

2023-2024

Cambria Heights Coaches Handbook



Cambria Heights Athletic Dept.

Adopted: 09/25/95

Revised 06/23

<https://chsdatletics.org/>

PHILOSOPHY

Athletics is recognized as an integral part of the total school program. At Cambria Heights School District, athletics represent yet another way in which students can fulfill the district's mission and vision outside of the classroom setting. They should be conducted in a manner consistent with the general aims of education. Athletics are student-centered activities, arranged for the benefit of the students. Overall, athletics are designed to reinforce educational goals and values, sportsmanship, self-esteem, self-discipline, and school pride.

The principal of each school, in all matters pertaining to the interscholastic athletic relations of his/her school, is responsible to the Pennsylvania Interscholastic Athletic Association (hereafter referred to as PIAA.) He/she may delegate some of these powers, but such delegation shall not relieve him/her of responsibility for any infraction by his school of the Constitution and By-Laws of the PIAA.

In an attempt to carry out this philosophy, the following guidelines are set forth for Cambria Heights' coaches:

- To accept the purpose of interscholastic athletics as a means to promote the physical, mental, emotional, moral and social well-being of the participants.
- To set an example of good conduct for their team members, students and general public.
 1. To act in sportsman like manner at all times.
 2. To refrain from the use tobacco, alcohol and profane language while supervising an athletic team.
 3. To have complete control of team members at all times.
- To respect the decisions of officials and remain unmoved by their decisions.
- To be courteous to opponents.
- To develop good relationships with opposing coaches and schools.
- To have a sound knowledge and understand the rules of the game.

HEAD COACHING DUTIES AND RESPONSIBILITIES

I. General

- *Coaches should* become familiar with the current PIAA Handbook (*available at PIAA.org*). *Coaches will* implement all District VI, Heritage and PIAA regulations.
- Attend all required PIAA meetings (including a pre-season rules interpretation meeting; dates and locations are available from Athletic Director) or PIAA website.

- Oversee varsity, junior varsity, and junior high programs.
- Student/Parent Communications: coaches will use Remind for all team communications.
- Recommend assistant coaches and junior high head and assistant coaches to the Athletic Director and School Board for approval.
- Communicate to assistant coaches their responsibilities and your expectations of them; help assistant and junior high coaches when scheduling practices, reserving facilities, and acquiring equipment.
- Take precautions against negligence. Supervise student-athletes at all times.
- Volunteer coaches will be under the supervision of an authorized salaried coach at all times. All volunteer coach must have criminal background, child abuse clearances and other professional development certification on file at the school.
- Coordinate transportation with the Athletic Director or secretary, including depart times, incidents, and transportation to special events (playoffs, district/state competitions, etc.).
- Report final scores for all contests to the Athletic Director via text message or email.
- Inform Athletic Director of all roster changes, including students who quit a team. *These changes must now be uploaded to the PIAA website by the Athletic Director.*
- Provide school nurse with relevant information following an injury.
- Provide the Athletic Director with a varsity roster that includes jersey numbers prior to the start of the season.
- Participate in all playoff/district/state competitions as part of the yearly contract.
- At the end of each season, submit to the Athletic Director and the Heritage Conference a summary with the following:
 - Letter winners
 - Season record
 - Team honors
 - Individual honors
 - All-conference selections
- Turn in all keys, if any have been issued, at end of the season to the person who issued the keys.
- Assist trainer in carrying out medical responsibilities. Coaches should not administer treatment or medication.
- Inform Athletic Director of any immediate equipment or facility needs.
- Meet with booster groups at least twice per year.

- Establish team rules and regulations and provide a copy to the Athletic Director.
- Attend scheduled pep rallies or designate a speaker(s) for pep rallies.
- Assist students with college enrollment by communicating with recruiters and guidance counselors. Help athlete secure and complete the NCAA Clearinghouse paperwork. Use this site as a resource <http://www.ncaa.org/student-athletes/future> for student athlete college eligibility.
- Submit a yearly budget to the Athletic Director when requested.

