

Dear Parents/Guardians:

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. Your family interest in this important component of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences that assist students in personal adjustments.

We are concerned with the educational development of young men and women through athletics, and feel that a properly controlled, well-organized sports program, can meet student needs for self-expression and social, mental, and physical growth. It is our intent to conduct a program that is educationally sound in purpose, and one that will enhance each student's personal growth.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct means exclusion from the squad. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual with the objectives of the team. There is no place in athletics for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our athletes to compromise the program with attitudes of mediocrity.

When your son/daughter enlisted in one of our sports programs, he/she committed our staff to certain responsibilities and obligations, which are:

- A.) to provide adequate equipment and facilities
- B.) to provide well trained coaches
- C.) to provide equalized contests with skilled officials

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through athletics.

Sincerely,

Stephanie Strauss  
Athletic Director

Dear Athlete:

Being a member of a Penn Hills School District athletic team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad of the Penn Hills School District Middle/Senior High School, you have inherited a wonderful tradition which you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our athletes, our schools and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years, our squads have achieved more than their share of league and tournament championships. Many individuals have set records and achieved All-American, All-State and All-Conference honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of your school, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family. These responsibilities include:

- A.) Responsibilities to Yourself: The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, your participation in other extracurricular activities, as well as in sports, prepare you for your life as an adult.
- B.) Responsibilities to Your School: Another responsibility you assume as a team member is to your school. Penn Hills School District cannot maintain its position as having an outstanding school unless you do your best in the activity in which you engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on an athletic team. The student body and citizens of the community, and other communities, judge our school by your conduct and attitude, both on and off the field. Because of this leadership role, your conduct impacts school spirit and community pride. Always be mindful of those fans who will spend hours watching you perform in all types of conditions with no attempt to regard for their personal comfort level. You owe these dedicated fans the courtesy of behaving at all times as a contributing member of both your school and your community.

- C.) Responsibilities to Others: As a team member, you also bear a heavy responsibility to your family. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability every day, and that you have played the game "all out," you can keep your self-respect and your family can be justly proud of you.

Keep in mind, the younger students in the Penn Hills School District are watching you. They will copy your behavior. Be as sound role model and do not let them down. Please contact me if I can be of any further assistance at 412-793-7000 Ext. 5206.

Sincerely,

Stephanie Strauss  
Athletic Director

# **Penn Hills School District**

## **ATHLETIC OVERVIEW**

### **ATHLETICS**

The interscholastic sports program consists of a variety of teams at various levels from the 8<sup>th</sup> grade through the 12<sup>th</sup> grade. All of these groups compete in the Pennsylvania Interscholastic Athletic Association (District) commonly known as the WPIAL. The middle school sports compete primarily in the Conference, but they also receive schedules from the WPIAL.

<b>Baseball:</b>	This spring sport is offered for boys and is comprised of varsity and junior varsity teams.
<b>Basketball:</b>	In the fall, this sport is offered to 7 <sup>th</sup> and 8 <sup>th</sup> grade girls. In the winter, competition includes boys/girls' varsity, junior varsity, freshman, and boys 7 <sup>th</sup> /8 <sup>th</sup> grade.
<b>Cheerleading:</b>	This fall and winter sport is offered at the middle school level, as well as the varsity and junior varsity levels. Tryouts are traditionally conducted in the spring.
<b>Cross Country:</b>	This fall sport is offered to both boys and girls at the varsity level.
<b>Football:</b>	This fall sport is offered at the 7 <sup>th</sup> & 8 <sup>th</sup> grade, varsity and junior varsity level.
<b>Golf:</b>	This fall season sport is offered to boys at the varsity and junior varsity level. Girls may also tryout for the team. Selection is based on golf score during the tryout period.
<b>Softball:</b>	This spring sport is available for girls and is offered to 7 <sup>th</sup> /8 <sup>th</sup> graders as well as the junior varsity and varsity age groups.
<b>Soccer:</b>	In the fall, soccer is offered to boys and girls at the 7 <sup>th</sup> /8 <sup>th</sup> , junior varsity and varsity level.
<b>Swimming:</b>	This winter sport is available to both boys and girls at the varsity level. For students in the middle school, swimming is offered to both 7 <sup>th</sup> /8 <sup>th</sup> grade boys' and girls' and currently a fall sport.
<b>Tennis:</b>	Tennis is a fall sport for the girls at the varsity level.
<b>Track:</b>	In the winter (indoor-club sport) and spring, both boys and girls will take part in this athletic contest at the varsity level. Track is also offered to middle school students in 7 <sup>th</sup> and 8 <sup>th</sup> grades in the spring.
<b>Volleyball:</b>	The fall is the girls season for competition at the varsity and junior varsity levels. This sport takes place in the spring sports season for girls in the middle school 7 <sup>th</sup> and 8 <sup>th</sup> grades. Varsity and Junior Varsity boy's in the spring.
<b>Wrestling:</b>	Wrestling is offered as a winter sport and includes teams at the junior high (7 <sup>th</sup> -9 <sup>th</sup> ), junior varsity and varsity levels.

