



Athlete & Parent Handbook

**York Catholic High School
Athletics Department**

2010-2011

INTRODUCTION

This handbook includes policies and procedures for York Catholic High School athletes and their parents. Please accept this handbook in the spirit in which it has been prepared, refer to its contents frequently, and feel free to make suggestions for its improvement.

PURPOSE

The purpose of interscholastic athletics at York Catholic is to foster in our students the Gospel values of Jesus Christ as articulated in the Roman Catholic tradition. We hope to accomplish this by teaching our students a sense of responsibility, leadership, and sportsmanship. As part of the total program of the high school, athletics can be an important avenue for the growth of our students spiritually, mentally, and physically. Athletics help the students identify individual abilities and interests. Athletics are never considered an end to themselves, but are part of the total high school experience.

ELIGIBILITY

A student's eligibility to participate in the interscholastic athletic program at YCHS is a privilege. An athlete does not confer any honor or favor upon the school by his participation, but rather the school honors and confers a favor upon the student by allowing him/her to represent the school in any athletic event. Hence, unsportsmanlike conduct is a betrayal of a trust and may result in the forfeiture of this privilege and dismissal from the team. A student's eligibility to participate in the interscholastic program is determined by any rules and regulations of the Pennsylvania Interscholastic Athletic Association (PIAA), the York Adams Interscholastic Athletic Association (YAIAA), any further regulations established by the school for eligibility, scholastic standing, and academic status. All students must be in good academic standing to try-out for any team. Students and parents must sign a contract to participate in athletics.

In its efforts to lead students to academic achievement and proper behavior, the administration and faculty of YCHS observe the following criteria for student participation in extracurricular activities:

- Any athlete who is ejected from a game or contest for unsportsmanlike conduct will be ineligible to participate in that sport for the next game.
- If a student fails three or more major subjects at the end of an official marking period, he/she is ineligible to participate in any extra-curricular activities until the completion of the next marking period.
- If a student received a weekly failure report in more than one major subject, he/she is ineligible to participate in any extra-curricular activities during the upcoming week (Monday through Sunday). This includes any extra-curricular activities occurring on YCHS property. If at the end of the one-week ineligibility period a student no longer has two or more failure reports in subject areas, he/she may resume participation in extracurricular activities. In cases where a student continues to have two or more failure reports, his/her ineligibility is extended for the next one-week period.
- Students who are on the ineligibility list any three weeks during a sport season will become ineligible for the rest of that sport season.
- Three detention infractions in a marking period will result in a student being declared ineligible for an athletic practice. The fourth infraction will result in a missed game/event. The fifth infraction will result in removal from the team/activity.
- A student can be dismissed from the team/squad for the remainder of the season for any of the following reasons:
 - Stealing
 - Selling, possession, use of or under the influence of drugs/alcohol
 - Any form of bullying or fighting
 - Unsportsmanlike conduct
 - Any type of conduct which brings disfavor upon the school. These rules apply to the student/athlete both in and out of school during the season of competition. (If a student is dismissed from a team or squad, the student's picture will not appear in the yearbook. This includes senior individual pictures for that particular sport.)

AVAILABLE SPORTS

Senior High

Football	Fall	Swimming	Winter
Girls' Volleyball	Fall	Wrestling	Winter
Golf	Fall	Boys' Lacrosse	Spring
Girls' Tennis	Fall	Girls' Lacrosse	Spring
Boys' Soccer	Fall	Boys' Tennis	Spring
Cross Country	Fall	Baseball	Spring
Cheerleading	Fall & Winter	Girls' Soccer	Spring
Boys' Basketball	Winter	Track & Field	Spring
Girls' Basketball	Winter	Softball	Spring

Junior High

Football	Fall	Boys' Basketball	Winter
Cross Country	Fall	Girls' Volleyball	Spring
Cheerleading	Fall & Winter	Track & Field	Spring
Girls' Basketball	Winter		

TEAM CLASSIFICATIONS

- Varsity (V) – usually 10, 11, 12 grade students
- Junior Varsity (JV) – usually 10 and 11 grade students
- Junior High Varsity (JH) – usually 9 grade students
- Junior High Junior Varsity (JJ) – usually 7 and 8 grade students

A player may be asked to play up to the next team. Students in grades 7 or 8 are not permitted to play up to any high school level team.

