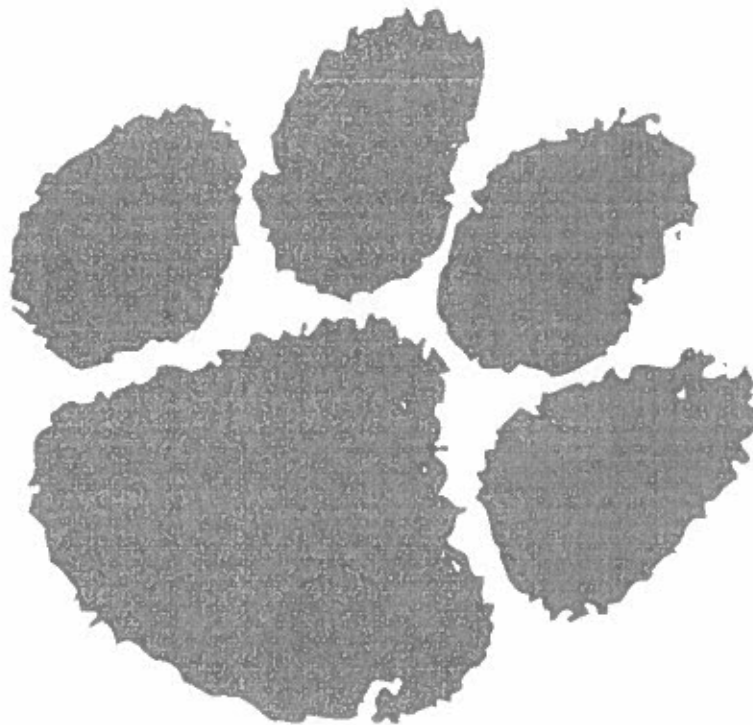


Sharon Middle/High School Athletic Handbook 2023-2024



Sharon Middle/High School
1129 East State Street
Sharon, PA 16146
724-983-4030



Dear Parents and Student Athletes:

Welcome to the 2023-2024 athletic program. The purpose of this handbook is to outline our athletic programs in order to facilitate an enjoyable and productive athletic and academic year and provide student-athletes with many opportunities that stretch beyond the field of play.

The 2023-2024 Athletic Handbook contains information regarding athletic programs, eligibility, study tables, sportsmanship, district policies, rewards and participation requirements. Please review the information contained in this handbook in order to be aware of all policies that may impact student athletes in Sharon Middle/High School.

Sharon Middle/High School has a rich tradition of athletic success. This tradition includes 2 PIAA State Championships, 7 State Runner-Ups, 48 District Championships, 132 Conference Championships and 9 Individual PIAA State Champions.

If you have any questions please feel free to contact athletic director Steve Hoover at the school by phone at 724-983-4030 or via email at steve_hoover@sharonsd.org.

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Thank you and as always, Go Tigers!

Michael Fitzgerald
High School Principal

Michael Woods
Assistant Principal

Brandon Richards
Middle School Principal

Steve Hoover
Athletic Director



Athletic Overview

Athletics

Sharon's interscholastic athletic program consists of 19 varsity teams, 7 Junior Varsity (JV) teams and 10 Middle School teams. Sharon is a member school of the PIAA and District 10.

Fall Sports

Cheerleading
Varsity Cross Country (Boys and Girls)
Varsity Golf (Boys and Girls)
Varsity/JV Football
Varsity/JV Boys Soccer
Varsity/JV Girls Soccer
Varsity Girls Tennis
Varsity/JV Girls Volleyball
Middle School Football
Middle School Girls Basketball
Middle School Soccer (Boys and Girls)
Middle School Cheerleading
Middle School Cross Country

Winter Sports

Cheerleading
Varsity/JV Boys Basketball
Varsity/JV Girls Basketball
Varsity Swimming (Boys and Girls)
Varsity/JV Wrestling
Middle School Boys Basketball
Middle School Cheerleading

Spring Sports

Varsity/JV Baseball
Varsity/JV Softball
Varsity Boys Tennis
Varsity Track and Field (Boys and Girls)
Middle School Girls Volleyball
Middle School Boys and Girls Track and Field
Middle School Boys Baseball

Head Coaches

Baseball: Chris Buchman
Basketball (Boys): Louis Brown
Basketball (Girls): Kellie O'Brien
Cheerleading: Tiffany Marsh



- D. Placing any student/athlete in a situation that could be dangerous for the safety and well-being of that student/athlete.
- E. Leaving school/field after practice or game before the students have left; students are to be supervised at all times.

