respect for opponents at all times.
- Showing respect for officials and their decisions.
- Showing respect for coaches and team members.
- Knowing, understanding, and following the rules of the contest.
- Maintaining self-control at all times.
- Recognizing and appreciating skill in performances regardless of affiliation.

IASD believes that being a spectator is a **privilege** and **not a right**. It is a privilege to watch an educational process where teams demonstrate what they have learned in the athletic classroom. Spectators will be held accountable for good sportsmanship.

Athletic Objectives

The athletic program is an integral part of the educational process of the Indiana Area School District. It promotes a desire in our students and community to take part in sports either as a participant or a spectator. Our aim is to develop highly competitive athletes but not to lose sight of educational values such as sportsmanship, citizenship, health and scholastic attainment.

Specific Objectives

1. To provide opportunities to learn games and improve playing skills to the best of their abilities.
2. To develop physical fitness and desirable health, hygiene and safety habits.
3. To provide opportunities to make friends with team members and widen circles of friends by meeting athletes from opposing teams.
4. To provide opportunities to observe and practice good sportsmanship.
5. To realize that athletic competition is a privilege that carries definite responsibilities with it.
6. To reap the benefits of the special type of discipline that comes from participation and competition.
7. To understand the concept of teamwork and the individual's role as a team member.

Community Objectives

1. The community should realize that control of and responsibility for school athletics rests entirely with the school authorities.
2. School athletics should furnish a recreational opportunity for the general public as long as a community is willing to see that the program is conducted solely for the benefit of student competition and student spectators.
3. The community should judge the success of the season on the number of participants, the number of spectators, new skills acquired and good citizenship and good sportsmanship taught, rather than on the number of games won or lost.
4. The community should constantly keep in mind that an athletic contest is part of the school program and therefore is governed by the same philosophy.

Athletic Department Contact Information

ATHLETIC OFFICE – (724) 463-3530

Dan Roan – Athletic Director EXT. 1321
Scott Shirley – Assistant Athletic Director/Administrative Assistant EXT. 1312
Bethany Krystek - Athletic Trainer EXT. 1127

Academic Eligibility

Student athlete's eligibility will be monitored on a weekly basis. The student-athlete's grades will be checked every Wednesday. If a student athlete has failing grades in two or more classes at one time, they have until Friday of the same week to increase the grades to passing. If the grades are not up, the student-athlete is placed on athletic/academic suspension. During suspension, the student-athlete will be unable to participate in practice or competition. The student-athlete will remain on athletic/academic suspension until they are no longer failing two courses. The length of athletic/academic suspension is from Sunday of that week until the following Saturday. Final approval to participate in practices and/or games will be made by the Athletic Director with notification to the head coach and parent/guardian.

Acceptable Music Guidelines

The acceptable music guidelines apply to music being played before, during or after practice, warm-up music, cheerleading routines, etc. Coaches will review the guidelines with their student-athletes and also preview any warm-up music to ensure they comply with the guidelines. "At no time will the music or presentation include songs that make reference, directly or indirectly, to promotion of drinking or the use of drugs, sexual explicitness, profanity, promotion of violence, or promotion of suicide."

Accident Reporting Procedures

The following procedure should be followed if a student athlete becomes ill during a practice/game.

Home practices or games

If it is a medical emergency, then initiate your team Emergency Action Plan and follow it until either the EMS or athletic trainer arrives. Otherwise, notify the athletic trainer of the injury or illness. Once the student is evaluated, it will be determined if the student needs to seek further medical evaluation from a physician, dentist, optometrist, etc. Regardless if the student-athlete is referred for further evaluation, a school accident report must be completed by the head coach or athletic trainer.

Away games

If a student is injured at an away event, the coach should ask the coach of the host school if an athletic trainer is available. Follow the instructions given by the host athletic trainer. The IASD athletic trainer should be notified of all injuries occurring at away events so a follow-up evaluation may occur.
If the host school does NOT have an athletic trainer available, then the IASD athletic trainer should be notified ASAP for instructions. Regardless if further medical treatment is recommended, a school accident report should be completed by the athletic trainer or head coach.

Coaches/Athletic Trainers must turn in the accident report to the Athletic Office ASAP.