SIGN-UPS / REGISTRATION

Each sport holds a registration or sign-up immediately before or after a designated school day. Athletes should listen to announcements for the assigned day and location. Dates are usually posted on the YC website calendar. Incoming 7th graders receive athletic registration information in their admissions packets.

TRYOUTS

Many sports use tryouts to control the number of players on a team to make sure that each player gets a chance for quality playing time. Each coach uses their own discretion for determining their team.

PHYSICALS

The Pennsylvania Interscholastic Athletic Association requires all student-athletes to have a physical each year. Physicals can be scheduled with your own physician or on the specified York Catholic date in June at Orthopaedic and Spine Specialists. The Comprehensive Initial Pre-participation Physical Evaluation (CIPPE) form is available on the YC website on the Forms & Documents page in the Medical/Athletic section (PIAA Sports Physical Form).

Note to parents of athletes entering Grade 11: The Department of Health requires a physical for your child when entering grade 11. The form used by the DOH is different from the form used by the PIAA. Please be sure to take BOTH forms to your doctor. Please note – Orthopaedic and Spine Specialists does not offer the school physical required by the Department of Health. They only offer the sports physical required by the PIAA. The Department of Health form is available on the YC website on the Forms & Documents page in the Medical/Athletic section (School 11th Grade Physical Information) and (School Physical Form - Private Physician).

Due to a mandate passed by the PIAA, York Catholic is required to have your child return to your physician to have his/her physical re-certified due to injury or illness sustained after submitting the physical paperwork. The Comprehensive Initial Pre-participation Physical Evaluation (CIPPE) form is available on the YC website on the Forms & Documents page in the Medical/Athletic section (PIAA Sports Physical Form). Section 5 needs to be completed, signed, and dated by the parent or guardian of the student/athlete. Section 6 must be completed, signed, and dated by a physician. Both sections must be completed and returned to allow participation in any sport seasons. To receive a copy of sections 1-4 that are on file at York Catholic, please contact the York Catholic High School Athletic Department. This recertification process is a PIAA ruling and York Catholic High School seeks to put the health and safety of our student-athletes first. Following PIAA direction is a part of this goal. We thank you in advance for your cooperation and understanding. If you have any questions, please feel free to contact the York Catholic High School Athletic Department.

ImPACT TEST

All interscholastic athletes and cheerleaders are required to take an ImPACT Test (Immediate Post-Concussive Assessment and Cognitive Testing) to establish a cognitive baseline for sports concussions. This is an established technology used in order to determine the return to play/activity guidelines for athletes who have sustained a concussion. The test is administered on a computer. The initial baseline is adequate for two years. Therefore, if an athlete participated on a YC team last season and had an ImPACT test, he or she is not required to repeat it this season. Proof of completion of the baseline ImPACT test is required to be on file prior to an athlete participating in practice.

OPENING DAYS OF PRACTICE

Fall Sports	August 16, 2010
Winter Sports	November 19, 2010
Spring Sports	March 7, 2011

PRACTICES

All practices and games are mandatory beginning with the opening day of the season. The coach must be notified if an athlete cannot attend a practice or a game.

UNIFORMS / EQUIPMENT

Team uniforms are provided by the school. The care of the uniform is the responsibility of the player during the season. Uniforms are normally collected at school the first week after the last game. Announcements will be made at school. Please be sure to ask your child for the date so the uniform can be cleaned before being returned. Some items not supplied by the school include: sneakers, cleats, socks, lacrosse sticks, knee pads, mitts, goalie gloves, swim goggles, girls' lacrosse goggles, boys' lacrosse shoulder pads and helmets. Please check with coach at the start of the season for specific equipment that may be needed.