Coaches are required to develop team rules/expectations for all team members. These rules must be distributed to all athletes and a meeting with students and/or their parents is required. There should be no confusion on the rules/expectations and there is to be no deviating from the rules/expectations. A copy of the rules must be submitted to the athletic department prior to the start of the respective sport season. Coaches are to have parent(s)/guardian(s) sign and acknowledge that they received and understand team rules.

Coaches must also go over expectations with their assistant coaches (both high school and middle school) as well as their boosters. Everyone involved should understand the standard and expectations and the head coach but hold everyone, including himself, accountable.

Coaches should develop rules for traveling, appearance, and behavior at the athletic contest. The bus should not be left unclean (all litter is to be discarded) or damaged in any fashion. Coaches are responsible for their team's behavior and actions. Coaches are responsible for reviewing away game visiting locker rooms/facilities before allowing Sharon student-athletes in to help prevent false accusations of damage.

Develop a practice schedule. Practice schedules at the High School & Case Avenue are to be scheduled through Mr. Hoover or his designee. Teams are to practice throughout the season, including Saturdays. Teams may practice on Sunday; however, a team may not practice or compete for seven consecutive days. All sports should practice 5 to 6 days a week. These are not intramural sports. The head coach and all assistants must attend all practices. Practices need to be structured, organized and intentional. We need to optimize and maximize the time we have.

All coaches must communicate with the athletic director, and high school principal throughout their season.

All coaches must realize that there are a limited number of athletes available to participate in various activities. Coaches are expected to cooperate in all areas to avoid conflicts in scheduling games or practices; no coach is to place students in difficult situations that require them to choose between activities.

Coaches must make sure that all players meet PIAA and school district eligibility requirements. At no time should an ineligible player participate in a contest or scrimmage. Ineligible players may practice but they are not to dress for contests. Ineligible players are expected to sit on the bench or stand on the sidelines with the team.



All coaches should enforce pride regarding each player's behavior both on and off the playing field or floor.

Coaches are responsible for ensuring that new students who have applied for enrollment with the district have been fully vetted and cleared by the administration before they are eligible to participate in any in-season or out-of-season activities.

Coaches are to follow all policies, procedures, and expectations outlined in the coach manual given by the athletic director.

Facilities:

Facilities are to be kept "game ready" at all times. This means clean, organized, and tidy. If the superintendent saw your facility, would you be proud?

All equipment goes in your locker, no trash or garbage left out.

Weight room – all bars, DBs, bands put back. Weights returned to their proper slot.

Machines pushed back into the wall when finished.

Leave it better than it was.

Since you/your coaches are the last ones to leave, the athletic director should never see a facility that is not game ready.

Failure to keep facilities game ready will result in a loss of privileges or suspension.

Equipment

The head coach will be responsible for the supervision; distribution and collection of school district equipment (see inventory form). Athletes are responsible for all athletic equipment issued to them. Theft will not be tolerated. You are urged to make use of a lock on any athletic locker. Issued equipment that is not returned or is damaged beyond repair must be replaced with the original equipment or paid for (at market price). Players who do not comply with these regulations will be ineligible to participate on any other school athletic teams, receive a report card, or have credentials transferred to other schools until their debts are resolved.

Responsibility to Teammates, School and Community

As a student athlete you must always keep in mind that your actions reflect upon your team, your school, and your community. It is important that you recognize that you are one piece in a rich history of successful athletics at Sharon. Student athletes are responsible to conduct themselves with sportsmanship in mind.

****A student athlete may be ruled ineligible to compete in a competition for behavior or conditions that are detrimental to the team, school, or community.****

Injury Procedure

The certified athletic trainer (ATC) and/or team physician will be responsible for the prevention, management, and treatment of all athletic injuries. All injuries must be reported to the athletic trainer as soon as possible. Parents/Guardians will be notified of any serious injuries. The athletic trainer, not a coach, will determine whether an injured player is capable of participation in practices and contests.



