



Twin Valley School District

Athletics Handbook for Student-Athletes and Parents

Welcome to the Twin Valley School District athletic program; a program built on tradition and excellence; which is the result of the hard work, dedication and commitment of our outstanding coaching staff and highly motivated student-athletes. The Twin Valley School District administration and coaching staff are proud of the life lessons that can be taught to student-athletes through participation on our athletic teams. Likewise, we recognize the important role that our athletic programs play in the development of well-rounded student-athletes. Finally, we value the diversity and contributions of all of our athletic teams and recognize the significance that Twin Valley Athletics plays within our community.

Over the years, the Twin Valley athletic program has grown in many areas; not only in our number of teams and student athletes, but also in the number of rules and regulations needing to be followed. As the Twin Valley athletic program has grown, the need to communicate the following information to both student-athletes, and the parents of student-athletes, has become essential to ensuring the continued success of the Twin Valley athletic program:

- the mission and objectives of the Twin Valley athletic program
- the role of the administration, coaches, players and parents
- the Twin Valley School District athletic policies, procedures, and guidelines

With that in mind, please take the time to review the information contained in this ***Handbook for Student-Athletes and Parents***. It is important to note that our student-athletes serve as role models for the entire school district, from elementary students to high school students. In addition, our student-athletes serve as role models for the Twin Valley community. As such, it is imperative that our student-athletes and the parents of our student-athletes, are always exhibiting good behaviors and sportsmanship. As a representative of our school and community, let your actions reflect positively on Twin Valley Athletics.

Thank you for your participation in our athletic program. We hope you have a memorable experience and look forward to seeing you at a Twin Valley sporting event this year.

Sincerely,

Taylor Parker
Director of Athletics & School Involvement
Twin Valley School District

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Twin Valley Athletics Mission Statement

The Twin Valley Athletic Programs were created to provide students an opportunity to participate in any of the sports offered by the Twin Valley School District. The objective of these programs is to develop student athletes who value and promote discipline, teamwork, integrity, and good sportsmanship. Through coaching and teamwork, student athletes will develop the knowledge and skills to be successful through practice and competition.

Philosophy

The Twin Valley School District believes that the purpose of the interscholastic athletic program is to provide learning experiences that will lead to positive changes in attitude, habits and skills, not only for those participating, but also for the student body and community as a whole. This will develop characteristics that will further prepare student athletes for their future.

The Twin Valley Athletic Program strives to achieve the following objectives:

- ✓ The athletic programs shall be conducted in accordance with existing School Board Policies, rules and regulations.
- ✓ Leadership should be of the highest quality to exemplify to the participants the desired type of behavior expected.
- ✓ To provide opportunities to student athletes to participate in multiple athletic activities, thus improving skills through competition.
- ✓ To develop the understanding that athletic competition is a privilege that carries with it definite responsibilities.
- ✓ To provide motivation to student athletes to remain academically responsible.
- ✓ To provide opportunities to develop friendships with team members and students of opposing schools.

Twin Valley School District Board Approved Athletic Teams

The Twin Valley School District offers 25 high school programs and 14 middle school programs as School Board approved interscholastic athletic teams.

High School

Fall

Cheerleading
Boys Cross Country
Girls Cross Country
Field Hockey
Football
Golf
Boys Soccer
Girls Soccer
Girls Tennis
Girls Volleyball

Winter

Boys Basketball
Girls Basketball
Cheerleading
Boys Bowling
Girls Bowling
Boys Swimming
Girls Swimming
Boys Wrestling

Spring

Baseball
Boys Lacrosse
Girls Lacrosse
Softball
Boys Tennis
Boys Track & Field
Girls Track & Field

Middle School

Fall

Cheerleading
Boys Cross Country
Girls Cross Country
Field Hockey
Football
Boys Soccer
Girls Soccer
Girls Volleyball

Winter

Boys Basketball
Girls Basketball
Cheerleading
Boys Wrestling

Spring

Baseball
Softball
Boys Track & Field
Girls Track & Field

In addition to the school district approved teams, Twin Valley School District recognizes the following teams:

Twin Valley Mountain Biking Team
Twin Valley Ice Hockey Team
Twin Valley Boys Indoor Track Team
Twin Valley Girls Indoor Track Team

Requirements for Twin Valley Student-Athletes to Participate on Interscholastic Athletic Teams

It is important to understand that participation on a Twin Valley School District interscholastic athletic team is a privilege, not a right. Being and maintaining one's membership on the team means accepting all of the responsibilities that come along with being a championship caliber student-athlete. Student-athletes on Twin Valley athletic teams are representatives of their team, school district and community; and, as such, their appearance and behavior should be beyond reproach.