PROPER ATTIRE WITHIN THE BUILDING

The following dress code is in effect for athletes when they play, practice, and use the weight room:

- The wearing of tight fitting shorts is prohibited
- Ladies tops will reach the top of their shorts and will have an acceptable neckline
- Boys' pants will be at waist level with no boxer shorts visible
- Writing on shirts will be appropriate with no alcohol advertisement or double meaning

PROPER ATTIRE FOR HOME AND AWAY GAMES

The athletes are representing York Catholic when traveling off campus. In the spring or fall, the dress code for boys is shirt and tie or school golf shirt, dress slacks, and shoes. The dress code for boys in the winter is shirt, tie, sweater, dress slacks, and shoes. The dress code for girls leaving from school for afternoon games is the school uniform of the season. For night events, girls should follow the dress up school dress code. Some teams will travel to away games in school-provided warm-ups. Students will never be allowed to wear jeans or sneakers to or from the game. Students will follow the same dress code after the game, even those who will ride home with their parents.

ATTENDANCE AT SCHOOL FOR PARTICIPATION

Any student who has an *excused* absence from school for part of the school day must be present in school by 12:00 noon in order to participate in any after school practice or scheduled event on that day. There are exceptions: funerals, college visits, etc. Any student who is not present in school on time the day after participating in an evening game, may become ineligible to participate in all extra-curricular activities that day.

EARLY DISMISSAL FOR AWAY GAMES

Dismissal time is determined by the travel time to the away game and is established by the athletic director. Students are informed of their dismissal time at school. The time is also posted on the highschoolsports.net calendar. Athletes are to report immediately to their designated athletic area not wasting any time at the time of dismissal from class. It is the responsibility of each student to complete any missed assignments or tests.

MEALS FOR AWAY GAMES

Students should pack a meal for away games if the games are scheduled during a meal time. Buses do not make meal stops on the way to or from a game. Some team parent groups choose to prepare bag lunches or a meal for their teams, but this is not required. Any use of the kitchen or cafeteria must be scheduled with Barbara Bucher at 846-8871 x51 or bbucher@yorkcatholic.org. Team parent groups are responsible for providing all utensils, paper goods, food, and drinks. Set-up and clean-up is also the responsibility of the team parent group.

TRANSPORTATION TO / FROM AWAY GAMES

The following guidelines have been established for the safety of the athletes:

Appropriate transportation will be provided for all athletic teams involved in a game immediately after school. Transportation will also be provided for all night games which are outside of the greater York City area. (Some teams will car pool for games close by, as we have done in the past.) At no time will an athlete be allowed to drive to or from a game when a bus is provided.

If for some special reason a player needs to be driven to a game by a parent or guardian, a request must be made in writing to the Athletic Director. The Athletic Director will grant permission in writing to the player who must present the written permission to the coach prior to the bus departure.

Students not riding the bus after the game must give the coach a signed note from their parent or guardian that the parent or grandparent is transporting the child home. The student is never allowed to leave with any adult other than their parent, guardian, or grandparent unless prior arrangements have been made through written request to the Athletic Director at least 24 hours prior to the game. The Athletic Director will grant permission in writing to the player who must present the written permission to the coach.

INCLEMENT WEATHER / SNOW DAYS FOR PRACTICE/GAMES

During severe weather conditions, changes in the school schedule are announced on radio WSBA 910 AM and WARM 103 FM, WGAL-TV, and on the web at www.yorkcatholic.org and www.highschoolsports.net. If school is dismissed early because of deteriorating weather conditions, any games or practices scheduled for the remainder of the day are automatically canceled per YAIAA rules. If school was not open for the day because of weather, the coach may make a judgment, with the Athletic Director, concerning the weather forecast and road conditions later in the day and arrange for the holding or cancellation of any scheduled practices. In this case, the coach is responsible for contacting all players and managers regarding the holding or cancellation of practice. The safety of students should NEVER be compromised. Any practices in such situations are to be OPTIONAL, not only in stated policy, but IN FACT. Decisions on games will be made by the Athletic Director. Game cancellations will be reported through the websites listed above.

STUDENT COUNCIL & OTHER EXTRA-CURRICULAR ACTIVITIES

All students are excused from practice to attend Student Council meetings unless there is a game scheduled at that time. For all other student meetings, coaches are asked to cooperate as best as they can and as long as the students are not abusing the request to be excused from practice.