## **PHILOSOPHY**

Athletics play an important part in the life of Penn Hills students. Young people learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and winning and losing gracefully are an integral part of each team in our athletic program. Athletics also play an important part in helping the individual student develop a healthy self-concept as well as a healthy body. Athletic competition adds to our school spirit and helps all students, spectators, and participants develop pride in their school.

Athletics functions as an integral part of the curriculum. It offers the opportunity to serve the school, to assist in the development of fellowship and goodwill, to promote self-realization and all-around growth, and to encourage the learning of good citizenship qualities.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies. While the Board of Education takes great pride in winning, it does not condone “winning at any cost” and discourages any and all pressures, which might tend to neglect good sportsmanship and good mental health.

The intent of the athletic program in Penn Hills is to provide opportunities for each student to participate and compete in some form of athletics at a level appropriate to the student’s ability. Penn Hills School District believes that participation in athletics is a wholesome, worthwhile educational experience for all students. To win fairly and to accept the frustration of losing in a mature, sportsmanlike manner provides enduring lessons. A strong athletic program provides an opportunity for students to learn this lesson.

## **ETHICS**

Athletics should foster clean sports. It is the privilege and duty of every person connected with athletics to exemplify high standards in his/her own actions and advocate them in others. This includes the coaches, players, fans, administrators, and officials.

Some guidelines that are expected at Penn Hills include the following:

- ❧ Unsportsmanlike or unfair means to gain an advantage are not tolerated at Penn Hills.
- ❧ Student spectators represent their school as well as the players and should conduct themselves accordingly.
- ❧ Decisions of the officials are to be abided by, even if they seem unfair.
- ❧ Visiting teams are to be treated as guests of the home team.
- ❧ Good points in others should be appreciated and suitable recognition given for outstanding achievement.
- ❧ The practice of “booing” is regarded as discourteous and unsportsmanlike.

## **ELIGIBILITY**

Penn Hill’s interscholastic athletic program is conducted in accordance with the existing Board of Education policies, rules, and regulations. It is also governed by rules of the Pennsylvania Interscholastic Athletic Association. The following eligibility rules highlight and summarize the major requirements that must be met to participate in athletics. It does not list every rule and regulation in detail. The principal of your school is responsible for certifying the eligibility of all students representing your school in interscholastic athletics. Questions of rules not addressed here should be directed to the building principal or Athletic Director.

### **DETERMINING ELIGIBILITY**

1. The initial student roster for each extra-curricular sport/arts area shall be submitted to the high school guidance office or middle school main office before rosters are announced and the practices/rehearsals begin for that “season” to verify that each student is academically eligible to begin participation if selected.
2. An accurate student roster for each area shall be included on the weekly eligibility list provided to all teachers.
3. Students who are home-schooled or cyber-schooled, or are in a private school shall provide weekly documentation verifying eligibility.

## **GRADES**

1. Grades will be pulled from Skyward weekly on Monday mornings. If a student has less than a 2.0 GPA (for the grading period) and is not passing at least four courses during any week they will be ineligible that week (Monday-Sunday).
2. Eligibility for fall sports will be based on the GPA and grades for the previous school year. A student must have a 2.0 GPA or higher and pass at least four courses in order to be eligible for fall sports. Students with under a 2.0 GPA or passing less than four courses must sit out of all scrimmages and competitions for 15 school days. This 15-day rule will also apply at the end of the first, second, and third grading periods.
3. Students who are enrolled at a cyber-school, charter school or are home schooled will be held to the same standards. Schools must submit weekly grade reports for their students who are participating in Penn Hills Athletics.
4. Summer school grades (from a district-approved institution) may supersede a “D” or “E” grade in core courses.