Below is a list of requirements for student-athletes to participate on Twin Valley School District interscholastic athletic teams:

- **The student must live within the Twin Valley School District.**
- **The student must be in grades 7-12.**
- **The student must meet age requirements.** A student-athlete may not participate on a middle school athletic team when he/she is 16 years old before July 1. A student-athlete may not participate on a senior high athletic team when he/she is 19 years old before July 1.
- **The student must have a preparticipation athletic physical (dated AFTER June 1st) and, if the student has been injured in a previous season, a recertification may be required.** Pre-participation forms (CIPPE form) are available online at the Twin Valley athletics website. A recertification is required for all athletes participating in any subsequent sport after the CIPPE is completed. All student-athletes trying out for a team must have a completed/signed CIPPE form uploaded to Planet HS before they will be permitted to try out.
- **The student must pay the activity fee.** The activity fee must be paid by CHECK, payable to Twin Valley School District or online on the student's Infinite Campus account. The activity fee for student-athletes in grades 9 through 12 is \$75.00 and the activity fee for student-athletes in grades 7 and 8 is \$50.00. If a student-athlete decides he/she does not want to try out for the team or gets cut from the team, the "Activity Fee Refund Request" form (available on the Twin Valley Athletics website) must be completed and submitted to the Athletic Director. Students on free and reduced do not have to pay the activity fee but should communicate that with their coach and/or athletic director. Students with a balance on their infinite campus account will not be permitted to participate in the activity until the fee is paid in full.
- **The student must exhibit good behavior in the classroom and on the athletic team.** A coach has the authority to deny a student-athlete from trying out or participating on a Twin Valley athletic team if the student-athlete has exhibited behavior that is detrimental to the management and/or cohesion of the team.

- **The student must meet academic eligibility requirements. Eligibility will be run Friday's at 11am.**
 - If enrolled at the high school, if a student-athlete is failing one or more subjects, they will be ineligible to participate in practices and games for one week (Sunday through Saturday). In addition, if the student-athlete is ineligible 3 times during the season, the student-athlete must meet with the coach and athletic director to discuss continuation of participation.
 - If enrolled at the middle school, if a student-athlete is failing two or more subjects, they will be ineligible to participate in practices and games for one week (Sunday through Saturday). In addition, if the student-athlete is ineligible 3 times during the season, the student must meet with the coach and athletic director to discuss continued participation.
- **The student will dress appropriately, and in accordance with team policy, for home and away games.**
- **The student will be on time for all practices, games, team meetings and related trips.**
- **The student will not possess, use or distribute drugs, drug paraphernalia, alcohol, narcotics, tobacco products and/or unprescribed anabolic steroids during the athletic season.**
- **The student will comply with all PIAA rules, Twin Valley rules, and team rules.**
- **The student is responsible for returning all school-issued athletic equipment/uniforms at the end of the season in good condition, or will pay for the cost of replacing such items.**
- **The student and parent must sign the *Athletic Responsibility and Code of Conduct Contract*. The *Athletic Responsibility and Code of Conduct Contract* acknowledges that the student-athlete and parents have read, and agree to comply with all items contained in this handbook.**

General Information for Parents of Twin Valley Student-Athletes

Defined Season of Twin Valley Interscholastic Athletic Teams

Unlike many club or youth teams, Twin Valley interscholastic athletic teams have a defined season, with a definitive start and end date established by the PIAA. During the defined season, a Twin Valley student-athlete is expected to make the Twin Valley athletic team a priority over all other Twin Valley interscholastic athletic teams, club teams or youth teams. If a Twin Valley student-athlete cannot make that commitment, then they may be asked to not participate on the Twin Valley interscholastic athletic team. Any such conflicts should be discussed with the Twin Valley coach prior to the start of the season. Likewise, while all students should have the opportunity to participate in as many interscholastic athletic activities as is reasonably possible, no sport shall operate to the detriment of any other sport.

