Athlete & Parent Handbook

York Catholic
Middle School & High School
Athletics Department

2021-2022

INTRODUCTION
This handbook includes policies and procedures for York Catholic Middle School and 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 middle school and 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 school experience.

ELIGIBILITY
A student's eligibility to participate in the interscholastic athletic program at York Catholic Middle School and High School 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 York Catholic 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 2 games. The athlete will also comply with any other consequences as dictated by the PIAA, District III, or YAIAA.
- If a student is failing in more than one major subject in a week, he/she is ineligible to participate in any extra-curricular activities or events during the upcoming week, Monday through Sunday. If by the end of the one-week ineligibility period a student continues to have two or more failing grades, his/her ineligibility is extended for the next one-week period.
- If a student fails two major subjects for any quarter and/or for the first semester, he/she will be ineligible until the first ineligibility list of the new quarter and he/she will lose cafeteria privileges for the next quarter.
- If a student fails three or more major subjects in a quarter and/or for the first semester, he/she will remain ineligible through the duration of the new quarter.
- If a student is ineligible three or more times for the duration of a school activity (marching band, musical, sports season, etc.), he/she will be removed from said activity.
- Three separate detention infractions in a season 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, vaping substance or device
  - Any type of conduct which brings disfavor upon the school
  - Any major infraction included in the Student Handbook

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

High School

Football	Fall	Boys' Basketball	Winter
Girls' Volleyball	Fall	Girls' Basketball	Winter
Girls' Tennis	Fall	Wrestling *(co-op*)*	Winter
Golf	Fall	Indoor Track *(co-op*)*	Winter
Cross Country	Fall	Swimming**	Winter
Boys' Soccer	Fall	Baseball	Spring
Girls' Soccer	Fall	Boys' Lacrosse	Spring
Field Hockey *(co-op*)*	Fall	Girls' Lacrosse	Spring
Cheerleading	Fall & Winter	Softball	Spring
		Boys' Tennis	Spring
		Boys' Volleyball	Spring
		Track & Field *(co-op*)*	Spring

Middle School

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

**co-op – these athletes compete on the York Tech team.*
***independent – these athletes compete in post-season*

TEAM CLASSIFICATIONS

Varsity – usually 10, 11, 12 grade students
Junior Varsity – usually 10 and 11 grade students
Freshman – usually 9 grade students and some 7 and 8 grade students
7th/8th – 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 JV or Varsity.

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. 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. Coaches use their own discretion for determining their team.

PHYSICALS

The Pennsylvania Interscholastic Athletic Association requires all student-athletes to have a physical each year. Physicals must be dated after June 1 for the upcoming school year. For example, if wishing to participate during the 2021-2022 school year, the physical must be dated AFTER June 1, 2021. Physicals can be scheduled with your own physician, at OSS Health, or at an Urgent Care Center.

The Athletic Department at York Catholic hosts athletic forms online with PlanetHS.com, a software company committed to keeping student(s) safe. This digital platform allows parents and athletes to complete and access most athletic forms (physicals, agreements, etc.) via computer, tablet, or mobile phone. It is HIPPA, COPPA, and FERPA compliant.

Parents will need to complete the information online and print 2 pages for the doctor to review and complete at the time of the athlete's physical appointment.

Completed physical forms must be submitted online no later than the following dates in order to participate in practices:

Fall Sports	August 4, 2021
Winter Sports	November 10, 2021
Spring Sports	March 2, 2022

Complete instructions as well as a link to PlanetHS.com can be found on the Athletics General Information page of the York Catholic website. If you have any questions regarding this process, please contact Josh Cross, Assistant Athletic Director, at jcross@yorkcatholic.org or 717-846-8871 x330. If you need technical assistance with PlanetHS, email schoolsupport@planeths.com or contact Laurie Moir at lmoir@yorkcatholic.org.

Physical Forms are valid for the entire school year. However, 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 PlanetHS website. Section 8 needs to be completed, signed, and dated by the parent or guardian of the student/athlete. Section 9 must be completed, signed, and dated by a physician. Both sections must be completed and uploaded to allow participation in any sport seasons. This recertification process is a PIAA ruling and York Catholic 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 Athletic Department.