II. Practice/Games

- Attend all PIAA competitions. Prepare practice and game plans.
- Do not permit any student to practice or play until he/she has completed all necessary paperwork and received a physical.
- Establish clear guidelines for participation on a team. Participation in a summer program cannot be required to make a team. According to the PIAA, participation in all summer programs is voluntary; therefore, a student cannot be required to participate in a summer program.
- Inform the Athletic Director of any potential need to change a practice or bus schedule.
- Provide a practice schedule to the athletic director.
- Practice cannot be held when school is closed or dismissed due to inclement weather. (Teams may have an optional practice if the weather improves with the approval of the Athletic Director, Principal, or Superintendent.)
- Per PIAA rules, students must have one day off each calendar week (Sunday-Saturday). It may be necessary to schedule Sunday practices, particularly when a team plays on Monday. Consideration should be given to students' religious observations on Sundays.
- Arrange supervision of locker rooms and buses at all times.
- In all away games involving an early dismissal from school, present a list of the players to be excused to the Athletic Directors secretary.
- If thunder or lightning occurs during a practice, the coach is to remove the players immediately from the playing field. Once an event or contest has begun, it is up to the official to suspend the contest and to remove the players. If a contest is not officiated, the head coach will suspend play.
- All players are to ride the bus/van to an athletic contest. Once the athletic event is completed, a student may ride home with his/her parent/guardian if the parent/guardian has notified the head coach, have a sign out sheet.
- It is recommended that all student athletes must dress up for away games.

III. Equipment

- Insure adequate provision for care, maintenance and ordering of equipment for his/her program. Work with the Athletic Director and Equipment Manager in this phase of the program.
- Schedule a uniform turn-in day with the Equipment Manager at the end of the season.
- Return all equipment to the Equipment Manager at the completion of the season; if individual problems arise, the Coach, Equipment Manager and the Athletic Director will work together for a solution. A coach must make two attempts to secure equipment that is not returned; the coach must document the attempts and notify the Athletic Director about the situation. *Coaches' final paychecks may be withheld until all equipment and uniforms are returned.*
- **Do not distribute equipment for non-school related activities.**

IV. Methods/Techniques

- Act professionally at all times.
- Attend annual rules interpretation meetings before the start of your sports season. The meeting is mandatory and missing the meeting will result in a fine from the PIAA. Coaches can check PIAA.org for their meeting date, place and time.
- Set a good example for student-athletes, assistants, and spectators to follow.
 - a. Refrain from abusive language at all times.
 - b. Respect the integrity and judgment of all contest officials.
 - c. Shake hands with opposing team and coaches after each contest.
- Complete all required trainings and professional development activities, including PIAA-mandated courses, concussion training, and sudden cardiac arrest training.

V. Public Relations

- Provide assistance and information to your Booster Club.
- Provide the scores of ALL contests to :
 - a. WJAC (Channel 6 Sports Ticker) 814-255-7651
 - b. Tribune Democrat - sports@tribdem.com
 - c. Altoona Mirror - sports@altoonamirror.com
 - d. Indiana Gazette - sports@indianagazette.com
 - e. District 6 Website when required for Standings
 - f. www.maxpreps.com (applicable sports only)
 - g. To the Athletic Director via text message or email
- Cooperate with the media. Complete pre-season questionnaires and provide interviews when asked.

VI. Fulfill other requests of the Athletic Director or Principal

PIAA PHILOSOPHY

It is unconscionable that a school or any of its professional employees would circumvent the high purposes of interscholastic athletics by condoning any violation of the rules that is inimical to the intent of the By-Laws. To involve boys or girls in any procedure or practice which “gets around the rules” is unworthy of a professional person associated with athletics.

ATHLETICS AND LIABILITY

Our society is litigious. Because people are likely to bring suit when they feel they have been injured, and because of our special relationship or “duty of care” toward our students, school personnel must be particularly careful to make every effort to safeguard students.

According to the Pennsylvania School Board Association, the “ingredients” of a successful lawsuit are:

- A duty to protect;
- A breach of that duty;
- An injury; and,
- A casual connection of the “foresee ability” of that injury.

Because of a Pennsylvania law passed in 1978 (The Political Subdivision Tort Claims Act), the reasons for which a school district and its personnel can be successfully sued have been limited. Nevertheless, coaches should be aware that successful suits are likely to occur in the following situations:

- Negligent maintenance of real estate – Coaches have a duty to inspect playing fields, locker rooms, and other similar areas for safety hazards and to report any problems they see. It is the school district’s responsibility to investigate the problems reported and to make any necessary repairs or adjustments.
- Willful, intentional, and reckless acts – Apply the “reasonable and prudent man” standard. Do not act hastily or in anger. Keep in mind that our highest duty is toward our students.
- Failure to warn adequately – While it is true that participation in sports entails some assumption of risk, that defense has been seriously eroded in recent court decisions, particularly when plaintiffs have shown that they were not warned of the danger of an activity or did not understand the danger. For that reason, coaches should meet with the parents and players prior to the beginning of the season to discuss the sports program, coaching expectations, and safety measures used routinely. Communicate with parents. Safety films are also helpful in this area.