****Any athlete that is participating in an in-season sport is NOT permitted to participate in any off season open gym with any other sport****

Commitment

When trying out for a team, and after being selected to become a member of a team, Twin Valley student-athletes are expected to attend all practices and games of that team. In-season practices will occur on a daily basis and weekend practices should be expected. In addition, due to scheduling parameters, many teams will practice and/or play during scheduled school vacations. Students who plan to be absent for an extended period of time for whatever reason, should discuss their situation with the head coach prior to trying out for the team.

Tryouts

Due to a number of factors, student-athletes may be required to try out for athletic teams. Coaches will conduct tryouts beginning on the first official date of practice and any subsequent dates necessary. No time constraints will be placed on coaches in regards to tryouts; however, coaches will be expected to offer a minimum of three tryouts in a timely fashion. Team selections will be announced individually. Prior to tryouts, it is the student-athlete's responsibility to alert the coaching staff of any possible conflicts which may arise during the course of the season.

Should a student-athlete not be selected to the team, he/she is encouraged to meet with the coach to discuss any concerns related to the selection/evaluation process and areas where improvement can take place. Once the student-athlete has met with the coach to discuss their concerns, should he/she still have questions, a meeting should be arranged with the coach and parent. If a resolution does not occur after the coach/student-athlete/parent meeting, then the parent should contact the Director of Athletics to schedule a meeting with all parties involved.

Preseason Information from Coaches

Twin Valley coaches will provide parents with information regarding the season. This information will include, but is not limited to, practice and game schedules, team guidelines, and Team Snap information.

Playing Time

One of the most emotional aspects of a student-athlete being involved in athletics centers around playing time. On a daily basis, coaches need to make many important decisions regarding what is best for their team. Amongst other things, it is the coaches' responsibility to decide which athletes should start a contest, determine who should play what position, and regulate how long each student-athlete should play. These coaching decisions, often difficult to make, are made only by the coaching staff and are taken very seriously after having observed the student-athlete in practices, game-like situations, scrimmages and games. Bottom line, playing time decisions are based on the coaches' discretion and should not be challenged by student-athletes or parents. If a student-athlete is unhappy with their playing time, the student-athlete should discuss with the coach what needs to be done to earn more playing time.

Attendance

On the date of a PIAA athletic event or practice, the student-athlete must attend school, or he/she will be ineligible to participate on that specific date. If for some reason the student-athlete is not present at the start of the school day, then the student-athlete must report to school no later than 11:00 AM. The only exception is an excuse from the doctor's office, a Twin Valley High School approved family emergency, or prior approval from the high school Principal or Director of Athletics. If the student-athlete does not report to school by 11:00AM, he/she will be ineligible on that specific date for games or practices.

If a student-athlete is sent home from school sick, it is important that he/she not participate in a game or practice because of their own health and the health of the other players involved in the contest. Therefore, if a student-athlete is sent home from school sick, he/she is to remain at home. This will not be held against the student-athlete in any manner.

Any student-athlete serving an out of school or in-school suspension or detention is not eligible to participate in any interscholastic contests or practices.

Finally, students must arrive in school on time the day following a competition, no matter what time the bus arrives back from an event. There are no excused absences due to late arrival back to the school from athletic events. If a student-athlete is on an athletic team, that is part of the responsibility of being a student-athlete at Twin Valley.

Injuries to Athletes

Twin Valley has one full-time athletic trainer. The athletic trainer is a highly-trained, allied health care professional who has an in-depth knowledge of human kinesiology and sports medicine. The Twin Valley athletic trainers specialize in the prevention, treatment and rehabilitation of athletic injuries.

When a Twin Valley student-athlete is injured during a practice or competition, the student-athlete should seek the care of the appropriate Twin Valley athletic trainer immediately. The certified athletic trainer will evaluate the injury and determine if the student-athlete needs to be referred to a physician.