## **TRANSFERS**

You are treated as having transferred whenever you change schools, even if you are out of school for a period of time before entering the new school. If you transfer from one school district to another, you are eligible immediately at your new school if the following are applicable:

1. When you live with your natural or adoptive parents in the new school district.
2. When you live with a court-appointed legal guardian in the new school district, upon approval by the PIAA District Committee.

Transfer students that may NOT be declared eligible immediately through provisions provided under Article VI, Sections 3 through 7, MUST have their eligibility determined by the District Committee upon proper submission of the “Transfer Waiver Request Form.” This form can be found under the “forms” section of the PIAA Handbook. If you transfer from one school to another in whole or in part for any athletic purpose, or if you are recruited, you will lose your athletic eligibility in all sports for one year. This requirement applies even if you would otherwise be eligible at the school to which you transferred.

Most students who are not eligible immediately will be ineligible for one year from the date of transfer in each sport in which they participated within one year preceding the date of transfer.

### **Period of Time after eighth grade, participating, and grade repetition**

1. You will lose your eligibility when you have reached the end of your fourth consecutive year beyond the eighth grade. If you repeat a grade after eight, you will be ineligible as a senior.
2. You may participate a maximum of six seasons in each sport during grades seven through twelve, a maximum of four seasons in each sport during grades nine through twelve, and a maximum of three seasons in each sport during grades seven through nine.
3. You may participate only one season in each sport during each school year.

### **All-Star Contests and National High School/Interscholastic Championships**

You will lose your eligibility in a sport for one year if you participate in an all-star contest in that sport or if you participate in a contest to qualify for and/or determine a single national high school/interscholastic individual champion or championship team in that sport.

## **AGE**

A pupil shall be ineligible for interscholastic athletic competition upon reaching the age of nineteen (19) years unless the age of 19 is attained on or after July 1 of the preceding school year. In such instances, the pupil is eligible, age wise, to compete that school year. (15 years of age for competition in grades 7 and 8).

## **ATTENDANCE**

You must be regularly enrolled in your school and in full-time attendance. If you are absent from school during a semester for a total of 20 or more school days, you will lose your eligibility until you have been in attendance for a total of 45 school days following your 20<sup>th</sup> day of absence.

Full participation and attendance at all competitions, practices, and events is expected of all participants. In the event of an extreme personal or family emergency and/or a conflict with academic demands at the request of the parents/guardians and with the approval of the immediate team head coach or athletic director participation may be excused or abbreviated. This may only be arranged at the discretion of the team head coach or athletic director prior to the event. The head coach or athletic director may also grant these exceptions when the schedule presents an undue burden or academic strain on the students as a result of competitions/events being scheduled on two or more consecutive school evening. **All arrangements must be made prior to the start of the event/competition.**

## **PHYSICAL EXAM AND PARENT/GUARDIAN CONSENT**

You are eligible to participate in athletics only if an approved parent/guardian form consenting to your participation in the particular sport involved is on file. In addition to this consent form, you are eligible to participate only if you have had a physical examination by a licensed physician of medicine or osteopathic medicine, a certified school nurse practitioner, or a physician assistant before you begin practice for your sports season. Penn Hills affords each student athlete a free physical on a designated date all makeups are at the parents' expense. Each parent/guardian is advised there is an inherent risk of injury in every sport in which athlete participates.

Prior to the beginning of practice, wrestlers must also obtain from the physician, a certification of the minimum weight class at which they may wrestle for the entire season.

## **STUDENT INSURANCE**

Please be advised that all student athletes for the sports season are covered under the Penn Hills All-Sports Liability Program as a secondary coverage only – all claims must be submitted to your insurance first.

## **AMATEUR STATUS**

In order to be eligible to participate in an interscholastic athletic contest, a pupil must be an amateur in the sports involved. An amateur athlete is one who engages in athletic competition solely for the pleasure, educational, mental, physical, and social benefits derived therefrom. Acceptance of gifts, gift certificates, and/or contracts to endorse products of any nature will jeopardize your amateur status.