- Supervision of students – Students must be supervised at all times.
- Alumni – Alumni may NOT participate in practices or open gyms/fields.

OUT OF SEASON PARTICIPATION

Each sport has a defined season which includes the first legal practice date, the first legal scrimmage date, the first legal playing date, the last playing date for the regular season, the district deadline, the dates for the PIAA championships, the maximum number of contests for the regular season, the maximum number of scrimmages of interschool practices for the regular season.

Outside of the defined season for sports, member schools may not sponsor teams, but member schools may be involved with sports activities such as training programs, recreational activities, “open gyms,” clinics and camps, provided that the school does not sponsor teams and provided that any participation by coaches and/or students is as private citizens and is voluntary as described below and can not be held against a student if they do not attend.

- The coach, or other personnel representing the school, shall not require an athlete to participate in a sport or a training program for a sport outside of the PIAA “defined sports season.” The participation of students in any sports activity that occurs outside its defined season must be voluntary.
- In order to maintain eligibility to represent a member school in football, a student shall not participate in organized contact football camps, clinics, drills, practices, games, scrimmages or similar contact activities outside the PIAA defined football season.
- The school’s name, nickname, interscholastic athletic uniform, interscholastic athletic equipment, and interscholastic athletic health/first aid supplies may not be used by community organizations and groups. The school’s name, nickname and interscholastic athletic uniforms may not be used by students; however, the principal may permit students to use the school’s interscholastic athletic equipment and the school’s interscholastic health/first aid supplies.

CHEERLEADING ADVISORS – DUTIES AND RESPONSIBILITIES

The duties and responsibilities of the cheerleading advisors employed by the Forest Hills School District will include, but not be limited to, the following:

- Be directly responsible to the principal and assistant principal.
- Schedule, organize and conduct try-outs for the squad using criteria approved by the principal.
- Schedule practice, when deemed necessary, giving the squad sufficient notice of the scheduled practice.

- Responsible for the care, use and storage of all school equipment.
- Supervise squad at home and away interscholastic games, including football, basketball, and wrestling and any other cheerleading activity.
- Select a competition squad from candidates on the cheering squad.
- Present awards and honors according to criteria approved by the principal.
- Prepare and submit to the principal a budget for cheerleading activities.
- Submit the season rules to the principal for approval prior to distributing them to the players. Also submit the method he/she uses to determine awards and honors for their athletes, to the principal, for approval.
- **Review team rules and regulations with parents at a mandatory pre-season parent meeting.**

PIAA RESTRICTIONS ON CHEERLEADING ACTIVITIES

The PIAA Board of Control is most concerned with dangerous activities performed by cheerleaders at interscholastic events. In an effort to eliminate or minimize injury to cheerleaders, the following shall be in effect for all PIAA District, PIAA Inter-District, PIAA Regional and PIAA Final athletic events:

- No cheerleader shall stand on another person unless that other person has at least one (1) foot on the ground.
- No flips are permitted from another person unless that person has both feet on the ground.
- Trampolines and/or mini tramps shall not be used.

The above regulations are also recommended to PIAA member schools for implementation during regular season interscholastic events.

Any further restrictions on cheerleading activities must be determined at the advisor's discretion based on the training and abilities of the individual cheerleaders and subject to the approval of the principal.

BAND DIRECTOR – DUTIES AND RESPONSIBILITIES

The band director shall possess the necessary leadership characteristics that shall enable the development of a common philosophy that shall energetically support the marching band. The duties and responsibilities of the band director employed by the Cambria Heights School District will include, but not be limited to, the following:

- Provide the Principal or Athletic Director with rosters, eligibility list, and the names of booster office holders prior to the first practice.

- Be responsible for establishing standards of reasonable safeguards against possible injury to marching band members. Seek approval from the Principal, Athletic Director, or Superintendent before leaving events for inclement weather.
- Be responsible for the proper care and protection against loss of all equipment.
- Protect against damage to and emphasize the proper use of all school facilities, school buses, and other property at athletic contest.
- Open the building for practice sessions and check showers and lights before locking the building after practice. Remain on school property until all participants have left or been picked-up.
- Emphasize that the use of alcohol, drugs, or tobacco in association with the participants is prohibited and may be cause for dismissal.
- Be responsible for completing requisitions and presenting a budget to the principal for purchasing of equipment, supplies, and uniforms.
- Collect equipment and turn in complete inventory within a reasonable time frame at the conclusion of the season.
- Eliminate as many physical hazards as possible through proper coaching techniques and the proper use of equipment. Oversee the safety conditions of the facility or area in which assigned sport or activity is conducted at all times that students are present. Report such conditions to the athletic director or building principal.
- Be responsible for proper behavior of staff and marching band members on away trips. Check locker room before leaving the school to make sure it is in order.
- Expect and inform participants of proper dress when representing Cambria Heights in association with athletic events.
- Be responsible for reporting all injuries resulting from participation in interscholastic athletics and fill out the necessary forms.
- Submit the season rules to the Athletic Director for approval prior to distributing them to the players. Also submit the method he/she uses to determine awards and honors for their athletes, to the principal, for approval.
- **Review band rules and regulations with parents at a mandatory pre-season parent meeting.**