Once the student-athlete has been evaluated by the physician, the student-athlete must submit to the Twin Valley athletic trainer the documentation regarding the diagnosis, prescribed treatment and date the student-athlete may resume participation. Without this documentation, the athlete may not participate in practices or competitions. All final decisions related to return to play will be made by Twin Valley's certified athletic trainer.

Transportation of Student-Athletes

Participation on a Twin Valley School District interscholastic athletic team requires the student-athlete to use the Twin Valley School District approved transportation to and from away games. The Twin Valley School District will provide transportation for all student-athletes in school-authorized vehicles when a contest has been scheduled at an opponent's facility.

All Twin Valley student-athletes must ride the school-provided transportation to and from away games. The only exceptions to this rule are if there is a conflict with another Twin Valley School District activity or a family emergency. In both cases, the head coach must be given a written note from the parent, prior to the event in question, and the coach must approve of the request to travel outside of school-provided transportation.

All Sports Boosters

The Twin Valley Athletic Boosters is a non-profit organization of parent volunteers, who support and promote athletics at the high school and middle school. Meetings are held the Third Tuesday of the month except in July at the high school at 7:00 pm. P.E. Classroom (Fitness Building).

The Athletic Boosters award scholarships to the top male and female senior student-athletes. All funds are generated from food and beverage sales at the concession stands in the stadium and in the high school gymnasium lobby area.

Athletic Recognition Ceremony

Twin Valley Athletics will hold seasonal athletic awards ceremonies at the conclusion of the fall, winter and spring seasons.

Varsity Letter Requirements

All varsity letters are awarded upon recommendation by the Head Coach at the conclusion of each season. The Head Coach has the right to deny letter awards if an athlete did not fully complete the season, broke team rules, displayed poor sportsmanship, had a negative attitude, missed team functions, lacked self-discipline, exhibited poor character or represented his/her school in a dishonorable manner.

The minimum requirements for becoming eligible to receive a varsity letter are as follows:

<u>Sport</u>	<u>Varsity Letter Requirements</u>
Football	Compete in 1/3 of the quarters
Soccer	Compete in 1/3 of the games
Field Hockey	Compete in 1/3 of the games
Volleyball	Compete in 1/3 of the games
Cross Country	Compete in one league meet in scoring position
Tennis	Compete in 1/3 of the matches
Golf	Compete in 1/3 of the matches
Basketball	Compete in 1/3 of the games
Wrestling	Compete in 10 Varsity bouts
Bowling	Compete in 1/3 of the matches
Cheerleading	Coach's Discretion
Swimming/Diving	Compete in 1/3 of the meets
Baseball	Compete in 1/3 of the games
Lacrosse	Compete in 1/3 of the games
Softball	Compete in 1/3 of the games
Track	Average 1 point/meet

Twin Valley School District Athletic Website

The Twin Valley School District athletic website can be found at www.tvsdathletics.org. The website contains valuable information related to the Twin Valley School District athletic program, including this handbook, schedules, Activity Fee information, CIPPE forms, directions to away games and Twin Valley venues, postponement and cancellations, links to important websites such as the PIAA and District 3, and more.

Locker Rooms

Many athletic teams will be provided with shared locker rooms for the duration of their season. Locker rooms should be kept neat, organized and clean. Professional and courteous behavior is expected at all times in the locker room. All valuables should be locked in a locker.

School Board Policies

All Twin Valley School District School Board Policies, including ones which are specific to athletics, can be located on the district website and are useful sources of information.

HS-MS Athletic co-curricular/extracurricular eligibility- School Board Policy No. 122.1

Student Activity Fee- School Board Policy No. 122.2

Concussion and sudden cardiac arrest management - School Board Policy No. 122.3

Position on Hazing - School Board Policy No. 247

Anti-Bullying Policy - School Board Policy No. 248.1

Use of Inhalers and Epi-Pens - School Board Policy No. 210.1

Privacy Statement

Student-athletes participating in Twin Valley athletics do so in a public venue. As such, they may have photographs and/or videos taken of them which may appear in various media outlets. Photographs and/or videos of Twin Valley student-athletes should not be used for personal or financial gain. In addition, photographs and/or videos that are of a controversial nature, or are questionable with regards to individual rights of privacy, shall not be sanctioned by the Twin Valley School District as outlined in School Board Policy # 237. Finally, photographs and/or videos taken during a private event should not be published. In general, student-athletes and parents of student-athletes should use good judgment when taking and sharing photographs and/or videos.

