

**PALMERTON AREA HIGH SCHOOL DISTRICT**  
**ATHLETIC TRAINING HONOR CODE / DISCIPLINE CODE (2016-2017)**

**I. INTRODUCTION**

***A. The Palmerton Area School District Athletic Training Honor Code shall govern all students, on and off-campus, during the time they are participating in an athletic program as identified and created from time to time at the Palmerton Area School District.***

***B. The purpose of Palmerton's athletic program is to add to our students' mental, physical, social, emotional, and ethical well-being. It is a positive step in preparing and enriching our athletes in becoming productive young adults.***

***C. Participation in athletics at Palmerton Area School District is a privilege and not a right. In the exercise of this privilege, all students shall comply with the Palmerton Area School District Athletic Training Honor Code beginning with the first day of each athletic season. As a condition and precedent to a student's participation in the first scrimmage or contest of each season, the student and his or her parent/guardian shall acknowledge receipt of, and agree to abide by, this Honor Code by signing and returning to their coach the attached Consent Form.***

***D. A coach may also distribute a separate disciplinary code, which shall govern athletes who participate in a particular sport that may have tougher penalties but never less than this policy. Such a disciplinary code must first have the approval of the athletic director.***

***E. The Palmerton Area School District Athletic Training Honor Code shall serve as a supplement to the Palmerton Area School District Student Conduct Code.***

**II. ACADEMIC ELIGIBILITY POLICY PHILOSOPHY**

***A. The athletic programs offered in grades 7-12 at Palmerton Area School District are an important and integral part of the total school program of each student. It is the goal of Palmerton to educate each child to the best of his or her ability. Because of our strong commitment to scholastic excellence, and due to our philosophy of serving students, academic eligibility standards have been developed for all extra-curricular and athletic programs.***

**B. Academic Eligibility Standards for Extra-Curricular and Athletic Activities**

**HIGH SCHOOL STUDENTS**

***Participation in athletics is a privilege at Palmerton Area High School. In order to be eligible for interscholastic athletics, a pupil must be passing at least three block schedule courses per semester. Eligibility shall be cumulative from the beginning of a grading period, shall be reported on a weekly basis and shall be filed in the principal's office. Students who do not meet the requirements described in this section (Section 1 of the PIAA By-Laws) shall be ineligible for a period of one week (Sunday through Saturday) following the Friday deadline for reporting eligibilities. Athletes must be passing three of their four blocks to be eligible to participate in interscholastic athletics during the current grading period or the next grading period or school year. In cases where a student's work in any preceding grading period does not meet the standards described in this section (Section 2 of the PIAA By-Laws), said student shall be ineligible to participate in interscholastic athletics for a period of ten (10) school days beginning the day***

*report cards are issued. Ineligible students will not attend practice sessions or athletic events with the team.*

## **JUNIOR HIGH STUDENTS**

*Eligibility criteria for student participation in Pennsylvania Interscholastic Athletic Association governed sports and Jr. High activities/clubs:*

*In order for students to participate in PIAA governed sports & Jr. High activities/clubs, they must be passing four major subjects. Teachers will fill out eligibility lists weekly. If a student is ineligible, he/she will not be able to participate until the student is passing four major subjects.*

*At the end of each marking period, if a student is not passing four major subjects, he/she will not be able to participate for a minimum of 20 days.*

### **III. ATTENDANCE IN SCHOOL**

*A. To participate in any athletic activity, a student must be in attendance at school early enough to have it counted as a full day.*

*B. Exceptions to the above rule would be a doctor appointment, a family or medical emergency, or extenuating circumstances. These exceptions require a note from the student's doctor (for appointments) or parent/guardian and the exceptions will be reviewed by the coach and the administration who will determine the eligibility of the student to participate.*

### **IV. GENERAL REQUIREMENTS**

*A. All student-athletes shall be governed by and subject to the athletic training honor code during the athletic season in which they participate.*

*B. A student will no longer be eligible to participate in High School Athletics when he/she reaches his/her nineteenth (19<sup>th</sup>) birthday as defined by the PIAA guidelines.*

*C. No student who has been enrolled in grades 9-12 for eight semesters shall thereafter be eligible. The maximum high school (grades 9-12) participation shall be four (4) years in any one sport.*