- J. Good points in others should be appreciated and suitable recognition given.

Student-Athletes Should:

- A. Conduct themselves in a champion manner with respect and integrity.
- B. Not use profanity, obscene gestures, and/or obscene language.
- C. Not seek to provoke opponents, Contest officials, or spectators to engage in improper conduct.
- D. Not seek to injure opponents.

Appropriate Communications

Coaches and the athletic director are responsible for communicating information regarding the athletic program to parents. Parents are responsible for understanding the athletic program's rules, regulations, and requirements and the coaches' expectations.

Communication/Information Coaches Should Provide to Parents:

- A. Eligibility and playing criteria
- B. Coach's expectations of players and their parents
- C. Locations and times of all practices and contests
- D. Team requirements (i.e. special equipment, off-season conditioning, etc.)
- E. Team rules, guidelines, and disciplinary procedures
- F. Lettering requirements
- G. Information regarding procedures to contact coaches

Communication / Information Parents Should Provide to Coaches:

- A. Notification of any schedule conflicts well in advance
- B. Specific concerns in regard to the coach's philosophy and/or expectations
- C. Information regarding student injuries and medical condition

Appropriate Concerns for Parents to Discuss with Coaches:

- A. Treatment of their child
- B. Ways to help their child improve
- C. Concerns about their child's behavior

Issues NOT Appropriate to Discuss with Coaches:

- A. Playing time / positions / assignments
- B. Team strategy
- C. Play calling
- D. Other student athletes

Procedures for Discussing Parental Concerns:

- A. Parents should not confront coaches or engage in discussion with coaches, either in person or via telephone, immediately before or after a practice or on a game day as discussions during times of high emotions do not promote resolution of issues.



to participate in interscholastic athletics. If you participate while ineligible, you, your school and/or Team will be penalized including potential forfeiture of wins, entire seasons, championships and records. It is, therefore, important for you to be aware of the applicable eligibility provisions.

The information contained herein highlights and summarizes the major eligibility requirements you must meet to participate in interscholastic athletics. It does not list every rule or every detail. Unless otherwise indicated, each requirement applies to students in grades 7 through 12, inclusive.

The Principal of your school is responsible for certifying the eligibility of all students representing your school in interscholastic athletics. If you have any questions concerning your athletic eligibility, either now or in the future, you should discuss the matter with your school Principal or Athletic Director. If they are uncertain about a matter, they can request, from your local PIAA District Committee and/or PIAA executive officers, guidance and even a formal ruling as to your athletic eligibility. A complete copy of the PIAA eligibility rules may be viewed on the PIAA Website at www.piaa.org, or may be obtained from your Principal or Athletic Director.

Age

To be eligible to participate in grades 9 through 12, you must not have reached your 19th birthday by June 30 immediately preceding the school year. Where participation is limited to grades 7 and 8, you may not have reached your 15th birthday by June 30 immediately preceding the school year; where participation is limited to grades 7 through 9, you may not have reached your 16th birthday by June 30 immediately preceding the school year.

For more information regarding amateur status and awards please see Article I Age of the PIAA By-Laws.

Amateur Status and Awards

To be eligible to participate in a sport, you must be an amateur in that sport. Amateur status, and eligibility, is lost if you, or your parent(s) or guardian(s), receive money or property for or related to your athletic ability, participation, performance, services, or training in a sport.

You may receive awards only from your school or school-affiliated booster club, the sponsor of an athletic event, a non-profit service organization approved by your school Principal, or the news media. Permissible awards include items of apparel, a blanket, watch, ring, scroll, carry-on or warm-up bag, photograph, medal, plaque, or similar award, which must bear appropriate institutional insignia or comparable identification. The fair market value of items provided to you may not exceed \$500.

For more information regarding amateur status and awards please see Article II Amateur Status and Awards of the PIAA By-Laws.

School of Attendance



All Student-Athletes must complete a Baseline Concussion Test with the school's athletic trainer prior to participation.

Transfers

You are treated as having transferred whenever you change schools, even if you are promoted to a higher level school or are out of school for a period of time before entering the new school. If your transfer from one school to another is materially motivated in some way by an athletic purpose you will lose your athletic eligibility in each sport in which you participate within a period of one year immediately preceding the date on which you transferred. This requirement applies even if you would be otherwise eligible at the school to which you transferred.