SPORTSMANSHIP & FAN BEHAVIOR

The Twin Valley Athletic Department and Twin Valley School District want to promote good sportsmanship at all of our extracurricular events. Sportsmanship is an essential component of any competition and is expected from the student-athletes, coaches, officials and spectators. Fan behavior should be positive, respectful and encouraging of the student-athletes, coaches, officials and the game. We want our spectators, especially our parents, to act in a way that makes their student-athletes proud of their behavior. We encourage all of our fans to enthusiastically support our team, recognize outstanding performances of our opponents and always exhibit good sportsmanship in our words and actions.

The Twin Valley High School Athletic Department wants to encourage you to:

- ✓ Act appropriately to foster a family-friendly atmosphere
- ✓ Be enthusiastic
- ✓ Show good sportsmanship
- ✓ Have a welcoming attitude to all opposing fans and visitors
- ✓ Recognize and appreciate good performances regardless of affiliation

The following are unacceptable behaviors at any Twin Valley High School event:

- ✓ Disruptive or unruly behavior
- ✓ Foul, intimidating or abusive language
- ✓ Obscene gestures
- ✓ Rudeness to fellow spectators or Twin Valley personnel
- ✓ Use of drugs, alcohol or tobacco

Spectators who display any unacceptable behaviors will face consequences for their actions, including possible immediate ejection from the event in question and refusal of admittance to future events. Any official, including but not limited to, contest officials, the athletic director, principal, assistant principals, game site supervisors or anyone in an administrative role, may impose a spectator ejection and/or refuse admittance to an event. If a spectator displays unacceptable behavior, they can be subject to the disciplinary actions below:

First Offense: A meeting between the spectator, Athletic Director and/or principal will be scheduled. Potential actions which may be taken include immediate suspension from attending future home contests for the same activity.

Second Offense: The spectator will be suspended from all home contests and other school events and activities for the remainder of the school year. A letter will be sent from the office of the principal, officially documenting and notifying the spectator of the sanctions.

Third Offense: The spectator will be prohibited from entering Twin Valley School District Property without written permission from the principal or superintendent. A letter will be sent from the office of the Superintendent officially documenting and notifying the spectator of the ban.

The Role of Parents

As a parent of a student-athlete, your sportsmanship goals should include:

- ✓ Realizing that athletics are a part of the educational experience and that the benefits of involvement go beyond the final score of a contest.
- ✓ Encouraging our student-athletes to perform their best, knowing that others will turn in better or lesser performances.
- ✓ Participating in positive cheers that encourage our athletes; and refraining from any cheer that would redirect that focus.
- ✓ Learning, understanding and respecting the rules of the contest, the officials who administer them and their decisions.
- ✓ Respecting the task that our coaches face as teachers; and supporting them as they strive to educate our youth.
- ✓ Respecting each official and realizing they are an essential part of every contest.
- ✓ Respecting our opponents and their parents.
- ✓ Developing a sense of dignity under all circumstances.
- ✓ Being a FAN...not a fanatic!

A person who exhibits good sportsmanship, be it a student or a parent, is a true leader within the school and community. As parents, you can have a major influence on your child's attitude. The leadership role you take in sportsmanship will help influence your child, and our community, for years to come.

Relationships

It is important that players, parents, and coaches have a clear understanding of the influence, boundaries, and dynamics that exist in the relationships that develop between players, parents, and coaches.

The Parent-Player Relationship:

The attitude of the parent can be the most influential factor in determining if a student-athlete has a rewarding interscholastic athletic experience; and can be more influential than the talent level of the student-athlete, the amount of playing time the student-athlete receives, the attitude of the coach, the attitude of the players or the team's win-loss record. Many student-athletes describe the "worst 15 minutes of the day" as the ride home in the car after a practice or competition because of their parents' negative attitudes toward the student-athlete, the coach, or their teammates.