Announcements

Morning announcements are read at the school each day. Administration works hard to recognize ALL activities when an event takes place. Coaches can aid in this effort to bring attention to, and information about, their team by writing a brief announcement to be read after an event has occurred. Announcements must be appropriate and may include scores, key players or any other related information. Please submit announcements via email at ihsannouncements@iasd.cc as soon as possible so that they can be read during morning exercises. The athletic department will do their best in getting your announcement posted.

Assumption of Risk

Liability for failure to warn is one of the most prevalent allegations in sports injury litigation. School districts, athletic administrators, coaches, physical education instructors, intramural sport program supervisors, cheerleading sponsors and other athletic personnel have repeatedly been found negligent for failing to warn athletic participants of both the general nature of the risks involved in an athletic activity as well as the specific risks involved in using improper or dangerous techniques while participating in the activity.

Assumption of risk is a common defense used in sports injury lawsuits and it is closely related to the duty to provide warnings. The assumption of risk defense is typically asserted by a coach who argues that the player was voluntarily participating in a risky activity where injury was a real possibility. However, courts have consistently held that the only risks which a student athlete may assume are those risks which are fully comprehended by the player and are inherent in the particular sport.

By the very nature of athletic activity, participants are at risk of physical injury. No matter how careful the athlete and the coach are, no matter how many precautions are taken, the risk cannot be eliminated. It can be reduced but never eliminated. The risk of injury includes minor injuries such as broken bones, dislocations and muscle strains. The risk also includes catastrophic injuries such as permanent paralysis or even death. It is important everyone understands these risks, and that athletes follow all safety directions from their coach because they are established to reduce the risk of injury.

All coaches are required to make sure that each of their student athletes and their parent/guardian read and sign the "Acknowledgment of Warning by Student Athlete and Parents" form in the extracurricular code of conduct manual. When each form is signed, return the signed forms to the athletic director who will keep them on file. Each coach is responsible for making sure the forms are signed and returned by each student athlete. If a student athlete and his/her parent refuse to sign the acknowledgement, note accordingly on the form and file the form with the athletic director.

Attendance

To be eligible for interscholastic athletic competition, play casts, cheerleaders, band or other activity groups, students must arrive at school prior to 9:00 AM. Examples include, but are not limited to a doctor's excuse, a death/funeral, an unavoidable family emergency or impassable roads.

Booster Clubs

The head coach will serve as the school district representative to his/her respective booster club. At the beginning of the school year, the booster club is required to submit a list of officers, their phone numbers and email addresses to the athletic director. The athletic office should be made aware of all purchases by the booster club.

Booster Tournaments

Any tournament in which admission and/or an entry fee is being taken by a booster club is considered a booster tournament. When a tournament is being run by the booster club, the booster club is responsible for all costs associated with the event including cost of officials, clock operators, ticket sellers, ticket takers, security, announcers, score keeper, game manager, etc. All of these positions except for the officials who will be assigned by the athletic director can be filled by volunteers from the booster club.

Budgets

The Athletic Director will create the yearly budget in collaboration with the business office. The budget will cover the costs of officials, transportation, tournament entry fees and equipment.

Bus Departure Schedule

The athletic office will prepare a bus departure schedule. The coach will be able to suggest adjustments to the departure schedule and submit the adjustments to the athletic director for his approval. Students will be released from their classes 15 minutes before the bus departure time.

Coaching Evaluation

Each year the varsity head coach will be evaluated by the Athletic Director with input from the Principal, Operations Principal and the Assistant Athletic Director, along with coach evaluations done by the student-athletes. The evaluation is used as a teaching tool to help the coach improve in necessary areas for furthered success. During this evaluation, the head coach will also evaluate his/her assistant coaches (if applicable).

Cuts

Occasionally cuts are part of athletics. If a coach does not have enough uniforms or staff to handle the expected amount of interested student-athletes, they have permission to make cuts to the roster. Cuts will be made following a tryout for all student-athletes interested in that specific sport. Somethings to take into consideration regarding cuts:

1. Allow student-athletes to cut themselves. Being honest with a student-athlete about their abilities will help to reduce the number of players on a team. After observation, a coach will have a good idea as to who are the starters, who will be the regular substitute rotation, and who will not get in to the game until it is won or lost. By informing certain players that although you have a spot for them on the team, it is likely that they will not get much playing time during the course of the season, you have provided these student-athletes with an honest projection of their playing time for the season. If they are willing to accept their role and stay on, given those expectations, that is fine.
2. You cannot cut just one (1) student-athlete. There is always room for one. Anyone who does not make the team is entitled to an explanation. Meet with the players at the conclusion of the practice/tryout. **DO NOT POST A LIST.** Thank the student-athlete for trying out for the team. Explain why they did not make the team. Encourage the student-athlete to keep practicing the sport.