ATHLETIC TRAINER

York Catholic contracts with Orthopaedic & Spine Specialists for a full time athletic trainer during the school year. Kyle Smink attends all varsity practices and also attends the home games of all sports to provide medical aid to YC and visiting teams. He treats injuries and is an active participant in injury rehabilitation through direct contact with the orthopedists at OSS. He is also involved in evaluating and deciding when an athlete is safe to return to play. He holds a Masters degree in Exercise and Sports Science and is certified by the National Athletic Trainers Association Board of Certification.

INJURIES

If your child is injured during practice or a home game, he will be evaluated by the athletic trainer. It is advised that you do not take your child to the hospital or to your doctor without the athletic trainer evaluating the athlete first. The athletic trainer can accelerate testing appointments and be your partner in getting your child on the road to recovery.

MEDICATIONS

Following state regulations, medications cannot be provided to athletes or students. We do, however, wish to assist parents where a child has a chronic medical condition that may require daily or periodic medication, either prescription or over-the-counter. For such instances, we require a note from parents for permission, instruction from the family physician ordering the medication, and the required medication in its original container. No medication, including over-the-counter medication, is to be given to any student without such documentation.

COMMUNICATING WITH THE COACH *(from responsiblesports.com)*

Empowering Your Child to Speak

There are several advantages to having your children, rather than you, speak directly to the coach. Many coaches are more open to suggestions from players than from parents. The biggest plus is that this can be an empowering experience for children, even if they don't get the change they want. Mastering the courage to talk to the coach can be a great life lesson. Your children may gain important experiences about dealing with people above them in the power structure, at school or in future jobs, by talking with the coach on their own.

When You Need to Intervene

You would only have your children take up an issue with their coaches if you believe the coaches are basically well-meaning people trying to do the right thing. The sad truth is that some coaches do not always put their players' interests first. If the coach is abusive to players, you must intervene. Youth sports has no place for a coach who verbally or physically intimidates athletes. You would never allow a teacher to bully or humiliate a student, and you must not allow it from a coach, even one who often gets a pass due to scoreboard success. If a

child is against the idea, but you believe the situation demands that you intervene, say, "I understand that you don't want me to talk with your coach, but I believe that this is so important that I have to do it."

Approaching the Coach

If you are angry about the situation, gain control of yourself and know exactly what you want to say. Contact the coach for a time and place where only the coach can hear you—not during a game or practice, and not where you might be overheard, which could make the coach more defensive. Be prepared to support your assertions with specific examples. Then listen carefully to what the coach says in reply. If the results are unsatisfactory, you may need to go higher up in the organization (athletic director), and you should be open with the coach that this is your next step. Again, be clear about what you want to say when you meet the athletic director. Even though intervening feels uncomfortable, remember you are not just standing up for your child, but also for all of the other children that play on the team, or who might play for this coach in future seasons.

PROPER CHANNELS FOR COMMUNICATION

If there are issues you wish to discuss, please speak with the coach first. If you feel the issue is unresolved after your conversation, contact the athletic director. The principal should be contacted if the issue cannot be resolved at the athletic level. Please adhere to these steps. You will be asked if you have followed the proper chain of command.

ISSUES APPROPRIATE / INAPPROPRIATE FOR DISCUSSION

Appropriate

Skills your child needs to improve
Treatment of your child by coaches or teammates
Health or behavioral issues of your child

Inappropriate

Amount of playing time your child receives
Game strategies and decisions
Other players

RESPONSIBLE CONVERSATION: PARENT & COACH *(from responsiblesports.com)*

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Recognize the Coach's Commitment

Coaches commit many, many hours of preparation beyond the hours spent at practices and games. Recognize that they do not do it for the pay! Try to remember this whenever something goes awry during the season.

Make Early, Positive Contact with the Coach

As soon as you know who your child's coach is going to be, introduce yourself, let him or her know you want to help your child have the best possible experience, and offer to assist the coach in any way you are qualified. Meeting the coach early and establishing a positive relationship will make conversation easier if a problem arises during the season.