If parents express a negative opinion in front of their child, they need to realize that the child will likely return to practice the next day and carry with them that negative opinion. Likewise, receiving technical or strategic instructions at home may interfere and conflict with the instructional process at practice sessions or during competitions. This may ultimately impede your son or daughter's progress and affect their playing time and/or whether they win a starting position.

What student-athletes need most from their parents is unconditional love and support, no matter what happens during practices or games.

The Player-Coach Relationship:

The player-coach relationship is perhaps the most critical relationship in athletics. A parent can have a pronounced effect on this very important and delicate relationship. While you and your child may not agree with all of the decisions of a coach, it is important to encourage your child to first speak to the coach to try to address and resolve any concerns, as many concerns can and should be resolved through this process.

Players and coaches develop their relationship over the course of a season. As a parent, it is important that you respect that relationship; and support and encourage your child to value that relationship and have an open line of communication with the coach.

The Parent-Coach Relationship:

In your role as a parent, you obviously love your child and are concerned about their welfare and success. Naturally, you want the best for him or her; however, the athlete can only have one coach.

One of the responsibilities of a coach is to meet with the team at the conclusion of a contest; these brief meetings are essential to the learning process involved in interscholastic athletics. Many parents believe that they have a degree of expertise as a result of playing or coaching experience, and thus know more than Twin Valley coaches; while this knowledge may heighten your appreciation of the sport, as a parent, you are not the coach. Student-athletes should not pause to talk to parents immediately after games. Instead, they should remain with their team until being released by the coach. Should you have questions or concerns which you do not feel are appropriate for your child to discuss with the coach, do not approach the coach at the conclusion of a contest or during a practice because, at this time, coaches have other responsibilities and may be very emotional. Instead, call or email the coach and make an appointment for a later time. During your appointment with the coach, the discussion should be conducted in a calm, courteous and logical manner.

The Parent-Official Relationship:

The age-old question often used by irate fans to coaches and athletic directors is "Where did you find these officials?" Each sport has an "officials' assignor" who assigns officials for every game in that sport for the entire season. Games should not be played without a PIAA certified official. Officials agree to and follow a code of ethics. They do not care or have an interest in which team wins the contest. As in any vocation, there are great, good and average officials. However, each official is doing their best to provide a safe, unbiased and structured environment for the student-athletes.

As a parent, nothing positive will result in yelling at the officials. In fact, many negative actions can occur by a parent yelling at the officials, including:

- ✓ appearing foolish
- ✓ embarrassing your child
- ✓ setting a poor example which others may follow
- ✓ promoting a negative environment

Parents should refrain from commenting about and/or approaching officials at any time. Failure to do so may result in removal from the competition.

Parent-Athletic Director Relationship:

The athletic director supervises the administering of all high school and middle school athletic teams. **Prior to approaching the athletic director or school district administration regarding the management of an athletic team, a parent should first speak to the coach.** If the parent is not satisfied with the discussion with the coach, the parent may request a meeting with the athletic director and the coach. However, the issues of playing time, techniques and strategies are not appropriate topics of discussion with the coach or athletic director.

Parent/Coach Communication Plan

Parenting and coaching can be difficult vocations that are both rewarding and challenging. By establishing an understanding of each position, we are able to accept the actions of the other and provide greater benefit to children.

As parents, you have the right to understand what expectations are placed on your child. That being said, parents should always encourage their child to communicate with their coach and coaching staff. A vast majority of communication lapses could be resolved if the child would first present their concerns to their coach and coaching staff.

However, it is understood that there may be times when things do not go the way parents and student-athletes expect. At these times, discussion with the coach may be necessary. When communicating with coaches, it is important for parents to understand that coaches need to make judgment decisions based on what they believe to be best for the team. The following guidelines will be helpful in parent/coach communications.

Communication Parents Should Expect From Coaches

- ✓ Locations and times of all practices and contests
- ✓ Team and school requirements (both behavioral and academic)
- ✓ Procedures if your child suffers an injury during participation
- ✓ Actions that could lead to discipline and/or denial of participation

Communication Coaches Expect from Parents

- ✓ Notification of any scheduling conflicts well in advance
- ✓ Notification of illness which may result in an absence
- ✓ Notification of injury which may prevent optimal performance

Concerns that are Appropriate to Discuss With Coaches

- ✓ Treatment of your child
- ✓ Ways to help your child improve
- ✓ Concerns about your child's behavior or academic performance

Concerns that are NOT Appropriate to Discuss With Coaches

- ✓ Playing time
- ✓ Team strategy/play calling
- ✓ Any situation that deals with other student-athletes

As you can see from the above lists, certain topics can and should be discussed with a

coach. Other topics, such as playing time, coaching strategies and concerns about other student-athletes, should be left to the discretion of the coach.