*D. Each student who participates in any sport or activity must acknowledge that all school-issued equipment or supplies must be returned at the end of the season, regardless of the condition of the equipment. If the equipment is not returned, the student is responsible for the full price based upon the replacement costs as determined by the Associate Principal/Director of Athletics in coordination with local vendors. Student will not be able to participate in the next sport until all obligations are met.*

*E. The student-athletes shall show good sportsmanship, courtesy to fellow players as well as coaches, referees, and opposing team members at all times.*

*F. A student-athlete shall abide by the Palmerton Area School District Student Conduct Code as printed or explained. Any infraction by the student-athlete will be handled by the administration and the coach.*

- 1. If a violation involves exclusion, in-school or out of school, the student-athlete will be suspended from practice/games during the exclusionary period. He/she becomes eligible the next calendar day immediately*

following the last day of exclusion. If multiple days occur for exclusion, the athlete is ineligible until the exclusion is completed.

2. If a student-athlete has detention, after serving the required time, he/she will report to the coach directly.

**G. If a student/athlete is late to practice because of academic reasons, he/she must bring a note from his/her teacher stating the time of dismissal.**

**H. A student participating in a sport and/or activity must travel to and from away events via District transportation. No athlete may drive to or from, or travel with another to or from any athletic event. Written exceptions to this may be extended when circumstances warrant, with 24-hour advance notice via a written note to the coach and Athletic Director from only that participant's parent or guardian. Participants may not travel with anyone else's parents at any time**

**I. A student-athlete must abide by the health and training routines as set forth in the team constitution established by the coach and approved by the Athletic Director and High School Principal.**

**J. A student-athlete must be a team player and avoid any actions that would be detrimental to the unity of the team.**

**K. A student-athlete, upon resignation or being cut by a team, may be permitted to move from one sport to another with the approval of the Head Coaches involved in addition to Athletic Director and High School Principal.**

**L. Any student who owes any obligations to the school district will be ineligible until the obligation is met.**

## **V. UNACCEPTABLE ACTIONS AND SANCTIONS**

**A. Ejection for misconduct during an athletic contest:**

1. 1<sup>st</sup> Offense = 1 Game Suspension (in compliance with P.I. A.A. rules)
2. 2<sup>nd</sup> Offense = 3 game suspension
3. 3<sup>rd</sup> Offense = administrative review for possible dismissal from team

**B. Use of profanity is prohibited. All offenses will be addressed by the coach**

**C. Conduct unbecoming a student-athlete during an athletic contest or related activity, including, but not limited to fighting, skipped practice, insubordination, theft, disrespect, aiding / abetting, inappropriate behavior on a school bus / van, abusing equipment, etc. will be addressed by the coach and may result in:**

1. 1<sup>st</sup> Offense = 1 game suspension
2. 2<sup>nd</sup> Offense = 3 game suspension
3. 3<sup>rd</sup> Offense = dismissal from the team

#### **D. Hazing**

1. Any infraction will be disciplined in accordance with the infraction and may result in dismissal from the team and an indefinite suspension from all extracurricular activities, including athletics. The suspension will be determined on the administrative level.

#### **E. Tobacco**

1. During the athletic season, no student shall use, possess, or distribute tobacco or tobacco products.
2. If the offense occurs on school property, the administration will enforce the Student Conduct Code in coordination with the Athletic Conduct Code.
  - 1<sup>st</sup> Offense = 1 Game Suspension upon returning from 3 day in-school suspension.
  - 2<sup>nd</sup> Offense = 3 Game Suspension upon returning from 5 day in-school suspension and possible dismissal from the team.

#### **F. Alcohol, Other Drugs, Misdemeanors/Felonies**

1. These regulations have been developed in order to discourage our student-athletes from using harmful drugs and alcohol and to foster the good health and welfare of all of our student-athletes.
2. No student-athlete shall use, possess, or distribute alcohol, drugs, steroids, controlled substances, look-alikes, or possess drug related paraphernalia on or off school property.

All students involved in athletic activities of any nature are covered by this policy. The dates of consideration will be from the first day of scheduled practices to the last day of the sport's season. Students with a drug or alcohol problem may voluntarily come forward without any consequences if a request is made for assistance. Confidentiality will be maintained. This action must be prior to any reported or known offense.