Fill the Coach's Emotional Tank

When coaches are doing something you like, let them know about it. Coaching is a stressful job, and most coaches only hear from parents when they have a complaint. A coach with a full Emotional Tank will do a better job.

Don't Instruct During a Game or Practice

Your child is trying to concentrate amid the chaotic action of a game *and* do what the coach asks. A parent yelling instructions rarely helps. More often than not, it confuses the child, adds pressure and goes against the coaches' instruction, which undermines the player-coach relationship, the player-parent relationship and the parent-coach relationship.

Don't Put the Player in the Middle

When parents share their disapproval of a coach with their children, it puts the children in a bind. Divided loyalties hinder people. Conversely, when parents support a coach, it is easier for children to put forth maximum effort. If you think your child's coach is mishandling a situation, *do not* tell your child. Just take it up with the coach.

Observe a "Cooling Off" Period

Wait to talk to the coach about something you are upset about for at least 24 hours. Emotions can get so hot that it's much more productive to wait a day before contacting the coach. This also gives you time to consider exactly what to say.

SPORTSMANSHIP *(from piaa.org)*

Integrity, fairness, and respect are lifetime values taught through athletics. They are also the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results. The following is a guideline for Sportsmanship as outlined by the Pennsylvania Interscholastic Athletic Association (PIAA).

1. 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.

2. 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.

3. 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.

4. Exhibit respect for contest 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 a contest 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.

5. 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.

6. Display pride in your actions at every opportunity.

Never allow your ego to interfere with good judgment 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.

GUIDELINES FOR BEHAVIOR *(from piaa.org)*

For the Coach

- Exemplify the highest moral character, behavior, and leadership; adhering to strong ethical and integrity standards. Practicing good sportsmanship is practicing good citizenship!
- 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 which 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 No. 1 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.

For the Student-Athlete

- Accept and understand the seriousness of responsibility, and the privilege of representing your school and your community.
- Live up to the standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the contest thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the sport.
- Treat opponents the way you would like to be treated, as a guest or friend. Who better than yourselves can understand all the hard work and team effort that is required of your sport!
- Wish opponents good luck before the contest and congratulate them in a sincere manner that you would like to be greeted following either victory or defeat.
- Respect the integrity and judgment of contest officials. The officials are doing their best to help promote you and your sport. 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 the officials and all people at the event.

For the Cheerleader

- Understand the seriousness and responsibility of your role, and the privilege of representing your school and your community.
- Learn the rules of the contest thoroughly and discuss them with parents, fans, fellow students, and elementary students. This will assist both them and you in the achievement of a better understanding and appreciation of the sport.
- Treat opposing cheerleaders the way you would like to be treated, as a guest or friend. Who better than you can understand all the hard work, training, and team effort that goes into a cheering squad?
- Wish opposing cheerleaders good luck before the contest and congratulate them in a sincere manner following either victory or defeat.
- Establish standards of desirable behavior for the squad and attempt, in a cheerful manner, to transfer that to your spectators.
- Select positive cheers that praise your team without antagonizing the opponents.
- Encourage a positive crowd alternative when booing or an inappropriate chant begins by starting a popular cheer.
- Use discretion in selecting the times to cheer. Give the opposing school the same amount of time your squad would want in performing cheers, and treat opposing players like you would treat your own team.

- Give encouragement to injured players and recognition to outstanding performances for both teams.
- Respect the integrity and judgment of contest officials. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of your team and your community in the eyes of the officials and all people at the event.

For other Support Groups (band, Crazyies, Athletic Association, etc.)

- Establish themselves as leaders in their conduct before, during and after contests. Always provide positive support for your team, rather than intimidating or ridiculing the other team.
- Assist cheerleaders with cheers, chants, etc., and be a working part of pep assemblies, with preparation, organization, and involvement.
- Treat opposing players, coaches, spectators, and support groups with respect and enthusiasm.
- Conduct themselves in an exemplary manner. Remember, you represent your school both home and away.
- Respect the integrity and judgment of contest officials. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of your group, your team, and your community, in the eyes of all people at the event.
- Be an exemplary role model by positively supporting teams in every manner possible, including content of cheers and signs.