How to Handle an Athletic Team Concern

- ✓ Encourage your child to speak directly to the coach, as many concerns can be resolved through this process.
- ✓ Contact the coach to schedule an appointment.
- ✓ If a coach cannot be reached, contact the athletic office who will assist you in arranging a meeting.
- ✓ Do not present your concerns to a coach before a contest, after a contest or during a practice.
- ✓ When meeting with the coach, conduct yourself in a calm, courteous, and logical manner.

**If the meeting with the coach does not provide a resolution, contact the Athletic Director to discuss the situation.

Parent Code of Conduct and Expectations

Interscholastic athletics are an integral part of the total educational program offered by the Twin Valley School District. Our athletic fields and gymnasiums are laboratories for learning. As such, we ask all parents to support our efforts to promote a positive “learning” environment.

Listed below are guidelines and expectations that we expect all parents to follow to ensure that our student-athletes have a rewarding athletic experience. Parents who are unable to meet these expectations may be unable to attend future athletic contests.

- ✓ Support your child by being a positive listener, especially after a tough loss.
- ✓ Avoid putting pressure on your child to start, score, or be the star of the team.
- ✓ Do not force an unwilling child to participate in sports. Children take part in organized sports for their own enjoyment, not yours.
- ✓ Support the coach and administration in public and around other parents and fans.
- ✓ Avoid speaking negatively about the coach in front of your child. It may create a major barrier in your child’s hope for improvement in the sport.
- ✓ Understand the ultimate purpose of athletics; it exists as an integral part of the total educational mission of the school; and participation in athletics is a privilege, and not a right.
- ✓ Serve as a good role model for all students, athletes and other fans. Children learn best by imitation and good example.
- ✓ Contribute to the booster clubs by volunteering to help with projects and committees.
- ✓ Appreciate the educational opportunity that your athlete is receiving in the athletic

program.

- ✓ Recognize the enormous amount of time and effort provided by the coaches.
- ✓ Display excellent sportsmanship at all times.
- ✓ Teach your child to always play by the rules.
- ✓ Show respect to everyone involved in the athletic programs – the coaches, athletes, fans, other parents, officials, security and administrators.
- ✓ Do not publicly question an official's judgment or integrity. Don't complain or argue about an official's calls or decisions during or after an athletic event.
- ✓ Communicate any concerns in a timely manner and follow the proper chain of command when you have a concern. Your child should speak to the coach first. The next step would be for you to contact the coach to set up a meeting at a mutually convenient time. If you are not satisfied after meeting with the coach, please contact the Athletic Director to request a meeting to discuss your concerns.
- ✓ Express your concerns and questions in a courteous and civil manner and please do it at the right time and proper setting.
- ✓ Avoid constant and chronic complaining.
- ✓ Understand that the goals of the team and the athletic program are more important than the hopes and dreams you may have for your child. ✓ Teach your child that hard work and honest effort are more important than winning.
- ✓ Be loyal to the school and team; put the best interests of the team above your child's personal glory.
- ✓ Teach your child to live and play with class and to be a good sport. An athlete should be gracious in victory and accept defeat with dignity.
- ✓ Support the concept of "being a student first." Commit your child to getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing sports on the professional level. Reinforce that college and universities will not recruit student-athletes who do not have a serious commitment to their education.
- ✓ Keep athletics in perspective.
- ✓ Support the efforts of all Twin Valley student-athletes.
- ✓ Work to promote a positive environment that is conducive to the development of student-athletes.
- ✓ Become familiar with and review the philosophy, rules and regulations pertaining to Twin Valley athletics.