The Principal and Athletic Director of each school may sign off on your transfer. If one side feels that your transfer is athletically motivated, there may be a hearing in front of the District 10 committee to determine your eligibility. The District 10 committee at this hearing will make final eligibility decisions, unless one party appeals to the PIAA Board of Directors. **(PIAA By-Laws Article VI)**

Period of Time After Eighth Grade, Participation, and Grade Repetition

Your athletic eligibility extends only until you have reached the end of your fourth consecutive year beyond the eighth grade. Therefore, if you repeat a grade after eighth, you will be ineligible as a senior.

Additionally, you may participate in (a) a maximum of six seasons in each sport during grades seven through twelve, (b) a maximum of four seasons in each sport during grades nine through twelve, and (c) a maximum of three seasons in each sport during grades seven through nine. You may participate in only one season in each sport during each school year. **(PIAA By-Laws Article VIII)**

Student Discipline (suspensions, detentions, etc)

All students athletes must realize that academics always come before athletics and participation in athletics is a privilege not a right. Student athletes must display proper conduct while at school, on the way to and from school and while participating in or attending any school related activity or function.

Students may be ineligible to participate in athletics if:

The student is serving in-school suspension

May not be permitted to participate in any practices, games, etc., during the suspension

If the student is serving out-of-school suspension

Will not be permitted to participate in any practices,



A student who is not achieving a grade of sixty-three percent (63%) or greater in two (2) or more core curriculum subjects (courses for which English, mathematics, science or social studies credits are awarded), by the 11:00 AM deadline at the end of the week, shall be so notified and shall be ineligible to participate in interscholastic activities and should attend and participate in the school tutoring program for the subjects in which his/her failing (63% or less) grades have been received. Ineligibility for participation shall mean playing in games, contests, or events and/or traveling with the team to away games, contests, or events, but practicing with the team shall be permitted.

In addition, a student must meet all PIAA eligibility requirements to be eligible to participate in interscholastic athletics. These requirements include an academic requirement, as of the date of this policy, that a student must be passing at least four (4) credits to remain eligible.

Ineligibility will begin on Sunday (12:00 AM) following the Friday a student fails to meet academic requirements and will last through the following Saturday (11:59 PM). However, if ineligibility occurs with less than a week of school available for the student to improve his/her grade due to the Winter Break, the student shall be ineligible for the remaining school days prior to the beginning of the Winter Break, but then shall be eligible until school resumes after the Winter Break.

A student on the ineligible list has the right to review his/her grade with each teacher who placed the student on the list.

The Head Coach or designee is responsible for picking up and signing for the weekly eligibility list each Friday by 3:00 pm. and it is the responsibility of the Head Coach to notify the athlete and/or parent/guardian and see to it that the student complies with the eligibility policy and does not participate in contests during the period of ineligibility.

Student Registration

Students must have all documents in prior the first official practice date, to participate. This includes: a completed physical packet with insurance information and the handbook form. The student-athlete cannot be around the team

After the completion of a team's first game, your roster is complete and no one is to be added to the roster. Exceptions will be made only by the athletic director.

Athletic Awards

Letter Requirements

Requirements for lettering in a sport will be determined by that sport's head coach. The head coach will then inform the athletic director of the names of student athletes that lettered in each sport each season.

Letterman Jackets



influence of alcohol or drugs. These symptoms may include but are not limited to blood shot, glassy eyes, slurred speech, an odor of an alcoholic beverage, staggered gait, loss of coordination and/or balance and/or motor skills, loud, obnoxious behavior or behavior which is uncharacteristic of the student or which would lead a reasonable person to suspect the student had consumed alcohol or drugs and that their well-being as well as the well-being of others has been compromised or endangered.

Any student who meets the criteria of Reasonable Suspicion will be requested to be tested immediately. The said request for test will be made to the student's parents and/or legal guardian. The parent or legal guardian has the right to be present prior to the testing. The testing will take place at the location of student's school through the school nurse and/or health officer. Testing will be conducted through urine analysis and will be secured for appropriate laboratory testing via the vendor. Any refusal to take the test will be treated as a positive result.

Entire District Policies 227.1 and/or 227.2 are available online at www.sharon.k12.pa.us or via request.