For Spectators

- Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team and its fans.
- Remember that interscholastic athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people as you would praise a student working in the classroom.
- A ticket is a privilege to observe the contest, not a license to verbally assault others and be obnoxious.
- Learn the rules of the contest so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your own home.
- Respect the integrity and judgment of contest officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, tobacco, etc.) before, and during contests, and afterwards on or near the site of the contest (i.e. tailgating).
- Use only those cheers that support and uplift the teams involved.
- Recognize and compliment school and athletic administrators for their efforts in emphasizing the educational benefits of interscholastic athletics and the role of good sportsmanship to that end.
- Be a positive role model through your own actions and by censuring those around you whose behavior is unbecoming.

For School Administrators

- Develop a program for teaching and promoting the ideals and fundamentals of good sportsmanship within the school, the conference/league, and PIAA.
- Provide appropriate supervisory personnel for each contest.
- Support participants, coaches, and fans whose team displays good sportsmanship.
- Recognize exemplary behavior and discourage undesirable conduct by participants, coaches, and fans.
- Attend contests whenever possible and function as a role model - show good sportsmanship. This includes communicating with spectators during a contest as to what is acceptable and unacceptable behavior.

Acceptable Behavior

- Applause during introduction of players, coaches, and contest officials.
- Accept all decisions of contest officials.
- Cheerleaders lead fans in cheers in a positive manner.
- Handshakes between participants and coaches at end of contest, regardless of outcome.
- Treat competition as a contest, not a war.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at the end of a contest for performances by all participants.
- Everyone showing concern for an injured player, regardless of team.
- Encouraging surrounding people to display only sportsmanlike conduct.

Unacceptable Behavior

- Disrespectful or derogatory cheers, chants, songs, or gestures.
- Criticizing contest officials in any way.
- Cheers that antagonize an opponent.
- Refusing to shake hands or give recognition of good performances.
- Blaming a loss on contest officials, coaches, or participants.
- Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger.
- Doing own cheers instead of following the lead of cheerleaders.
- Wearing extreme or unusual clothing or excessive body paint that detracts from the contest.

WEIGHT ROOM

The York Catholic weight room is a 2,800 square foot facility that features over 10,000 lbs. of free weights, 2,000 lbs. of dumbbells, (3) power lifting platforms, and top of the line Hammer Strength, Body Masters, and York Barbell equipment. Its cardiovascular equipment features (3) Star-Trac treadmills, a PT4000 step master, and a Schwinn Air-Dyne fan bike. The weight room is also equipped with numerous speed, agility, and plyometric equipment (including medicine balls, jump boxes, resistance bands, agility ladders, hurdles, etc.). The YCHS strength and conditioning program is designed to allow student-athletes the ability to train in a safe and effective manner to gain the power and explosiveness they need for their desired sport. Programs are designed for specific sports and abilities. The weight room is available for use by current students and staff. Hours of operation vary since students are only permitted in the weight room when a coach is present. Guidelines for using the weight room are posted on the YC website and in the weight room.

Weight Room Guidelines

- Students are not permitted in the weight room without a coach or weight room supervisor present.
- **NO** horseplay at any time.
- Optimize your time – **NO LOITERING**. The weight room is not for social gatherings!
- Food, soda, or gum is **NOT** permitted in the weight room. Water only!
- Cell phones may **NOT** be used in the weight room.
- Do not bring personal equipment, bags, extra clothing, etc. into the weight room. All personal items must be stored in the locker room.
- All users must wear workout clothes – closed toe/heel shoes, t-shirts, shorts, sweats, etc. No open toe shoes, sandals, jeans, hats, are permitted when working out. The wearing of tight fitting shorts is prohibited. Ladies' tops will reach the top of their shorts and will have an acceptable neckline. Boys' pants will be at waist level with no boxer shorts visible. Writing on shirts will be appropriate with no alcohol advertisement or second meaning.
- Do not enter the weight room with mud or sand on your shoes. No cleats permitted.
- Be sure to file your folder after your workout and return pens and timers to the filing cabinet.
- Always use correct lifting technique and never lift more weight than you can safely handle.
- Share equipment – If others are waiting to “work in,” allow them in between your rest periods. Also, if someone allows you to “work in,” be respectful of them and complete your exercises at a reasonable pace.
- Safety collars must be used on Olympic bars at all times. Please use a spotter when necessary.
- Remove the weights from the bars and return all equipment to its proper place when you are finished at a station. Do not put heavy weights on top of smaller weights.