EXTRACURRICULAR ACTIVITY REGULATIONS

- A student is not permitted to practice or participate in any extracurricular activities if that student fails to report to school before 9:00 AM on that day without an excused absence.
- If a student is sent home by the school nurse for illness, he/she is not permitted to participate in extracurricular activities that evening.
- Students suspended out of school are not permitted to participate in athletic contests and practices until they have returned to school.
- A student assigned detention (or in-school suspension) must report to the assigned detention prior to reporting to any athletic event.
- Students who are withheld from athletics or physical education for medical reasons may not return to practice or play until cleared by a physician.
- Student activities are a privilege, not a student right. Any coach may remove a student for a violation of the Student Code of Conduct, team rules and regulations, and attendance violations. Coaches should review team rules and regulations with student-athletes at the start of each season. A copy of the written guidelines will be filed in the Athletic Director's office.
- Coaches are responsible to file incident reports with the AD and school nurse.
- The School Board has the right, if participation does not continue at appropriate numbers, to drop an athletic activity and/or team.
- Teams are not allowed to cut students, in the case that there are overwhelming numbers, coaches will create a developmental team. Those students athletes will not compete in games but instead practice and improve for the next season.

The following are the minimum number of athletes in grades 9-12 a program must have to support a team:

Football - 25
Girls' Basketball - 10
Boys' Basketball - 10
Boys' Cross Country - 8
Girls' Cross Country - 8
Girls' Volleyball - 12
Boys' Soccer - 18
Girls' Soccer - 18
Wrestling - 16
Boys' Swimming - 12
Girls' Swimming - 12
Baseball - 15
Boys' Track - 20
Girls' Track - 20
Softball - 15
Cheerleading - 8

- PIAA District 6 has moved to closed playoffs system, teams must qualify to make the playoffs. Standings can be found on the District 6 website <http://www.piaad6.org/>. Sports with individual championships will be required to meet the qualifying standards set by District 6 to attend.

AWARDS

The coaching staff will determine the eligibility of players for awards. Injuries and other circumstances beyond the control of the athlete will be taken into consideration. Failure to meet academic eligibility standards for 50% of the season will be considered as a failure to complete the season. Exceptions to general awards rules may be granted for seniors.

Athletes must return all equipment issued to them or satisfy by replacing the equipment to be eligible to receive an award.

LETTER REQUIREMENTS

- Football – 50% of quarters.
- Cross Country – A letter will be awarded if an athlete finishes in the top ten in one-half of the dual meets.
- Basketball – 50% of quarters.
- Wrestling – Wrestle in one-half of the total number of dual meets.
- Swimming – Swim in one-half of the total number of meets.
- Baseball – Play 50% of total season innings; pitchers – 25% of innings or 1/3 games.
- Girls softball – play 50% of total season innings; pitchers – 25% of innings or 1/3 games.
- Track – In arriving at the number of points needed to receive a varsity letter, the following formula is used: number of meets times 5 divided by 3.
- Soccer – 50% of half.
- Volleyball – 75% of games.
- Special Situations
 - Managers – fulfill the duties assigned by the coach for one full year in a sport. A recommendation by the coach is required.

- Athletes injured and unable to complete the season, or the following season, as certified by a physician, or other situations which may arise and must be decided on the basis of extenuating circumstances. In such cases the coach may recommend a letter to be awarded.

Letter Pins - Athletes will receive a pin for each year that they letter.

School Board Awards – In certain situations (district championship, etc.), the School Board may elect to issue a special recognition at a Board meeting. Such awards may be recommended by the Head Coach, Athletic Director, or Principal, but final approval rests with the Superintendent and School Board.