Off-Season

Off-Season Practices and Weight Room Rules

All weight room and off-season conditioning activities are to be held under the supervision of the head coach and/or assistant coaches who have appropriate approval and clearances on file with the district office. Facilities necessary for these activities shall be scheduled in advance with the athletic director and facilities manager to avoid schedule conflicts and activities shall be in accordance with District Policy 707 Use of School Facilities.

All doors must be secured and locked. All weights and equipment must be cleaned up and put away at the conclusion of each session.

Coaches' Rules and Pre-Season Compliance

Each head coach is trusted by the Sharon City School District to execute effective offseason programs and conditioning sessions. These sessions must all adhere to the PIAA by-laws and all district policies.

Student athletes are urged to comply with the head coach's programs in order to effectively prepare themselves for upcoming athletic seasons. Pre-season compliance is a terrific method to reach your potential as an athlete.

See **PIAA By-Laws Article XVI** for more information.

Hazing Policy

The purpose of this policy is to maintain a safe, positive environment for students and staff that is free from hazing. For purposes of this policy **hazing** is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student or causes willful destruction or removal of public or private property for the purpose of initiation or membership in or affiliation with any organization



Therefore it is important that students market themselves to the colleges of their choice.

NCAA Eligibility

The following are some recommendations to aid the student/athlete in his/her quest to seek a college scholarship:

1. Go to the guidance office or the internet and obtain addresses of the colleges that you would be interested in attending both for academics as well as athletics. Pick a school that you would be happy attending even if you were not going to participate in athletics.
2. Prepare a letter to be sent to college coaches (sample attached).
3. Prepare a resume of your career (sample attached).
4. Prepare a highlight tape and game tape to send **upon request** from the coach of the college/university that you have sent your resume to (be sure to label your game tape with the appropriate information – name, address, school name, etc.)
5. Do not send whole games. Create a highlight film that lasts about 5 minutes. If this tape sparks a coach's interest then he/she will request more film at a later date.
6. If you participate in an AAU type of summer activity for your particular sport, include a summer schedule for the coach to be able to come and see you play.
7. Send the information before you are in your junior and/or senior season. The best advice would be to send it immediately after the signing of the last recruiting season ahead of you.

The majority of the colleges will send you a questionnaire; complete it and return it to the colleges immediately. Complete all questionnaires regardless if you are interested in the school.

If you are an outstanding student, you may have opportunities to obtain athletic and academic scholarships. Many of the top academic universities have stringent minimum academic entrance requirements where many athletes cannot qualify. Talk with your guidance counselor/coach to obtain the names of academic universities in which you may obtain an athletic scholarship. This is a great opportunity for you if you are an outstanding student.

It is suggested that you attend a summer camp to increase your chances of being noticed. You will have the opportunity to perform in front of the college coaching staff for four or five days. Your high school coach or the athletic director can help you obtain information for summer camps.

If all else fails, you have the opportunity to walk on at the college of your choice and have the chance to earn a college scholarship later. It is very feasible to walk on a team and earn a partial or full scholarship for your remaining years if you become a starter.



SAMPLE RESUME

Personal Information

Name: _____

Address: _____

Phone: _____

City, State, Zip: _____

Parents: _____

Year of Graduation: _____

Height: _____

Weight: _____

40 Time: _____

High School Information

Sharon High School
1129 East State Street
Sharon, PA 16146

Sharon High School Coach: _____

Phone: _____

Sharon High School Counselor: _____

Phone: _____

Sharon High Sport(s): _____

Academic Performance

GPA _____

Class Rank _____

PSAT: Verbal: _____

Math: _____

SAT: Verbal: _____

Math: _____

ACT: _____

College Interests

Academic area (major) you wish to pursue in college: _____

Sport(s) you wish to play in college: _____

2023-2024 PIAA SCHEDULE OF SPORTS' EVENTS

2023-2024 PIAA WINTER SPORTS

RELATED INFORMATION

SITE

RIFLE

First Practice Date	November	17
Minimum Length of Preseason Practice	2 weeks	
First Inter-School Practice or Scrimmage Date	November	24
Maximum Number of Regular Season Inter-School Practices or Scrimmages	2	
First Regular Season Contest Date	December	4
Maximum Length of Regular Season	11 weeks	
Maximum Number of Regular Season Contests	16	
Last Regular Season Contest Date	February	10