## **ACADEMIC AND CURRICULAR REQUIREMENTS**

In order to be eligible for interscholastic athletics, a pupil must pursue a curriculum defined and approved by the principal as a full time curriculum.

The pupil must be passing at least four full-time subjects or the equivalent. Middle school students must maintain passing criteria. Eligibility shall be cumulative from the beginning of a grading period and shall be reported on a weekly basis. If students do not meet the academic standards in any preceding grading period, the student shall be ineligible for 15 school days of the next grading period. At the end of the school year, the student's grades for the entire school year shall be used to determine his/her eligibility for the fall sports season.

## **PARTICIPATION**

A pupil may not represent his school in interscholastic athletics if he/she has:

- Been in attendance more than 8 semesters beyond the 8<sup>th</sup> grade.
- Played four seasons beyond the 8<sup>th</sup> grade
- Completed the work of grades nine, ten, eleven, and twelve.
- Participated athletically in any one sport more than six seasons beginning with seventh grade through and including twelfth grade, nor shall a pupil participate in any sport more than three seasons in grades 7 thru 9, inclusive, and 3 seasons in grades 10 thru 12, inclusive.

If you are absent from school, you may not participate in any athletic practice or interscholastic competition that same day.

If you are suspended from school, either in or out-of-school suspension, you may not participate in any school related activity for the duration of the suspension.

Students riding a school bus to an event must return on the same bus. The school is not responsible for the safety of students who travel in private cars. Suspensions that include Friday and Monday – NO weekend participation.

Students must pay attention to the starting dates for all athletics. Coaches expect athletes to begin practice on scheduled starting dates. This is of great importance for fall sports, because they often begin before school starts.

## **RESPONSIBILITY FOR EQUIPMENT**

All athletes are responsible for any/all equipment given them for use before, during or after the season. Students not returning all equipment must pay the replacement cost for the missing equipment. Restitution will also be required for any equipment that has been abused. Coaches will have collection days for all materials, and students are to return the equipment at this time. Failure to return equipment on time may result in disciplinary action. The obligation may also result in a student not getting a report card into the next grade level or withholding of senior transcript. Only these students who have met all graduation requirements and who have resolved all outstanding obligations are invited to participate in commencement exercises.

Student-athletes should wash equipment regularly. Regular washing insures a level of hygiene that prevents spread of germs and disease. At the end of the season, equipment must be turned in cleaned, mended, and folded. There is an established procedure for collection of equipment. No equipment can be purchased; all equipment must be returned.

## **ATHLETE'S CONDUCT**

Athletes may be dismissed from the team or have disciplinary action taken for any of the following:

- ⌚ Failure to comply with eligibility requirements
- ⌚ Failure to meet academic or attendance requirements
- ⌚ Continued discipline problems either in school or in sport or sports in which they participate.
- ⌚ Unsportsmanlike conduct at events such as profanity, abusive remarks, attempts to do harm to others, displays of emotional instability, or acts detrimental to the welfare of the team, school, others.
- ⌚ Failure to attend practices without approved excuses, two unexcused absences. ⌚ Accumulation of limited number of excused absences, four excused absences.
- ⌚ Failure to comply with the rules and regulations of the coach, school, or sport ⌚ Possession or use of tobacco, alcohol, drugs, or any controlled substance ⌚ Use of anabolic steroids.
- ⌚ Use of diuretic, laxative, or other methods designed to accelerate weight loss.
- ⌚ Stealing
- ⌚ Defiance towards coaches
- ⌚ Hazing in any shape or form (physical, verbal, or nonverbal)
- ⌚ Racial or ethnic slurs at any member of the team or opponent's team or fans

Each dismissal is subject to review by the Athletic Director. Students who are dismissed from the team for any reason relinquish the rights and benefits of the team.

Beginning with the 1998-99 season, the PIAA and the Penn Hills School District require that any athlete ejected from interscholastic competition forfeit the privilege of playing in the next interscholastic competition(s). This is also subject to review by the Athletic Director when extenuating circumstances are involved.