Discipline

Participation in athletic and recreation programs is a privilege. All student athletes are responsible for representing the Indiana Area School District at all times, both on and off of the school grounds. Any student athlete who breaks the code of conduct or the law is subject to a review by the principals, athletic director, and/or the coach to determine the appropriate discipline.

Eligibility List

An eligibility list will be prepared by the athletic director and reviewed by the coach. It is important that the information is accurate as the PIAA eligibility list determines that the student-athletes meet the age, semester and season rules for eligibility.

Equipment

No athletic equipment issued by the Indiana Area School District is to be worn anywhere other than practices or games. If a student athlete abuses or loses the equipment provided, he/she will be responsible for the cost of the equipment. Following the season, coaches will collect and store all equipment. An inventory of the equipment will be collected along with a list of lost or damaged equipment and the name of the student-athlete who is responsible for that equipment.

Facility Use Priority

The following priority will be used for athletic facilities:

1. In-Season PIAA varsity/junior varsity sports.
2. In-Season PIAA 9th grade and junior high sports.
3. As reserved, out-of-season PIAA varsity/junior varsity sports, out-of-season PIAA 9th grade and middle school sports, out-of-season Indiana Area School District sports, and outside organizations.

Game Workers

Game workers are assigned to assist with the overall operation of specific sports. The positions are assigned by the Athletic Director with the person who filled the position in the previous year provided the right of first refusal.

Hazing/Harassment/Sexual Harassment or Bullying

No forms of hazing, harassment, sexual harassment or bullying as outlined in the Indiana Area Secondary Schools Student / Parent Handbook (pages 22-26) will be tolerated.

Injuries

All injuries are to be reported to the athletic trainer. If an athlete goes to a physician or the emergency room for an injury, they will need a written note from the doctor to the coach or athletic trainer in order to return to participation. A doctor's note clearing the athlete to return is recognized as the release to begin a transition back to full participation with the exception of head injuries. The athletic trainer in coordination with the doctor will develop a plan for the student athlete to return to full participation. In addition, for any student athlete who sustains an injury that limits participation, the trainer will complete the participation plan for that student athlete. The participation plan will outline the student athletes' rehabilitation, treatment and return to full participation. Clearances from Dentists, Podiatrists, and Physicians are the only accepted clearances through the Athletic Trainer.

Legal Duties of a Coach

1. Properly plan the activity
2. Provide proper instruction
3. Provide safe physical environment
4. Provide adequate and proper equipment
5. Match your athletes with similar abilities
6. Evaluate athletes for injury or incapacity
7. Supervise the activity closely
8. Warn of inherent risks
9. Provide appropriate emergency assistance

Lettering Requirements

Following the season, the coach will provide a list of letter winners including statisticians and managers that meet the defined criteria for that sport to the athletic director. The coach will also denote the team captains. The athletic director will return a copy of the list along with the appropriate number of letters and pins to the coach to distribute to the student athletes.

Coaches may award letters to student athletes who are injured for part of the season or any senior student athlete. In addition to meeting the minimum participation requirements, all student athletes will be evaluated by their coach in regards to attitude, attendance and overall contribution to the team. If a student athlete quits or is removed from the team, the student athlete is not eligible for a letter even if they meet the minimum participation requirements.

Lightning Safety

Severe storms are common to our area. Thunder and lightning usually accompany these severe storms. Lightning can strike as far as ten miles from the area where it is raining which is usually the distance which you can hear thunder. In the event of a severe storm during an outside activity, coaches are required to stop the activity and relocate student athletes indoors at the first sound of thunder. The activity may resume 30 minutes after the last sound of thunder or bolt of lightning.