- Wipe down your exercise equipment after use and wipe the sweat from the pads with a towel and cleaner when you finish at a station.
- There is a 20-minute maximum time limit on all cardio equipment during busy times. Please be courteous to others who are using the facility.
- Take care of the equipment and report damages or misuse to the supervisor.
- Weights may not be removed from the weight room.
- Be courteous and treat all people with respect.
- The supervisor controls the stereo and only pre-approved music is permitted.
- Everyone needs a lifting/workout program. See the weight room supervisor, strength training instructor, or a coach for assistance.

NUTRITION

There is very helpful information on the York Catholic website regarding nutrition (Athletics section, bottom of Strength & Conditioning page). Athletes need to eat proper meals and stay hydrated before, during, and after practices and games.

RECOGNITION

York Catholic has a proud tradition of team play. Therefore, special recognition is not given for individual achievements. A game is not stopped when a player reaches 1000 points and a track meet is not suspended while a record breaking run is acknowledged. If the achievement occurs at an away game, recognition is under the discretion of the host school. York Catholic will recognize the achievement at the next home game or appropriate time. Coaches or the athletic director provide the principal with team and individual accomplishments to be recognized during morning announcements at school. The coaches and athletic director also provide the local newspapers with home game scores. League, district, and state champions are recognized on the YC website and at the end of year school awards ceremony. Banners are also placed in the gym to recognize league, district, and state champions. In polling other schools in our area and in our diocese, this is on par with the protocol followed by those schools.

SENIOR PARENT NIGHTS

Each sport holds a special game where senior athletes and their parents are recognized and honored for their participation in representing York Catholic through athletics. The recognition usually occurs during the final home game of each sport. Parents are encouraged to attend and escort the player during their time of recognition.

PARENT GROUPS & TEAM PARENT

At Meet the Teams night, time is set aside for parents to gather to designate a team parent. This parent is the coordinator of any parent group activities, senior day, and coach's gifts. He or she is also responsible for the coordination of communications among the parents.

END OF SEASON CELEBRATIONS

Team parent groups are responsible for coordinating any end of season celebration for the team. These gatherings are not required. Most take the form of informal pizza parties or pot lucks. Any use of the kitchen or cafeteria must be scheduled with Barbara Bucher at 846-8871 x51 or bbucher@yorkcatholic.org.

COLLEGE RECRUITMENT

York Catholic's coaches and athletic director are contacted by many colleges and universities throughout the year regarding our athletes. Please contact the athletic director about the recruiting process, regulations, and registering with the NCAA Clearing House so the school can be an active partner in finding the best academic and athletic match for your child.

SUMMER LEAGUES & CAMPS

Many athletes have the opportunity to play their sport in various summer leagues and/or summer camps. Please talk with your coach about summer league and summer camp opportunities.

APPAREL / SPIRIT STORE

Coaches and teams must place their requests for clothing items related to team sports through the school spirit store coordinator. This would include sweatpants, shorts, sweatshirts, t-shirts, etc. If parents want to coordinate an effort to order such items for a particular sports team please contact the spirit store coordinator. The coordinator will work with you regarding logos, styles, and colors and will place the order and determine the price based on the request. The coordinator will also work with you to get the ordered items to you in a timely manner. Please refer to YC's website for other items that are on sale through the spirit store.

LOGO & IDENTITY USAGE

York Catholic's identity may not be used by any source other than the school. This includes the school name and any logos associated with the school. The leprechaun logo may no longer be used on any new promotional items or uniforms.