INDOOR TRACK

First Practice Date	November	17
Minimum Length of Preseason Practice	2 weeks	
First Inter-School Practice or Scrimmage Date	November	24
Maximum Number of Regular Season Inter-School Practices or Scrimmages	2	
First Regular Season Contest Date	December	1
Maximum Length of Regular Season	12 weeks	
Maximum Number of Regular Season Contests	16	
Last Regular Season Contest Date	March	2

GIRLS' GYMNASTICS

First Practice Date	November	17
Minimum Length of Preseason Practice	2 weeks	
First Inter-School Practice or Scrimmage Date	November	24
Maximum Number of Regular Season Inter-School Practices or Scrimmages	2	
First Regular Season Contest Date	December	1
Maximum Length of Regular Season	12 weeks	
Maximum Number of Regular Season Contests	16	
Last Regular Season Contest Date	March	2

BOWLING

First Practice Date	November	17
Minimum Length of Preseason Practice	3 days	
First Inter-School Practice or Scrimmage Date	November	24
Maximum Number of Regular Season Inter-School Practices or Scrimmages	2	
First Regular Season Contest Date	November	24
Maximum Length of Regular Season	16 weeks	
Maximum Number of Regular Season Contests	22	
Last Regular Season Contest Date	March	23

COMPETITIVE SPIRIT

First Practice Date	August	14
District Deadline	January	13
PIAA Competitive Spirit Championships	January	26 & 27
Last Regular Season Contest Date	March	23

GIANT Center, Hershey

WRESTLING - 2 classes

First Practice Date	November	17
Minimum Length of Preseason Practice	2 weeks	
First Inter-School Practice or Scrimmage Date	November	24
Maximum Number of Regular Season Inter-School Practices or Scrimmages	2	
First Regular Season Contest Date	December	1
Maximum Length of Regular Season	12 weeks	
Maximum Number of Regular Season Contests	22	
District Deadline Team Wrestling	February	3
Team Wrestling Preliminary Round	February	5
PIAA AA & AAA Team Wrestling Championships	February	8, 9 & 10
Last Regular Season Contest Date and District Deadline	February	24
Region Deadline	March	2
PIAA AA & AAA Wrestling Championships	March	7, 8 & 9

GIANT Center, Hershey

GIANT Center, Hershey

SWIMMING & DIVING – 2 classes

First Practice Date	November	17
Minimum Length of Preseason Practice	2 weeks	
First Inter-School Practice or Scrimmage Date	November	24
Maximum Number of Regular Season Inter-School Practices or Scrimmages	2	
First Regular Season Contest Date	December	1
Maximum Length of Regular Season	12 weeks	
Maximum Number of Regular Season Contests	18	
Last Regular Season Contest Date	February	24
District Deadline	March	2
PIAA AA & AAA Swimming & Diving Championships	March	13, 14, 15 & 16

Bucknell University, Lewisburg

BASKETBALL – 6 classes

First Practice Date	November	17
Minimum Length of Preseason Practice	2 weeks	
First Inter-School Practice or Scrimmage Date	November	24
Maximum Number of Regular Season Inter-School Practices or Scrimmages	2	
First Regular Season Contest Date	December	1
Maximum Length of Regular Season	12 weeks	
Maximum Number of Regular Season Contests	22	
Last Regular Season Contest Date	February	24
District Deadline	March	2
First Round	March	8 & 9
Second Round	March	12 & 13
Quarterfinals	March	15 & 16
Semi-Finals	March	18 & 19
PIAA Basketball Championships	March	21, 22 & 23

GIANT Center, Hershey



Athletic Handbook Parent/Guardian Receipt Acknowledgment

We, _____ and _____

(Student Name)

(Parent/Guardian Name)

Have received and reviewed a copy of the 2023-2023 Sharon Middle/High School Athletic Handbook. Our signatures below indicate that we accept responsibility for being aware of its contents and we understand that our son/daughter is expected to abide applicable district, PIAA, District 10, team and athletic department rules, regulations, procedures and policies.

Student Signature

Date

Parent Signature

Date

****Please detach this form from the handbook and return to your head coach.****