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 – OSS Health 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).

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 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. Please verify completed tests are on file with the Assistant Athletic Director no later than the following dates in order to participate in practices:

Fall Sports	August 4, 2021
Winter Sports	November 10, 2021
Spring Sports	March 2, 2022

OPENING DAYS OF PRACTICE

Fall Sports	August 16, 2021 (High School Football Heat Acclimation Practice begins August 9)
Winter Sports	November 19, 2021
Spring Sports	March 7, 2022

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. Parents should drop off students for practice in the main parking lot. Do not drive around to the back of the school. In many cases, this driveway is used as a practice area. Athletes must be on time for the start of practices. For the safety and security of our students, the athlete entrance door is locked once practice begins.

PARTICIPATION IN NON-YC SPORTS AND OUT-OF-SEASON ATHLETIC ACTIVITIES
Any York Catholic student-athlete who wishes to participate in an outside sport program during an in-season school sport, must abide by the following policy.

1. The York Catholic school team will be the primary team. The student-athlete must inform the York Catholic head coach of the dual participation. No athlete may miss the school team practices or games due to the secondary sport. If this occurs, the athlete is subject to dismissal from the school team. For example, Athlete "A" participates on the YC school soccer team. They would also like to play club baseball for the non-YC travel baseball team during soccer season. The YC student-athlete must inform the York Catholic soccer head coach they are playing dual sports. The YC school team will be the primary sport. If athlete "A" misses YC practices or games, the YC head coach may remove them from the team. At any time, if the student athlete's education or health become a concern, the Athletic Director and Principal may remove the student from the school team it the athlete continues with the secondary sport.
2. Any athlete who wishes to participate in an out-of-season open gym, tournament, conditioning program, or any club or school sport activity, must have written approval of the in-season sport head coach. For example, if a football player wants to attend an open gym for a club basketball team or YC school team, the football player must get written approval from the football head coach before he can attend the basketball open gym.
3. All open gym activities, conditioning programs, or any other out-of-season activities, must stop 7 calendar days before the PIAA official season practice start date. For example, YC Girls basketball has open gyms on Sundays and conditioning on Mondays, starting October 1. If PIAA winter sport practice starting date is November 19, then all girls' basketball conditioning and open gyms must stop on November 12.

All existing school academic or behavior eligibility policies remain in effect. Along with these school-wide policies, the coach has discretion to implement team rules above and beyond the school rules, with the approval of the Athletic Director and Principal. York Catholic Athletic programs will abide by all League, District, and PIAA policies.

DIOCESE OF HARRISBURG ANTI-HAZING POLICY
The Diocese of Harrisburg prohibits any form of hazing of or by employees, volunteers or students.

Hazing is defined as: "Any action or situation which recklessly or intentionally endangers the mental or physical health or safety of a person or which willfully destroys or removes public or private property for the purpose of initiation or admission into or affiliation with, or as a condition for continued membership in, any organization. The term shall include, but not be limited to, any brutality of a physical nature, such as whipping, beating, branding, forced calisthenics, exposure to the elements, forced consumption of any food, liquor, drug or other substance, or any other forced physical activity which could adversely affect the physical health and safety of the individual, and shall include any activity which would subject the individual to extreme mental stress, such as sleep deprivation, forced exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual, or any willful destruction or removal of public or private property. For purposes of this definition, any activity as described in this definition upon which the initiation or admission into or affiliation with or continued membership in an organization is directly or indirectly conditioned shall be presumed to be "forced" activity, the willingness of an individual to participate in such activity notwithstanding." *(From Act 2016-31)*

Any student who experiences some form of hazing or staff member who becomes aware of hazing should report it to the school administration. Any staff member who permits or encourages hazing will face disciplinary action, including possible dismissal. Any student who engages in hazing is subject to discipline, up to and including expulsion, depending on the seriousness of the offensive conduct.