Locker Rooms

The locker rooms are meant to be a safe place for student-athletes. Locker room conduct is to be followed as such:

- Student-athletes are **NOT** to use cell phones in the locker rooms. Cell phones may be used in designated areas outside of the locker room.
- Horseplay in the locker rooms will not be tolerated. Student-athletes are expected to dress for practice/competitions and immediately report to the playing surface.

Media

It is the responsibility of all coaches of all levels to contact the media and the athletic office of results from all events. This included Indiana Gazette, Pittsburgh Post-Gazette, Tribune Review, WCCS AM1160 & 101.1FM

When being interviewed by the print or news media, it is important for a coach to represent their program, the school district and the community in an appropriate manner. The coach should always remain positive and professional. Student athletes should never address the media without a coach being in the proximity of the student athlete.

NCAA Clearinghouse

It is the responsibility of the student athlete who plans on participating in NCAA Division I or Division II Athletics to secure and complete the NCAA Clearinghouse through the guidance office. It is also the responsibility of the student athlete to ensure he/she are completing the appropriate courses to be eligible in the NCAA Division I or NCAA Division II.

Ninth Grade Participation

Ninth grade students are eligible to compete on the varsity or junior varsity athletic teams when a sport is not offered at the ninth grade level.

However, when a sport is offered at the ninth grade level, regardless of the season, a ninth grader, with permission from a parent, may be given a 21-day trial period at the varsity level to determine his/her ability to make the varsity team. Once the athlete plays and/or is placed in the official scorebook, in an official contest, they must play at level for the balance of the year. This rule is concurrent with the PIAA "Super Frosh" rule.

A coach of any ninth grade team is also able to "pull" up any eighth grade student-athlete to play on their team as long as this decision is made prior to the start of the season. That student-athlete must play up on the ninth grade team for the entirety of the season.

Out-of-Season Workouts

All out-of-season workouts will be optional for any student-athlete.

The priority of IASD coaches should be the development of all IASD student-athletes. When directing off-season teams in competitive leagues/tournaments, IASD coaches are required to offer all IASD student-athletes who participated in his/her sport the previous season the opportunity to participate. If IASD student-athletes are not available and/or interested in participating, IASD coaches may include non-IASD athletes upon prior approval from the IASD Athletic Director.

Overnight Trip Guidelines

Athletic events that involve overnight trips can be a positive team building experience. These trips also include additional expectations of the coach and student athletes which are attending. The team is a representation of not only the athletic department but also the Indiana Area School District. The following guidelines must be strictly followed while on an overnight trip.

Prior to Departure:

1. Provide a roster of student athletes, coaches, and other chaperones who are attending the trip.
2. Meet with Athletic Director
3. Provide a trip itinerary which includes date and time of departure, type of transportation, an outline of trip activities, date and time of return, etc.
4. Provide name, address, and phone number of lodging accommodation(s) along with a rooming list.
5. Provide name, address, and phone number of location(s) where sporting events will take place.

While on the Overnight Trip:

1. Review trip expectations and rules with the student athletes including lights out time.
2. Obtain keys for each room which the student athletes will be staying in.
3. Check each room prior to occupancy for damage and check each room every morning of the stay for damage.
4. Set-up procedures for supervising rooms including bed checks, curfews, light-outs, etc. throughout the entire stay.
5. Coaches and chaperones must be visible and accessible for student athletes at all times. Make sure the student athletes know which room(s) coaches and chaperones are located in.
6. The coach will be the last person to check each room prior to departure to ensure the rooms were left in acceptable conditions and then will check with hotel management at check-out to make sure there were not any problems with our student-athletes during the stay.

After the Overnight Trip:

1. Coaches will ensure proper communication with the athletic office about safe arrival home and provide information on any incidents that may have happened on the trip in regards to disciplinary actions.
2. All student-athletes will have the same amount of days to complete school work missed as the days they were on the trip. For instance, if they are away for a spring break baseball trip for five (5) school days, they will have five (5) days to complete all missed assignments without penalty.

Parent Meeting

It is recommended but not required that all head coaches will hold a parent meeting prior to the first competition. This meeting can take place during a booster meeting or at a separate time. In this meeting, the coach should provide the parents with appropriate schedules, team rules/guidelines, their philosophy and expectations for the upcoming season.

Parent-Coach Communication

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

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

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

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's expectations.