HAZING

Any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student for the purpose of initiation or membership in or affiliation with any organization recognized by the Board. Endanger the physical health shall include but not be limited to any brutality of a physical nature, such as whipping; beating; branding; forced calisthenics; exposure to the elements; forced consumption of any food, alcoholic beverage, drug, or controlled substance; or other forced physical activity that could adversely affect the physical health or safety of the individual. Endanger the mental health shall include any activity that would subject an individual to extreme mental stress, such as prolonged sleep deprivation, forced prolonged exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.

The Board does not condone any form of initiation or harassment, known as hazing, as part of any school sponsored student activity. No student, coach, sponsor, volunteer or district employee shall plan, direct, encourage, assist or engage in any hazing activity. The Board directs that no administrator, coach, sponsor, volunteer or district employee shall permit, condone or tolerate any form of hazing. The district will investigate all complaints of hazing and will administer appropriate discipline to any individual who violates this policy. The Board encourages students who have been subjected to hazing to promptly report such incidents to the building principal.

SEXUAL HARASSMENT

Sexual harassment is the act of discriminating against someone because of that person's sex or gender. It is behavior or words that: are directed at a person because of his or her sex; or unwanted, unwelcome, and uninvited; cause a person to feel uncomfortable or offended; create an environment that makes learning difficult; and may be repeated or may be very offensive on a one-time basis. Sexual harassment is illegal in schools and in the work place because this behavior violates federal and state laws. Students who violate this sexual harassment policy will be disciplined by the administration and will be subject to receiving detention, in-school or out-of-school suspensions.

If a student feels that an employee, teacher, support staff, sponsor, or coach is sexually harassing them, he/she should report it to the administration.

REQUIREMENTS TO COACH IN PIAA MEMBER SCHOOLS **INFORMATION**

PDE Required Background Clearances (must be completed once every 60 months):

1. FBI clearance (ACT 114) - https://pa-aps.3m.com/perlpub/registration_edu_pci.pl
(This is the Cogent site required to be used by Department of Education - this clearance must be done online)

In completing the FBI clearance, there is an area that requests “reasons” – the answer is school districts.

Approximately 4 weeks after getting fingerprinted, you will receive your Cogent results in the mail. These materials are to be provided to the school

2. PA State Police clearance (ACT 34) - <https://epatch.state.pa.us>

In completing the PA State Police clearance, the “reason” is employment

3. Department of Human Services clearance (PA Child Abuse) (ACT 151) - <https://www.compass.state.pa.us/cwis/public/home>. Once at this site create an individual account. In completing the Child Abuse History clearance, under the application purpose, check the box titled, “School Employee Governed by Public School Code”. The PA State Police clearance and the Department of Human Services clearance can be printed and mailed to those depts.

PA DEPARTMENT OF EDUCATION REQUIRED TRAINING COURSES:

A coach must complete a course under each heading, annually, prior to holding practice with their students:

Concussion Training Course (must complete either of the two courses)

- NFHS Concussion In Sports -- What You Need to Know
- ConcussionWise

Sudden Cardiac Arrest Training Course

- NFHS Sudden Cardiac Arrest
- CardiacWise

PIAA COACHING EDUCATION REQUIREMENTS:

The following continuing educational courses will be required for coaches engaged at a PIAA Member School (Effective July 1, 2016):*

Core Courses (complete a coaching education course and a First Aid course from either of the two providers below):

NFHS (access info @ www.nfhslearn.com)

- Fundamentals of Coaching (\$50)
- First Aid, Health and Safety for Coaches (\$45)

ASEP (access info @ Human Kinetics)

- Coaching Principals (fee depends on instructor)
- Sport First Aid (fee depends on instructor)

NOTE: All coaches currently employed or engaged by a PIAA member school must complete two courses as provided above no later than June 30, 2018. Coaches hired after July 1, 2016, will have two years from their date of hire to complete this requirement.

In addition to the above courses, PIAA will be accepting of college level courses for either the coaching and/or first aid requirements. A coach must upload a copy of the transcript indicating satisfactory completion of the course(s) to the PIAA Website for credit. In addition, American Red Cross First Aid training will also be accepted for the first aid requirement.

For coaches that have not already completed college level courses and are interesting in taking those courses for continuing education, please use the link below for current course offerings:

DIRECTIONS FOR CREATING A COACH PROFILE AND UPLOADING COURSE REQUIREMENTS TO THE PIAA WEBSITE FOR COACHES:

To use the coaching credentialing system - visit our website: www.piaa.org;

Click “login” (the gold box in top right corner of your screen).

Click the “Coaches” tab.