Every elementary and secondary school shall promulgate this policy to parents and provide a copy to all athletic coaches and moderators of activities in accord with Pennsylvania state law.

UNIFORMS / EQUIPMENT

Team uniforms are provided by the school. The official uniform for the team or group must be worn as issued for all games. No adaptations to the official uniform or warm-ups – changes, additions, deletions – may be made without the approval of the Athletic Director. This is especially true with socks; they should be uniform in length and color (only solid white, green, or black are permitted) with all players wearing the same. For all sports, coaches MUST check with the Athletic Director to know what items and colors are permitted to be worn under uniforms in accordance with PIAA rules.

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.

The care of the uniform is the responsibility of the player during the season. Coaches will instruct students concerning the normal care and cleaning of uniforms. 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. Students are held financially responsible for the loss or deliberate damage of any uniform articles issued to them.

No coach, parent, or company may purchase, or even accept without cost, articles or items to be used by the team without prior approval from the Athletic Director.

TEAM UNIFORM WEAR

The athlete's team uniform is only to be worn by the athlete. Parents, siblings, or friends are not permitted to wear a current season uniform at any time. Athletes are to wear their uniform during their team's games only. Athletes may not wear their uniform any other time including to any other team's game or any extracurricular activity. The cost to repair accidental damage or to replace uniforms has skyrocketed. In some cases, the style is no longer offered and cannot be replaced. Uniforms are typically handed down to other teams, however, when possible old uniforms are available for purchase. Students are informed of old uniform sales through school announcements.

DRESS CODE FOR AFTER-SCHOOL & EXTRA-CURRICULAR ACTIVITIES

The following dress code is in effect for students remaining in the building after school waiting for rides or participating in extra-curricular activities in or out of the building.

- The wearing of tight fitting shorts or short shorts is prohibited.
- Shirts must be worn at all times and must reach the waistline of shorts. Shirts must also have an acceptable modest neckline.
- No midriff exposure is permitted and no side-slit shirts are permitted.
- Pants will be at waist level with no undergarments visible.
- Writing on shirts will be appropriate with no alcohol advertisement or double meaning.
- No writing on the seat of any garment is permitted.

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 polo 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 10:30 AM in order to participate in any after school practice or scheduled event on that day. There are exceptions: funerals, college visits, etc. If a student leaves school early due to an illness, he or she is not eligible to participate in extracurricular activities. 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 athletic 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 get assignments from teachers no later than before homeroom the day of the game. Athletes are to complete any missed assignments or tests. Everything must be turned in on time.

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 requested by the head coach with the proper paperwork submitted to the Main Office. Team parent groups are responsible for providing all utensils, paper goods, food, and drinks. Set-up and clean-up are 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.

Parents taking their own athlete home must sign them out with the Head Coach. The Head Coach will have official Sign-out Sheets. 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 WGAL-TV8, WPMT Fox43, and on the web at https://yorkcatholic.org. 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 www.ArbiterLive.com.

STUDENT COUNCIL, STUDENT AMBASSADORS, & OTHER EXTRA-CURRICULAR ACTIVITIES
All students are excused from practice to attend Student Council and Student Ambassador 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 OSS Health 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 Health. 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.

INSURANCE
York Catholic has purchased Student Accident Insurance for all students through Bollinger Specialty Group. Students are covered for any accidents that happen while they are in school during the day or at any extra-curricular **school-sponsored** activity. If your student has been injured in an accident that falls under this qualification category, please contact Heather Dougherty at hdougherty@yorkcatholic.org or 717-846-8871 x315. This insurance can be extended to 24-hour coverage for a minimal fee. Insurance paperwork is sent home with the student at the beginning of the school year.

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. Mustering 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. Please adhere to these steps. You will be asked if you have followed the proper chain of command.

ISSUES APPROPRIATE / INAPPROPRIATE FOR DISCUSSION

Appropriate	Inappropriate
Skills your child needs to improve	Amount of playing time your child receives
Treatment of your child by coaches or teammates	Game strategies and decisions
Health or behavioral issues of your child	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, Catholic Crazies, Booster Club, 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 of unusual clothing or excessive body paint that detracts from the contest.
- Please note any student-athlete ejected from a game will receive a 2 game suspension and must participate in the mandated National Federation of State High School Association's sportsmanship class.