The following MINIMUM penalties are prescribed for students violating the steroid/drug policy:

1. The first violation, suspension from team competition/practice(s) and/or school athletics for the remainder of the season.
2. Second violation, suspension from athletics for the remainder of the season and the following season.
3. Third violation, permanent suspension from school athletics.

## **GENERAL CRITERIA FOR AWARDING ATHLETIC LETTERS**

The following are basic rules that apply to candidates for athletic awards in the Penn Hills School District:

- The player must always display the type of sportsmanship and conduct that Penn Hills School District demands of its athletes.
- A player must conform to all the training rules established for the given sport.
- The player must have conformed to the practice and game regulations that have been established by the coach.
- The player must have returned all equipment loaned to him/her to the satisfaction of the coach and equipment manager.
- In the case of an injury or other extenuating circumstances, awards will be made on the recommendation of the coach.
- The player must finish the season in good standing with the school and the team. Students who quit the team or are dismissed from the team are not eligible for athletic awards.
- The specific criteria for lettering in a given sport, such as the number of quarters, matches, points, and other criteria for participation, will be established by individual coaches.

## **CUTTING POLICY**

### **Philosophy**

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Penn Hills School District, we encourage coaches to keep as many students as they can while maintaining the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective team size for any particular sport. However, when developing policy with respect to team selection, coaches are encouraged to strive to maximize the opportunities for our students without diluting the quality of this program.

### **Responsibilities**

1. Choosing the members of athletic teams is the sole responsibility of the coaches of those teams.
2. Non-varsity coaches shall take into consideration the policies established by the head coach in that particular program when selecting final team rosters.
3. Prior to team selection, the coach shall provide the following information to all candidates for the team:
  - A. Extent of try-out period.
  - B. Criteria used to evaluate and then select the team.
  - C. Number or range of numbers to be selected.
  - D. Practice commitment if they make the team.



E. Game commitments.

**Procedure**

1. Each candidate shall have competed in a minimum of five practice sessions and have performed in at least one intrasquad game (exception softball/baseball).
2. The coach will either post a list or talk to individuals not making the team. The coach will identify how he/she will communicate with individuals who have specific questions relative to try-outs.
3. Coaches will discuss alternative possibilities for participation in the sport, other areas of the activities program with the students. (i.e., participation as a student manager)

**COLLEGE ATHLETICS**

Student-athletes who plan on participating in intercollegiate athletics should be aware that there are academic and curriculum criteria that must be met before you can participate in college athletics. Your grades and curriculum at Penn Hills School District are very important. Students should strive to excel in both the classroom and in athletics. Criteria for participation in college athletics begin with the ninth grade year of high school. Athletes should see the guidance counselor for necessary information. A summary of NCAA guidelines is also listed in the high school's Program of Studies.

**NCAA CLEARINGHOUSE**

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid. The NCAA has three membership divisions – Division I, Division II, and Division III. Institutions are members of one or another division according to the size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman, and you wish to participate in Division I or Division II athletics, you must be certified by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse was established as a separate organization by the NCAA member institutions in January 1993. The Clearinghouse ensures consistent interpretation of NCAA initial-eligibility requirements for all prospective student athletes at all member institutions. Applications for the Clearinghouse are available in the Guidance Office. You may register with the Clearinghouse as early as your freshman year.

**PRACTICE REQUIREMENTS**

A player must be present at 100% of the practices and contests occurring within the period of time, beginning with the team's first interscholastic contest and ending with its last interscholastic contest of the season. Where the failure to meet the 100% requirement results from illness, injury, or a student's failure to meet another PIAA eligibility rule, the Athletic Director/Head Coach may waive the requirement. A coach may request verification from a physician, etc., at their discretion. Any athletes participating in activities, not related to their team, must do so as to not interfere with their team's requirements. Students cannot participate in any outside activities and/or team unless given permission from the head coach of that particular school sport.

## **PENN HILLS SCHOOL DISTRICT ATHLETICS PARENT/COACH COMMUNICATION**

### **Parent/Coach Relationship**

Both parenting and coaching are extremely difficult tasks. By establishing an understanding of each position, we are better able to accept the actions of the other and provide even greater benefit to the student-athletes. As parents, when your child(ren) become involved in our program, you have a right to know what expectations are placed on your child(ren). This begins with clear communication from the coach of that program.

