Dual-Sport Athletes

Bangor Athletic Department Guidelines on Dual-Sport Athletes

The PIAA allows student-athletes in grades 7-12 to participate in two sports during the same season. Realizing that there are challenges when doing this, the Bangor Athletic Department has set the following guidelines in place to help avoid any unnecessary complications.

Student-athletes who wish to participate in two sports in the same season must declare one of the sports as the **primary sport** two weeks before the official start of practices. That means for the 2023-24 school year, for fall sports the decision must be made by July 27th , for winter sports by November 3rd , and for spring sports by February 19th . On these dates the student-athlete will inform both coaches and the athletic director of his or her desire to participate in two sports during the same season. A meeting will be scheduled with the student-athlete, parent(s) or guardian(s), both head coaches, and the athletic director.

During the meeting, the athlete will inform everyone which sport will be his or her primary sport. Once declared, this cannot be changed. Both coaches will understand that the primary sport takes priority over the secondary sport and will most likely result in missed practices and perhaps even missed contests for the secondary sport. The student-athlete and parents will understand that missing practices could result in lost playing time. At this meeting all questions will be answered so that everyone involved knows the expectations of all affected parties in this decision to participate in two sports during the same season. Keep in mind that just declaring that you will participate in two sports in one season does not automatically ensure you a place on either team. Like all our student-athletes, you must successfully try out for and make the team. I hope this helps to eliminate any problems and gives everyone involved the opportunity to be aware of the expectations at the beginning of each season.

By signing below, you understand the Guidelines set in place for Dual-Sport Athletes.

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| Primary Coach Signature: | Secondary Coach Signature: |
| Print Name: | Print Name: |
| Date: | Date: |
| Parent of Signature: | Athlete Signature: |
| Print Name: | Print Name: |
| Date: | Date: |