If you have not previously used the coaches’ credentialing portal, you will need to create a new user profile by clicking “Register” and following the steps to create a new user – (Note: school, official, or other logins used in our system are not useable for the purpose of coaching education).

Once you have created a profile, the Coaching Education System becomes available.

- In the first section, select each school which you are affiliated. Multiple schools may be selected if affiliated with more than one school. Simply begin typing the school name, and the system will match all available schools.
- In the second section, “PIAA Education Requirements”, upload certificates of completion or a transcript to support completion of the required coaching and first aid required courses. Note, if submitting a course other than an NFHS or ASEP approved course, type in the name of the course you are submitting.

NOTE: One submission must be made for each course requirement. A single transcript cannot be uploaded once to satisfy the requirement for coaching and first aid. They must be uploaded separately.

Please do not submit concussion or cardiac coursework in this section. That information may be upload under section 3 “Optional School Education”, but should not be uploaded under section 2.

- In the third section “Optional School Education”, a school may require coaches to upload additional information at their discretion. Please check with your athletic administrator to see if you are required to submit any items in this location.

If you have any questions or concerns, please contact Mark Byers, PIAA Chief Operating Officer in the PIAA Office at (717) 697-0374, or (800) 382-1392.

Concussion Management

Senate Bill 200

(Effective date July, 2012)

- A student participating in or desiring to participate in an athletic activity and the student's parent or guardian shall each school year, prior to participation by the student in an athletic activity, sign and return to the student's school an acknowledgment of receipt and review of a concussion and traumatic brain injury information sheet developed under this subsection.
- A student participating in or desiring to participate in an athletic activity and the student's parent or guardian shall each school year, prior to participation by the student in an athletic activity, sign and return to the student's school an acknowledgment of receipt and review of a concussion and traumatic brain injury information sheet developed under this subsection.
- A student participating in or desiring to participate in an athletic activity and the student's parent or guardian shall each school year, prior to participation by the student in an athletic activity, sign and return to the student's school an acknowledgment of receipt and review of a concussion and traumatic brain injury information sheet developed under this subsection.
- Return to play.--The coach shall not return a student to participation until the student is evaluated and cleared for return to participation in writing by an appropriate medical professional.
- Once each school year, a coach shall complete the concussion management certification training course offered by the Centers for Disease Control and Prevention, the National Federation of State High School Associations or another provider approved by the Department of Health. A coach shall not coach an athletic activity until the coach completes the training course required under this subsection.
- Penalties.--The governing body of a school entity shall establish the following minimum penalties for a coach found in violation of the requirements under subsection (c) or (d), which penalties shall take effect two years following the effective date of this section:
 - (1) For a first violation, suspension from coaching any athletic activity for the remainder of the season.
 - (2) For a second violation, suspension from coaching any athletic activity for the remainder of the season and for the next season.
 - (3) For a third violation, permanent suspension from coaching any athletic activity. Any coach acting in accordance with subsections (c) and (d) shall be immune from any civil liability.

Student Athletes

What I Wish My Coaches Knew About Me Participating in High School Athletics

I Wish My Coaches knew we cling to their actions and listen to their every word. How they treat others becomes a direct reflection on how we treat others. When they don't act with sportsmanship, respect, or make ethical decisions they are not the positive role model we need.

I Wish My Coaches knew that we have more responsibility than just sports and we need their understanding and guidance to help balance our lives instead of adding stress.

I Wish My Coaches knew fear is an unacceptable way to coach and that their players will trust and appreciate them more if they treated them with respect instead of yelling and degrading them.

I Wish My Coaches understood that they are more than just a coach of X's and O's but rather a coach in everything we do. We look up to them as our leader, our inspiration, our mentor, and our teacher. They show us the skills and tools we need to be successful on and off the field, and we implement what they show us whenever and wherever we can.

I Wish My Coaches realized the field is also the classroom for teaching us more important things that will take us far in life. Characteristics that they demonstrate are ones that we look to recreate in everyday life. What they show us creates for better human beings not just better athletes. They are not just our coach; They are our role models.

I Wish My Coaches realized the messages they are sending when their actions are marred by the notion of only winning. Do they really want us to see them yelling at the referee? Do they want us to hear them degrading the other coach? Do they want us to learn that fouling is the way to get ahead? They want us to listen to them but are they even sending the right message? We look up to them and respect them, but when they look back at us and see their poorer qualities do they realize that is a reflection on them? Remember coach, we are always watching you.

I Wish My Coaches remember that this is our school, our community's team and that is who we represent. Lead the way in a manner that would make us and our family proud. Foster a give and take relationship so that you can learn from us and we can learn from you. Being our coach means being the father or mother figure that has to make the tough decisions, but always the right ones because that is what is best for us in the big picture.