### **Communication - What Parents Should Expect From The Coach**

1. Philosophy of the coach.
2. Expectations the coach has for your child(ren) as well as other players on the team.
3. Locations and times of both practices and games.
4. Team requirements (i.e., fees, off-season conditioning and special equipment.)
5. Procedure if your child(ren) become injured during participation.
6. Discipline that results in the denial of your child's and/or children's participation.
7. An overview of the Athletic Code.

### **Communication – What Coach Should Expect From Parents**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concerns in regard to the coach's expectations and/or philosophy.
4. Support for coach's decisions (line-up, playing time, game strategy, etc.)

As your child (ren) become involved in the Athletic Program in the Penn Hills School District, they will experience some of the most rewarding times in their lives. It is important to understand that there may be times when things do not go the way you or your child(ren) had hoped. At these times, discussion with the coach is encouraged.

### **Appropriate Concerns to Discuss With Coaches**

1. The treatment of your child(ren): both mentally and/or physically.
2. Concerns and/or questions of your child(ren's) behavior and/or athletic strengths and weaknesses.
3. Ways to assist your child(ren) to improve.

It is very difficult to accept your child's and/or children's not playing as much as you may have hoped. Coaches make judgment decisions based on what they believe to be best for all student athletes involved. As you have read from the list above, certain concerns can and should be discussed with the coach. Other issues, such as those on the following list, must be left to the discretion of the coach.

### **Issues Not Appropriate To Discuss With Coaches**

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

There are situations that may require a conference between coach and the parent/guardian. These are to be encouraged. It is important that both the parent(s)/guardian and coach have a clear understanding of the other position. When these conferences are necessary, the following procedure should be followed to assist in promoting a resolution to the issue of concern.

### **If You Have a Concern to Discuss With a Coach, The Procedure You Should Follow:**

1. Follow the chain of command. First try to have a conversation with the coach or encourage your son or daughter to speak with their coach. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent(s)/guardian and the coach. Meetings of this nature do not promise a resolution. Please wait at least 24 hours
2. If the problem is not solved in step 1, contact the Athletic Director to set-up an appointment at 412-793-7000 x5206/5207.
3. A parent/guardian may contact the Athletic Director for a Parent Concern Form to be filled out. The concern form will be the proper documentation of a parents/guardian concerns.

**\*\*\* SUCCESSFUL TEAM SPORTS REQUIRE THAT ABILITY AND COOPERATION OF EACH INDIVIDUAL TO WORK AS PART OF A TEAM. THIS YEAR'S TEAM WILL BE SUCCESSFUL IF EACH INDIVIDUAL DOES HIS/HER PART TO MAINTAIN THE HIGHEST STANDARDS OF SPORTSMANSHIP AND COMPETITION.**

**PLEASE SIGN AND RETURN TO THE COACH:**

**STUDENT/ATHLETE PROMISE**

I have read this entire packet carefully, and I will abide by these rules and regulations. I promise to uphold the high standards of my school and the Penn Hills School District. I understand that I am a student/athlete and will conduct myself in a way that will be a credit to my school and community. I understand that as a student/athlete, I am required to participate in every event of the program throughout the year. I understand that I am subject to the rules of the Penn Hills Athletic Department and the Student Code of Conduct, and my actions should uphold the highest standards of conduct as a student and athlete. Any action bringing dishonor to my team, my school, my district will result in disciplinary action. I also know that no team rule can supersede the rules, policies, and procedures of my school. I agree to pay for any and all equipment, which I may lose, misplace or damage through carelessness or intent. I further agree to assume full responsibility for all equipment issued to me and to confine the use of that equipment to practice games or meets.

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Signature of Student/Athlete

**PARENT'S/GUARDIAN PROMISE**

I have read the above carefully and promise to help my son/daughter maintain a high standard of conduct and perform her duties in a responsible manner. I am aware of all disciplinary actions that may be taken if any son/daughter does not comply with the rules and regulations. I am also aware that my son/daughter is participating in an activity where risk of injury does exist. I understand the coach will take all possible precautions to minimize this risk. I also give permission to the attending physicians to give first aid and emergency treatment to my son or daughter should he or she require assistance.

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Signature of Parent/Guardian

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Date