As your children become involved in the programs at Indiana, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

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

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

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

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

PROCEDURE TO FOLLOW SHOULD YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Call to set up an appointment with the coach.
2. If the coach cannot be reached, call the athletic office. They will coordinate the meeting for you.
3. Meet with the Coach
4. Do not confront a coach before, during, or after a contest or practice. The coach has a duty to supervise the team. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution and often escalate the issue.

THE NEXT STEPS - What can a parent/guardian/student athlete do if the meeting with the coach did not provide a satisfactory resolution?

1. Call the Athletic Office at (724) 463-3530 and set up an informal meeting with the Athletic Director and/or Principal to discuss the situation.
2. At this meeting, the Athletic Director and/or Principal, parent/guardian, student athlete and coach will work to resolve issue. All conflicts involving playing time, play calling, team strategy, or other student athletes will not be addressed any further. This meeting may include the Building Operations Principal.

PIAA Eligibility Requirements

AGE

A student athlete may not have reached their 19th birthday by June 30th immediately preceding the school year and 15th birthday for 7th/8th competition and 16th birthday for 9th grade competition.

AMATUER STATUS/AWARDS

A student athlete may lose amateur status by receiving money or property related to their athletic performance.

ATTENDANCE

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

PARENT/GUARDIAN CONSENT

A student athlete's parents/guardians must consent to participation in the particular sport.

PRE-PARTICIPATION PHYSICAL EVALUATION

A student athlete must have a physical evaluation performed by a licensed physician prior to each school year. If a student-athlete plays multiple sports, a recertification must be completed prior to the beginning of the second sport season.

PERIOD OF PARTICIPATION

A student athlete is only eligible for four consecutive years and eight consecutive semesters following 8th grade. A student athlete may participate in only six sport seasons for each sport during grades 7 through 12.

Postponements

The athletic director will make the decision to postpone any events due to weather or any unforeseen circumstances.

Practice Requirements

As required by the PIAA, the minimum length of preseason practice that PIAA requires in each sport applies to the team, not each individual participant in the sport. Each team must have a minimum of 5 (five) practices prior to competition. Once a team has completed the minimum length of preseason practice required in a sport, whether or not an athlete who has completed less than that amount of preseason practice in the sport may participate is a matter left to the discretion of the PIAA member school.

Practice Schedule

Coaches are required to prepare a practice schedule for their sport season. The practice schedule will be given to all student-athletes on their team and also submitted to the athletic director. Student athletes can only participate in practice or competition for six days during any calendar week. Practices are prohibited on all major holidays unless approved by and arrangements are made with the athletic administration.

Pre-Participation Physical Evaluation

All student athletes must pass a pre-participation evaluation and have a completed physical booklet on file with the athletic director before participating in any practices or competitions. Coaches are responsible for notifying the prospective student-athletes of the physical cutoff date. Student-athletes at their own cost may be evaluated by their personal physician. The student-athlete will also complete a PIAA emergency form and sign the Student-Athlete Code of Conduct prior to competing. **Student-athlete emergency information should be carried by the coach at all times.**

Rosters

Coaches are required to submit a roster of the athletes on their team to the athletic director by the end of the second week of practice. The roster should include all pertinent information (name, grade, number, position, etc.). In addition, throughout the season, coaches will keep the athletic director updated on any changes in the roster.

Rules Interpretation Meetings

Prior to the start of the sport season, head coaches in the following sports: football, boys' soccer, girls' soccer, volleyball, boys' basketball, girls' basketball, swimming, wrestling, softball, baseball, boys' track and field, and girls' track and field are required to attend the mandatory rules interpretation meeting to understand any rules changes or new rules for their sport. Coaches should check the PIAA website for their meeting date, place, and time. The meeting is mandatory and missing the meeting will result in fines from the PIAA and suspension from the playoff participation.

Scheduling Athletic Events

The athletic office schedules all athletic contests and scrimmages. Coaches are able to make scheduling suggestions that will be considered. Coaches may submit a list of opponents or tournaments they would like scheduled following the completion of the season.

School Closing

When school is closed for weather related reasons, all games and competitions will be postponed. If the weather improves, teams may be able to have an optional practice with the approval of the athletic director, building principal or superintendent.