HIGHSCHOOLSPO RTS.NET

This website is available through a link on the York Catholic website and is the primary calendar for athletics. The website shows complete schedules and allows you to be notified of schedule changes through email. This website is used by nearly every school in the YAIAA.

YORK CATHOLIC WEBSITE

Coaches post important information regarding season preparation, tryouts, practices, etc. on www.yorkcatholic.org. Go to the Athletics section, then click on Available Sports. Click on the appropriate sport for the most recent update. If you are not receiving information from the coach, please ask him or her to use this service.

ATHLETIC ASSOCIATION

It is the mission and purpose of the York Catholic Athletic Association to raise awareness of, participate in, and partially funds for all the athletic programs sponsored by York Catholic High School. It is the belief of the York Catholic community that sports play a role in the growth of many students and it is the desire of this community to support and promote all sports to this end. The Athletic Association welcomes members at any time. Athletic Association meetings are held as needed and dates are posted on the YC calendar. Meeting minutes are kept on file for one year and are available for review by any Athletic Association member. If you would like to join the York Catholic Athletic Association, please contact Carlos Castellanos, Athletic Association President, at 846-8871 x42.

DONATIONS

Donations to the athletic department are always welcome. While it is encouraged that monetary donations be made to the general operating expenses, you may designate a specific team to benefit from your donation. All monetary donations should go to the development department with your designation noted in the memo line (i.e., athletics, soccer, golf, etc.). If you have an item you would like to donate (equipment, golf cart, etc.), please contact the athletic director prior to completing your donation.

PROGRAM

The fall sports program brochure offers parents of seniors an opportunity to submit photos and congratulations to their athletes. Information is usually distributed at the first day of practice with a quick turn-around deadline so the books are ready by the first football game. Businesses are also encouraged to advertise in the book.

SPONSORSHIPS

If you would like to promote your business to the fans of York Catholic athletics, banner sponsorships are available. Banners are displayed at football and basketball games throughout the year.

ATHLETIC HALL OF FAME

The Athletic Association honors coaches and athletes in the Athletic Hall of Fame. Recognizing the amount of volunteer time many people give to the athletic programs, those who give above and beyond in their service to the program are also inducted into the Hall of Fame. An induction ceremony is held in January of each year. The public is invited to attend.

FOOTBALL

2-a-Day Practices

From the first day of opening practice until school begins, the varsity football team conducts practices twice a day. The schedule is available on the YC website.

How to prepare for it

Football practices are physically demanding and require the athlete to be properly trained and prepared prior to the first practice. A written program is available in the weight room which focuses on strength, agility, flexibility, and cardiovascular training. All football players are encouraged to follow this program.

What to bring

Players should bring their cleats, sneakers, shorts, 2 t-shirts, and meals for two-a- days. Water and Gatorade will be provided.

What to eat/drink

Complete nutrition and hydration information is available on the football page of the YC website. Drink plenty of water and Gatorade. Eat well balanced meals with fruits and vegetables. Eat a breakfast, lunch, and dinner....don't skip meals.

Night-Before-a-Game Meals

Senior players and parents have traditionally hosted a team dinner on the night before a game during football season. Players are strongly encouraged to attend this team-bonding event. The schedule of hosts and locations is prepared by a parent of a senior with senior parents normally rotating hosting responsibility each week.

Home Pre-game Meals

Team parents may or may not choose to provide pre-game meals for Friday night games. Any use of the kitchen or cafeteria must be scheduled with Barbara Bucher at 846-8871 x51 or bbucher@yorkcatholic.org. Meals are usually scheduled immediately after school at 3 PM.

ATHLETIC STAFF

For questions about any of the information included in this handbook, please contact:

Athletic Director	Rick Luckman	rluckman@yorkcatholic.org
Assistant Athletic Director	Brad Hayek	bhayek@yorkcatholic.org
Athletic Trainer	Kyle Smink	ksmink@yorkcatholic.org

If a topic comes up throughout the season that is not covered in this handbook, please contact Lori Keith at lkeith@yorkcatholic.org so the topic can be included in next year's handbook.

updated 7/1/10