First verified offense that is school-based or public knowledge due to arrest or similar action will result in the following:

- A recorded warning and written notification to parents
- Assignment to the Student Assistance Program
- Suspension from all activities for one week
- Normal and appropriate disciplinary action by school and/or coach in accordance with the school's code of conduct

Second verified offense, the student is removed from all participation in extra-curricular activities for 20 school days.

- Continued efforts by the Student Assistance Program or the use of outside agencies
- Notification of parents in writing. Normal and appropriate disciplinary action by school and/or coach in accordance with the school's code of conduct

## **VI. COMMUNICATION GUIDELINES FOR THE STUDENT-ATHLETE, PARENT(S)/ GUARDIAN(S), COACH**

Both parenting and coaching are extremely difficult jobs. By establishing and understanding of each position, each is better able to accept the actions of the other and provide great benefit to children. As Parent(s)/Guardian(s), when your

children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

***A. COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH***

1. Philosophy of the coach and program.
2. Expectations the coach has for your child, as well as the entire team.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. special equipment, off-season expectations, etc.
5. Procedure if your child is injured during participation.
6. Disciplinary action(s) that may result in the denial of your child's participation.

***B. COMMUNICATION COACHES EXPECT FROM PARENT(S)/GUARDIAN(S)***

1. Concerns expressed directly to the coach and only after the student-athlete has talked with the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become involved in programs at the Palmerton Jr. High School and High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you and your child wish. At these times, discussion with the coach is encouraged.

***C. APPROPRIATE CONCERNS TO DISCUSS WITH COACHES***

1. The treatment of your child, mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals and they make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things must be left to the discretion of the coach.

***D. ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES***

1. Playing time.
2. Team strategy and/or play calling.
3. Other student-athletes.

There are situations that may require a conference between the coach and the Parent(s)/Guardian(s). These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

***E. PROCEDURE TO FOLLOW TO DISCUSS A CONCERN WITH A COACH***

1. The student-athlete meets with the coach first to resolve the problem. Coaches support and encourage student-athlete independence. This first step is crucial in this endeavor.
2. If resolution is not reached, the Parent(s)/Guardian(s) will contact the coach to set up a meeting with the coach, the athlete and the Parent(s)/Guardian(s).

3. If coach cannot be reached, call the Athletic Office @ 610-826-3155 ext.2215 to assist in arranging a meeting.
4. Please do not attempt to meet with a coach before or after a contest or practice. These can be emotional times for both Parent(s)/Guardian(s) and the coach. Meetings of this nature do not promote resolution.

***F. WHAT CAN A PARENT/GUARDIAN DO IF THE MEETING WITH THE COACH DID NOT PROVIDE A SATISFACTORY RESOLUTION?***

1. Call the Athletic Office to set up an appointment with the Athletic Director. The Parent(s)/Guardian(s), athlete, coach and Athletic Director will meet to discuss the problem.
2. At this meeting, the appropriate next step can be determined.
3. Parent(s)/Guardian(s) are encouraged to discuss issues and problems with the Athletic Director. However, if a Parent(s)/Guardian(s) has specific complaints regarding a coach, then the coach must have the opportunity to be present to meet with the Parent(s)/Guardian(s).

**VII. PLEASE BE ADVISED THAT ONCE A STUDENT IS DISMISSED FROM ANY TEAM, HE / SHE FORFEITS ALL OF THE PRIVILEGES OF RECEIVING AWARDS, ATTENDING AWARDS BANQUETS / PROGRAMS, AND PARTICIPATING IN ANY OTHER ACTIVITIES INVOLVING THE TEAM**

**ABSENCE FROM PRACTICES AND/OR GAMES**

Failure to comply with the commitment to practice and game schedules could seriously impact playing time. All athletes need to inform coaches of anticipated absences from practices and/or games.