Twin Valley School District Athletic Code

Student Responsibilities

The Twin Valley School District recognizes the vital role athletics play in promoting the physical, mental, social, emotional and moral development of its students. Involvement in these activities affords students the opportunity to gain valuable experiences and insights into teamwork, self-discipline and life itself. The high profile status of athletics in school gives many students a chance to experience success and develop confidence and self-esteem. Participants in athletics often earn the respect of their fellow students and are viewed as leaders within the school society. It is important to note, however, that while education is a right, participation in athletics is a privilege and along with that privilege are certain responsibilities. When a student joins an athletic team and decides to represent his or her school, the student also agrees to accept the training rules, regulations and responsibilities as set forth by individual coaches and the school district. Student athletes and their parents are required to read the rules and regulations contained herein before a commitment to join an athletic team is made. Before a prospective athlete begins practice for any season, he or she must return this form signed by both the student and a parent or guardian signifying that they have read and understood the rules, regulations and responsibilities as established by the Twin Valley School District Athletic Department as conditions for participation in athletics. Only after they read and become aware of all the responsibilities involved can a student and his or her parents decide whether or not they wish to make the commitment for full participation in athletics.

Student Athletic Discipline Code

- A.** The student athlete is accountable to the rules and regulations set forth in the student handbook dealing with the athletic program and individual team rules and regulations. These include all rules and regulations set forth by the PIAA and the Twin Valley School District regarding attendance and eligibility.
- B.** The student athlete shall attend all practices, contests, team meetings, etc., unless excused in advance by the coach or absent from school.
- C.** Each athlete that competes in any sport must acknowledge that all school issued equipment must be returned at the end of its season, regardless of the condition of the equipment. If equipment is not returned, the athlete is responsible for the full price based upon replacement cost determined by the Athletic Director.
- D.** The student athlete who is assigned to detention on a specific date in conflict with a practice/event is ineligible to participate in the practice/event at that time. In the case of a suspension-in school or out-of-school-that student is ineligible to participate in practices or

events during the entire suspension period, including weekend participation where applicable.

E. Insubordinate and abusive behavior or profane language will not be tolerated and could mean suspension or dismissal from the athletic team.

F. The possession and / or use of tobacco products in any form is not permitted and will be cause for immediate suspension from the team consistent with the provisions as set forth by Twin Valley School District Athletic Drug and Alcohol Policies.

G. The selling, providing, possession, or use of steroids or other drugs or alcohol on or off school property is strictly prohibited and will result in disciplinary action in accordance with the School District's Drug and Alcohol Policy. In addition, any student/athlete determined to be in violation of any of the above infractions on or off school property will be dismissed from the team for the remainder of the season. The student shall also be referred to his or her school's Student Assistance Team. Any Subsequent drug or alcohol violations will constitute a repeat offense and be subject to disciplinary actions as set forth in the Twin Valley School District's Athletic Drug and Alcohol Policy, including one year or permanent suspension from participation in athletics. In the case of extremely serious drug or alcohol related incidents, a student may be immediately suspended from further participation in the athletic programs offered by Twin Valley School District. The administration (Superintendent, Principal, Athletic Director) has discretion of disciplinary action depending on the nature and severity of the incident and the student's academic and behavioral standing.

The athletic programs throughout Twin Valley School District history have been a source of joy and pride for the school and community. We commend the efforts of all those young people who have chosen and will continue to choose to represent themselves, their team, their parents and the Twin Valley School District in athletic competition. To protect the rights of everyone, we basically remind students to be respectful, treat others as they wish to be treated, and always remember that home or away, on or off school property, you represent your school and family. By following such a code of ethics it is ensured that athletes will continue to serve as positive models for school and community. If you have any questions regarding these rules or regulations, please feel free to contact the Athletic Director at 610-286-8600.

Twin Valley School District Athletic Staff
&
Twin Valley High School Administration

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Athletic Trainer- Alyssa Fischer- AFischer@tvsd.org

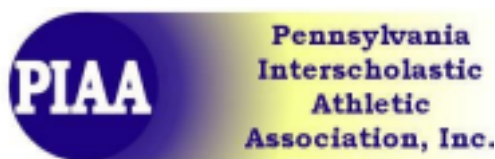
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Governing Bodies – Interscholastic Athletics



Berks County Interscholastic Athletic Association
www.bciaa.org