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 (2) TechnoGym recumbent stationary bikes, (1) TechnoGym upright stationary bike, (2) Life Fitness ellipticals, and (2) treadmills. The weight room is also equipped with numerous speed, agility, and plyometric equipment (including TRX suspension trainers, 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!
- Inappropriate use of cell phones is prohibited.
- 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. Shirts must be worn at all times and must reach the waistline of shorts. Shirts must also have an acceptable modest neckline. No midriff exposure is permitted and no side-slit shirts are permitted. Pants will be at waist level with no undergarments visible. Writing on shirts will be appropriate with no alcohol advertisement or double meaning. No writing on the seat of any garment is permitted.
- 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
The team 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. Please see the section titled MONEY COLLECTION.

MONEY COLLECTION
Approval must be requested through the Athletic Director when there is an event/situation that requires the collection of money. All money MUST be submitted to the business office. All checks must be payable to York Catholic. The coach must contact Business Office Manager, Heather Dougherty, when a collection is anticipated.

CONTRACTS AND PURCHASES
Only the Principal has the authority to sign contracts and authorize purchases on behalf of the school. Reimbursements will not be made for items or events that are not approved by the Athletic Director.

END OF SEASON CELEBRATIONS
End of season celebrations will be coordinated by the York Catholic Athletic Department. Coaches and team parents may be asked to assist. Dates and details will be determined and shared appropriately.

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.

ACADEMIC VS. ATHLETIC SCHOLARSHIPS

National numbers indicate, on average, less than 1% of student athletes earn athletic scholarships versus 19% of students with a 3.5-4.0 GPA who earn academic scholarships. Therefore, a student is 27 times more likely to get scholarship money for academics than athletics. In 2021, 76 seniors at York Catholic earned over $10 million in academic scholarships. Eighteen seniors chose to continue to play sports in college, however, only one received athletic scholarship money to do so. It's important for parents and students to understand academic scholarships continue to offer the greatest opportunities.

NCAA Eligibility Changes

Students going to a Division I or Division II college have to complete 16 core classes. Also, the minimum GPA is 2.3 and those who transfer from Junior Colleges need a 2.5 GPA.

Charts detailing the requirements and showing the number of scholarships available per sport can be found on the Athletics page of the YC website.

COLLEGE ATHLETIC SCHOLARSHIP RECIPIENTS

It is a tremendous honor for an athlete to earn an athletic scholarship. York Catholic recognizes this accomplishment with a photograph that is shared with the local media. Once a college decision has been made, athletes and their families should plan on attending one of the three national photo days: November 10, February 2, April 13. The photos take place at York Catholic at 3:15 PM or 11:45 AM if it's scheduled on an early dismissal day. The process is very brief and is over in a matter of minutes. If an athlete earns an athletic scholarship in any division (I, II, or III), or plans to continue playing sports in college, please contact the York Catholic Communications Director immediately for necessary paperwork.

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

York Catholic has a preferred vendor for **all** spirit wear, warm-up gear, and YC coaches' apparel.
Coaches, athletes, parents, etc., may not independently order any items for YC teams. All requests for items related to York Catholic athletics must be placed through the school spirit store coordinator at ycspiritstore@yorkcatholic.org. This would include sweatpants, shorts, sweatshirts, t-shirts, gym bags, etc. Order forms are no longer used. All orders should be placed online. Links to the team store will be available on the Spirit Store page of the York Catholic website (https://yorkcatholic.org) the first week of practice. Please be mindful of the deadline posted on the online team store page. 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 as authorized by the administration. This includes the school name and any logos associated with the school. Parents, athletes, coaches, and/or vendors may not alter the school logo in any way.

ENDORSEMENTS

No coach or athlete may endorse any product, vendor, or business. If approached, please notify the Athletic Director immediately.