How do you determine if an absence should be excused or unexcused? What is the priority of commitments? One of the many lessons to be learned from athletic participation is the importance of making a commitment. Many commitments are more important than athletics, and many commitments are less important than athletics. The type of commitment which causes the absence will determine whether the absence is considered excused or unexcused. Excused absences include; unforeseen family commitments (excluding vacations), religious commitments, academic commitments, and extracurricular commitments which logically demand the student's attendance. Every effort should be made by families to schedule vacations out of the athlete's sport season. If a family vacation does arise, a request for absence must be submitted to the Coach and then passed onto the Athletic Director and Building Principal for consideration. Even if the absence is approved, the athlete may lose playing time due to the fact they will be missing valuable practice time. Coaches will ultimately determine the consequences for missing practices due to a family vacation or any other unexcused absence.

Excused Absence Quick Reference

- Injury
- Illness
- Academic commitment
- Unforeseen family emergency
- Religious commitment

Unexcused Absence Quick Reference

- Skipping practice
- Skipping games
- In-season vacations
- School suspensions

### **Out of Season Participation**

Please be advised that the Palmerton Area School District does NOT sponsor any out-of-season activities (summer camp participation, summer leagues, etc.). All out-of-season activities are run independent of the Palmerton Area School District. As a result, the district assumes no liability or responsibility for these activities. The district has no authority with regard to these activities as they are NOT school-sponsored. You should also note that as these out-of-season activities are run independently of the school, the various coaches, advisors, and other staff may not have been approved by the Board of Education.

### **Athlete Attire for Away Events**

Proper preparation for a game begins long before leaving for the away contest. Dressing properly for the game is a part of that preparation. Players should also remember that they are representing Palmerton Area School District and must always put their best foot forward.

The following are acceptable / suggested forms of attire for away contests:

- Uniform and/or Team issued warm-ups
- Formal attire (shirt, tie, khakis, skirt)



## Student-Athlete Social Media Agreement

### Social Networking Policy

Social media can be a useful tool to communicate with teammates, fans, friends, coaches and more. Social media can also be dangerous if you are not careful. Every picture, link, quote, tweet, status, or post that you or your friends put online is forever part of your digital footprint. You never know when that will come back to hurt or help your reputation during the recruiting process, a new job, or other important areas of your life.

Recognizing the above:

I take responsibility for my online profile, including my posts and any photos, videos or other recordings posted by others in which I appear.

- I will not degrade my opponents before, during, or after games.
- I will post only positive things about my teammates, coaches, opponents and officials.
- I will use social media to purposefully promote abilities, team, community, and social values.
- I will consider "Is this the me I want you to see?" before I post anything online.
- I will ignore any negative comments about me and will not retaliate.
- If I see a teammate post something potentially negative online, I will have a conversation with that teammate. If I do not feel comfortable doing so, I will talk to the team captain, or a coach/administrator.
- I am aware that I represent my sport(s), school, team, family and community at all times, and will do so in a positive manner.

**Anything posted on these sites that is against the athlete code of conduct, drug and alcohol policy, and/or individual team rules may result in disciplinary action against that student athlete. The administration will determine the severity of the disciplinary action.**



PARENT(S) OR LEGAL GUARDIAN(S) AND THE STUDENT-ATHLETE MUST SIGN THE PALMERTON AREA SCHOOL DISTRICT ATHLETIC TRAINING HONOR CODE CONSENT FORM AND RETURN IT TO THE COACH BEFORE PARTICIPATING IN ANY SCRIMMAGE, OR CONTEST OF THE SEASON. THIS WILL ASSURE THE COACH THAT THE ATHLETE AND PARENT/GUARDIAN HAVE READ THIS HONOR CODE AND AGREE TO ABIDE BY IT.

**PALMERTON AREA SCHOOL DISTRICT**  
**ATHLETIC TRAINING HONOR CODE**  
**CONSENT FORM**

I have read the Palmerton Area School District Athletic Training Honor Code as a supplement to the Student Conduct Code and agree to abide by the terms and standards set forth.

STUDENT'S NAME (PRINT) \_\_\_\_\_

STUDENT'S SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_ SPORT \_\_\_\_\_

PARENT/GUARDIAN'S NAME (PRINT) \_\_\_\_\_

PARENT/GUARDIAN'S SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

PARENT/GUARDIAN'S NAME (PRINT) \_\_\_\_\_

PARENT/GUARDIAN'S SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

***PLEASE RETURN THIS COMPLETED PAGE TO YOUR COACH***