Respect the Game

Student-Athletes

Code of Conduct

Created By Student-Athletes, For Student-Athletes

Respect our diversity

Embracing diversity is everyone's responsibility and obligation. Respect all individuals regardless of race, ethnicity, gender, sexual nature or religious beliefs. Comments, slurs, innuendos, gestures or actions that degrade anyone are not to be tolerated.

When you don't respect others you don't respect yourself

Respect being a student-athlete

Being a student-athlete carries responsibilities because you represent yourself, family, school and community. As a highly visible program in your school, your academic success is also reflected in your athletic success. Taking pride in academics is as important as taking pride in athletics.

A complete student-athlete excels in the classroom and on the playing field

Respect those who make the games possible

Without those who make the games possible there would be no games. Treat officials, coaches, administrators and parents with the respect they deserve for offering their time to make the sports we play possible.

Participation in athletics is not a right; it's a privilege bestowed by those who make it possible

Respect yourself and your visibility

The most important eyes on you may not be the ones you see. Respect your responsibility as a role model because you may have a crucial role in someone's life and not even know it.

Remember your actions speak louder than words and be cognizant that others are watching

Respect the game's integrity

If your opponent plays dirty it is not an excuse to retaliate. Respect your commitment to playing the game and not dirty play. Stay focused on doing your best instead of bringing down others.

You can't get ahead trying to get even

Respect the essence of winning

Respect your opponents in victory because one day you will be in their shoes. Be humble in victory and mindful of your opponent's efforts and dedication. Without opponents there are no games.

Being humble speaks for itself

Respect the opportunities provided

The opportunities to participate in athletics are not rights but rather a privilege unmatched in any other country in the world. Be mindful that the game is bigger than anyone and that representing ones community and school is a privilege that should not be taken lightly.

The name on the front is more important than the name on the back of the jersey

Respect the Game

Student Athletes

What I Wish My Parents Knew About Me Participating in High School Athletics

I Wish My Parents thought twice before they make the comments they do because they don't know that the person who knocked me over may have just sincerely apologized. They don't know they may be just trying to keep up after coming back from an injury. They don't know that the only reason they may be playing is just to make friends and have fun.

I Wish My Parents remembered that everyone playing is someone's child, someone's sibling and someone's friend and when they make the comments they do; it is the mother, father, brother, sister or friend that are the ones that hear them. What if another parent was criticizing me, how would you feel and what would you say?

I Wish My Parents would leave their egos at the gate when they pay to come watch me play. I don't play to relive their memories but to make my own and in return all I ask for is their support.

I Wish My Parents knew that when they yell at the coach or the official they are not helping me, but rather hurting me. It is embarrassing, a distraction, and encourages everyone else to act with the same poor sportsmanship behavior they are projecting.

I Wish My Parents remember that they are a direct representation of our school and community. What they do sets a standard for expectations of our fans and players. Any and every action has a reaction and the negative ones by them create a poor standard for all of us. Welcoming and treating opponent's parents and fans the same as they want to be treated when we play at their site sets far more of an example than any comment during the game.

I Wish My Parents remember that I am a reflection of them and they are one of me. We both create an image that the other has to live with. Respect the fact that I want to be respected.

I Wish My Parents knew that the stress that they put on us after practice may affect future performances. When we are fatigued, it takes understanding by our parents that we are putting our best effort forward all the time, and that we just need their encouragement not their criticism.

I Wish My Parents understood that school is still a big priority even though athletics are important. Athletics are not what is going to get me into college, but rather my achievements inside the classroom matched with what I learn outside the classroom.

Respect the Game

Cambria Heights Athletics Chain of Command

1st

- Parent Meets with Coach

2nd

- Parent Calls Athletic Director
- Parent Meeting with AD & Coach

3rd

- Parent Calls Principal
- Meeting with Principal, AD & Coach

4th

- Put Concern in Writing Send to Superintendent
- Meeting with Superintendent

5th

- Written Concern Sent to School Board
- Given Permission to Speak at School Board Meeting