Season Summary

Following the completion of the season, the coach will submit a season summary including the number of athletes beginning and finishing the season, season statistics, team statistical records, etc.

Sportsmanship

The PIAA and its member schools are strongly emphasizing the importance of good sportsmanship.

GAIN AN UNDERSTANDING AND APPRECIATION FOR THE RULES OF THE CONTEST.
The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of good sportsmanship depends on conformance to a rule's intent, as well as to the letter of a given rule.

EXERCISE REPRESENTATIVE BEHAVIOR AT ALL TIMES.
A prerequisite to good sportsmanship requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

RECOGNIZE AND APPRECIATE SKILLED PERFORMANCES REGARDLESS OF AFFILIATION.
Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents good sportsmanship but also reflects a true awareness of the contest by recognizing and acknowledging quality.

EXHIBIT RESPECT FOR THE OFFICIALS.
The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contest are a part of the contest. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of good sportsmanship is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

DISPLAY OPENLY A RESPECT FOR THE OPPONENT AT ALL TIMES.
Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team or family. This fundamental is the Golden Rule in action.

DISPLAY PRIDE IN YOUR ACTIONS AT EVERY OPPORTUNITY.
Never allow your ego to interfere with good judgement and your responsibility as a school representative. Regardless of whether you are an adult, student, athlete, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

SPORTSMANSHIP PIAA GUIDELINES FOR THE COACH

-Exemplify the highest moral character, behavior, and leadership; adhering to strong ethical and integrity standards.
-Respect the integrity and personality of the individual athlete.
-Abide by and teach the rules of the contest in letter and in spirit.
- Set a good example for players and spectators to follow. Please refrain from arguments in front of players and spectators. No gestures that indicate contest officials or opposing coaches do not know what they are doing or talking about; no throwing of any object in disgust. Shake hands with contest officials and opposing coaches before and after the contest in full view of the public.
-Respect the integrity and judgment of contest officials. The officials are doing their best to help promote athletics and the student/athlete. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of all people at the event.
-Display modesty in victory and graciousness in defeat in public and in meeting/talking with the media.
-Please confine your remarks to contest statistics and to the performance of your team.
-Instruct participants and spectators in proper sportsmanship responsibilities and demand that they make sportsmanship the top priority.
-Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.
- Be no party to the use of profanity or obscene language, or improper actions. Do not permit student-athletes to use profanity during practice sessions.

Failure to abide by the Code of Ethics listed above will result in disciplinary action ranging from a written warning to immediate removal from coaching duties as determined by the athletic director, building principal, and district superintendent. The degree and frequency of the violation will be considered when determining appropriate consequences.

Sunday Practice Guidelines

In a rare occasion, coaches may elect to hold a practice on Sunday. If the coach chooses to practice on Sunday, the following guidelines must be adhered to:

1. Per PIAA rules, coaches must ensure that student athletes have one day off in the calendar week (Sunday-Saturday).
2. Sunday practices are only held in-season when there is a contest or playoff game on Monday.
3. Sunday practices are optional.

Supervision

Coaches are to provide proper supervision at all times. This includes before and after practices and competitions. It also includes all areas while practicing such as the weight room and the cardio room

Suspension from Participation/Removal from Team

As a student athlete, students may receive the following consequences for any off school property conduct such as, the violation of the law and or drug and alcohol use, or any offense deemed punishable by the coaching staff. Coaches must immediately notify the athletic director of such occurrences. Additionally, should any student violate the school handbook, dependent upon the severity, they may be removed from the team.

Any student who verbally or physically confronts a P.I.A.A. official can be suspended from the team for the remainder of the season or for a certain number of games depending on the severity of the confrontation. If the confrontation takes place at the last contest and the student is a senior, school discipline will take effect.

Any student who verbally or physically confronts a player/coach from another team or their own team during or after an athletic practice/contest can be suspended from the team for the remainder of the season or for a certain number of games depending on the severity of the confrontation.

Team Rules/Guidelines

The discipline of the team is the coaches' responsibility. Each coach will create specific team rules which will include specific discipline/consequences which correspond directly to specific infractions. Coaches will provide a copy of their team rules/guidelines to the athletic director. Coaches should also go over these rules/guidelines with their student athletes and also the student athletes' parents. Coaches should have the student-athlete and their parent sign a form stating the rules have been explained to them. Any rules not covered by the athletic handbook (missed practice, missed practice before a game, dressing up the day of game, behavior at practice, etc.), may be created by the coach.