PHOTOGRAPHY

York Catholic has entered into an exclusive contract with Lifetouch as the photography company who provides and sells pictures of our students to our families. The company donates a percentage of its sales back to York Catholic. As such, teams and clubs associated with York Catholic are required to use this company for their photographic needs.

SCHEDULES AND ALERTS
Schedules for YC sports teams can be found at www.ArbiterLive.com. You can access ArbiterLive by clicking on the link on the Athletics page of the YC website. ArbiterLive offers an Alert system which allows you to be notified of schedule changes.

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

BUSINESS PARTNERSHIP PROGRAM
The York Catholic Business Partnership Program is a one-stop-shop for marketing opportunities throughout the school year, while providing vital financial resources to help underwrite all of York Catholic's athletic and musical programs. This advertising initiative is designed to provide your business with true marketing value through a wide variety of multi-platform advertisements.

The three tiers of the York Catholic Business Partnership Program include: Emerald ($5,000), Gold ($3,000), and Green ($1,500). Business Partnerships run for an entire year, July 1st through June 30th, and are renewed on an annual basis. These packages provide numerous and creative marketing impressions for our partners to our extensive York Catholic community. With more than 8,000 alumni and friends in our database and over 35,000 visitors to our school, stadium, gymnasium, and auditorium annually, our reach is extensive.

Through our York Catholic Business Partnership Program, we hope to give exposure to philanthropic businesses who go above and beyond to support our students' education and extracurricular activities. This is our way of saying thank you for the incredible generosity and continued support.

If you are interested in learning more, please contact Laurie Moir in our Development Department at 717-846-8871 x333 or lmoir@yorkcatholic.org.

FUNDRAISER POLICY

1. All fundraising activities on behalf of YCHS, or any group or club within the school, must be approved by the Principal. A fundraiser permission form needs to be completed and submitted for approval at least 4 weeks prior to the fundraiser. The form is available on the York Catholic website at www.yorkcatholic.org.

2. If the fundraiser requires solicitation for any donated goods, services, and/or funds, a list of those planned to be solicited must be attached to the request form prior to any solicitation. This allows for coordination of multiple events/solicitations and prevents the same businesses/individuals from being asked for multiple donations. Solicitation <u>may not</u> begin until approval is received.

3. If a raffle is planned for the event, a raffle license is required by the County of York. Be sure to attach a copy of your raffle license to the Fundraiser Request Form. Your raffle license number must appear on your tickets.

4. If alcohol is being served, no individual under the age of 21 should be present at the event. York Catholic does not carry a liquor license, therefore, you may not charge for alcohol. You may not include mention of alcohol on your tickets.

5. Each fundraiser must go through the approval process every year; **no** event is automatically renewed.

6. In-school and outside fundraisers (bake sales, candy sales, sandwich sales, events, etc.) involving students, staff, parents, alumni, friends, or the general public should be planned for the year. A Calendar-Reservation-Maintenance-Fundraiser-Promotion-Security Request Form for each event must be submitted when the Calendar process starts in March.

ATHLETIC HALL OF FAME

The Athletic Booster Club 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 typically each year. The public is invited to attend.

THE ATHLETE'S PRAYER

God, let me play well but fairly.
Let competition make me strong but never hostile.
In this and in all things, guide me to the virtuous path.
If I know victory, grant me happiness;
If I am denied, keep me from envy.
See me not when I am cheered, but when I bend to help my opponent up.
Seal it in my heart that everyone who takes the field with me becomes my brother.
Remind me that sports are just games.
Teach me something that will matter once the games are over.
And if through athletics I set an example – let it be a good one.

ATHLETIC STAFF

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

Athletic Director	Kevin Bankos	kbankos@yorkcatholic.org
Assistant Athletic Director	Brad Hayek	bhayek@yorkcatholic.org
Assistant Athletic Director	Josh Cross	jcross@yorkcatholic.org
Athletic Trainer	Kyle Smink	ksmink@yorkcatholic.org
Athletic Secretary	Laurie Moir	lmoir@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 6/1/21