Appropriate Concerns to Discuss with Coaches

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

Issues NOT Appropriate to Discuss with Coaches

- Playing Time
- Team Strategy
- Play Calling
- Other Students

CAMBRIA HEIGHTS SCHOOL DISTRICT

426 Glendale Lake Road
Patton, PA 16668

Secretaries Initial



APPLICATION FOR USE OF FACILITIES

Name of Organization: _____ Today's Date: _____

Contact Name and Title: _____

Home Address _____ City/State/ZIP _____ Contact Phone _____ Contact Email _____

Event Title/Description: _____

Dates of Use: _____ Start Time: _____ End Time: _____

Estimated Number of Attendees: _____

<u>School/Facility Requested</u>	
<input type="checkbox"/>	HS Auditorium
<input type="checkbox"/>	HS Multi-Purpose Room
<input type="checkbox"/>	HS Kitchen (Staffed by Nutrition Services Only)
<input type="checkbox"/>	HS Room # _____
<input type="checkbox"/>	HS Gym
<input type="checkbox"/>	HS Turf Field
<input type="checkbox"/>	HS Softball Field
<input type="checkbox"/>	HS Baseball Field
<input type="checkbox"/>	MS Room # _____
<input type="checkbox"/>	MS Gym
<input type="checkbox"/>	ES Room # _____
<input type="checkbox"/>	ES Gym
<input type="checkbox"/>	Other _____

<u>Equipment/Services Requested</u>	
<input type="checkbox"/>	Overhead Projector
<input type="checkbox"/>	DVD Player
<input type="checkbox"/>	Projection Screen
<input type="checkbox"/>	Podium with Microphone
<input type="checkbox"/>	Tables - Approx. # _____
<input type="checkbox"/>	Chairs - Approx. # _____
<input type="checkbox"/>	*Custodians - Based on event
<input type="checkbox"/>	*Security -Based on event

Any request/fees not covered by this application will be made at the discretion of administration.

**** REQUESTS MAY BE SUBJECT TO CHANGE DUE TO CDC Guidelines.**

Outside Organizations Only:

Does your organization have liability insurance? ____Yes ____No (Copy to be submitted to the Business Office)

Company Name: _____ Policy No. _____

Use fees can be found on the back of this form.

<p>Are all of your participants Cambria Heights students? ____Yes ____No</p> <p>I agree that we will obey the Building Rules. I understand that if I do not abide by the rules then our activity will be terminated. I also understand that our organization is responsible for all damages, theft and other abuses of all facilities and equipment that may take place while the facility is rented. I am responsible for putting the chairs and tables back where they were found, sweeping, mopping, and taking out any trash to the dumpster located at the end of the parking lot. I agree that if our organizations practice or event is canceled we must notify the school district building that has been requested. Failure to do so may terminate our use of the facilities. I am responsible for hiring one security guard during events, games or tournaments. Additional security may be needed at the discretion of administration. The below signed further agrees to protect, indemnify and save harmless the School District and its officers and employees from any and all claims, liabilities, damages, or rights of action directly or indirectly growing out of the use of the premises covered by this application.</p>
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Signed: _____ Date: _____

Principal's Approval: _____ Date: _____

Superintendent's Approval: _____ Date: _____

Athletic Director's Approval: _____ Date: _____
(Gym/Field Use Only)

Maintenance Supervisor: _____ Date: _____

Cambria Heights School District School Police Time Report

(Name of School Police Officer)

Date

(Signature of School Police Officer)

Event

Building Where Event Took Place

Date of Event

Starting Time

Ending Time

Administrator in Charge of Event

List any incidents that were brought to your attention during the event:

(If more space is needed attach sheet)

List any actions taken: (If more space is needed attach sheet)

Submit completed and signed report to administrator in charge of event for building principal approval.

Approved:

Building Principal

Date

Cambria Heights School District
426 Glendale Lake Road
Patton, PA 16668
Phone: (814) 674-6072
Fax: (814) 674-6076

REQUEST TO SPONSOR A FUNDRAISING ACTIVITY

This form must be completed and submitted to the Main Office for approval before your group completes any plans for fundraising activities. (Not necessary to complete for dances).

Name of Group: _____

Description of Fundraising Activity: _____

Specific Reason for Project:

Rationale of how this request is consistent with the Cambria Heights School District's Nutrition Policy (if applicable): _____

Estimated Sales: \$ _____ Estimated Profit: \$ _____

Estimated Expense: \$ _____

Dates of Activity – Expected starting and completion dates: _____

Signature of Advisor: _____ Date Submitted: _____

Vendor: _____

Principal's Signature: _____
(Indicates Approval)

Date Approved: _____

Superintendent's Signature: _____ Date Approved: _____

**FUNDRAISING ACTIVITIES SHOULD NOT START UNTIL A COPY OF THIS FORM IS
SIGNED BY THE PRINCIPAL & SUPERINTENDENT AND RETURNED TO THE ADVISOR
OF THE GROUP.**