Track/Turf Field Use Guidelines

All parents, athletes, coaches and officials using the athletic facilities at the Indiana Area School District should treat the facilities with great care and respect. To this end, the following rules should be strictly adhered to at all times:

1. The track is only open for use from dusk to dawn to the public unless there is an organized IASD athletic event or practice. No one in facility after sunset except for an organized school competition or activity.
2. Spectators are required to sit in the bleachers. Only players, coaches, and officials are allowed onto the fields or the track.
3. No jumping of fences: everyone must use the appropriate gate.
4. Only turf shoes, sneakers, or rubber cleats are allowed on the turf field.
5. The following are not allowed on the track at any time:
    a. Bikes, roller blades, skateboards, any wheeled apparatus, etc.
    b. Shoes with spikes (pyramid or pin) longer than 1/8 inch.
    c. Chairs, tables, canopies, or other potentially damaging objects.
6. Runners, joggers, and walkers please use three outside lanes
7. Pets are not permitted in facility.
8. No smoking is permitted on property.
9. No food or drink other than water is allowed on the track or turf field. In particular, no chewing gum is allowed.
10. Unauthorized use of the facilities is strictly prohibited. Any organization using the facilities must complete the appropriate building use form and process.

The Indiana Area School District has made a tremendous investment into our athletic facilities. We want to continue to enjoy our facilities well into the future. It is the responsibility of all coaches, game workers, and support staff to assist with the enforcement of these guidelines.

Training Room

1. Due to the number of athletes requiring care, a priority system is in effect.
    A. Athletes in need of emergency treatment
    B. Athletes who have an away contest and need taping/care.
    C. Athletes who have a home game and are in need of taping/care
    D. Athletes requiring treatment and are practicing
    E. Athletes unable to practice
    F. Please be patient
2. No equipment shall be unlocked and used unless the athletic trainer is present.
3. Athletes are only to be in the training room for a specific purpose or injury.
4. Athletes should be on time for their treatment or assistance.
5. Coaches will be assigned a first-aid kit. It is the coaches' responsibility to have the kit with them and to return the kit promptly following the season.
6. The athletic trainer will restock the kit but it is the coaches' responsibility to bring the kit to the training room at a mutually agreed upon time.
7. No student-athletes will be on the computer unless there is a proctor present for an IMpact test.
8. Have a designated player/manager to pick up and fill any coolers.

Coaches should check up on the progress of any student-athlete on their team by meeting with the athletic trainer. The athletic trainer's recommendation will always be followed until the student-athlete gets clearance from a doctor or specialist

Transportation

Transportation for all athletic contests, scrimmages and when necessary, practices will be arranged by the Athletic Director and Transportation Director. Departure times will be scheduled and published for coaches, players, custodians, faculty and administration.

Student-athletes **MUST** use school-provided transportation to all athletic contests and scrimmages unless prior arrangements have been made with the administration. In addition, student-athletes who are transported by school-provided transportation to events **MUST** return by school-provided transportation unless parental permission is received personally by the head coach. Coaches **MUST** always accompany players on the bus.

In special circumstances with the approval of administration and arrangements can be made, the coach is permitted to travel to an event without accompanying his/her players.

Bus conduct **MUST** be closely supervised. Infractions of proper bus conduct should be reported to administration for appropriate disciplinary action. Student-athletes are students of the district and are therefore subject to the rules and regulations of the district approved Discipline Code.

Use of Buildings/Grounds

Coaches/booster clubs must request the use of the buildings/grounds through the athletic office. The request must be made for the following activities: team meetings, booster club activities, tournaments, open gyms, conditioning, summer camps, etc. The coach/club is responsible for securing the facility when the activity is complete including locking appropriate doors, cleaning up, storing all equipment in proper locations, and making sure lights are off. If using a building/grounds on the weekends, please contact the athletic director when you arrive and when you leave, ensuring the proper opening/closing steps are taken for the facility.

Volunteer Assistant Coaches

Volunteer coaches shall be, at all times, under the supervision of an authorized salaried coach. All volunteer coaches must be approved by the athletic office and must have on file all required clearances and courses.