

# CEDAR CREST ATHLETICS

## 2023-2024

\* PLEASE READ and MAKE SURE YOU COMPLETE [THE ONLINE FORM](#) that is [LINKED](#) on the last Page- Code of Conduct and Eligibility Form

\* *You must also view the Athlete Parent Meeting Power Point*

The Cedar Crest Athletic Department strives to provide our student-athletes opportunities to reach their individual potential by developing and instilling qualities that will serve them now and in their future: toughness, integrity, leadership, teamwork, perseverance, and relentlessness. We will provide the positive leadership that teaches, reinforces and instills core values to develop an unwavering strength. “Cedar Crest Strong” summarizes it best.



### Student-Athlete & Parent Code of Conduct

## Administration

Dr. Philip Domencic .....	Superintendent
Dr. Dean Bozman .....	Director of Personnel & Operations
Dr. Mariah Rackley .....	Director of Curriculum & Instruction
Mr. Christopher Groff .....	Principal
Dr. Barbara May .....	Assistant Principal
Mr. Mike Rohrbach .....	Assistant Principal
Mr. Rob Snyder .....	Assistant Principal

## Athletic Personnel

Mr. Rick Dissinger .....	Athletic Director
Mrs. Veronica Juppenlatz .....	Athletic Secretary
.....	Equipment Manager
Mr. Rick Nelson .....	Equipment Manager
Dr. Jeff Yocum .....	Team Physician
Mr. Chris Seldomridge .....	Athletic Trainer
Mr. Sean Dougherty .....	Athletic Trainer

## Athletic Programs & Head Coaches

						
<b>Boys' Lacrosse</b>	<b>Girls' Lacrosse</b>	<b>Football</b>	<b>Girls' Tennis</b>	<b>Boys' Tennis</b>	<b>Boys' Soccer</b>	<b>Girls' Soccer</b>
Coach Jack Wuori	Coach Jeanine Snyder	Coach Rob Wildasin	Coach	Coach Phil Rader	Coach Joe Spade	Coach Scott Steffen
						
<b>Golf</b>	<b>Field Hockey</b>	<b>Boys' &amp; Girls' Cross Country</b>	<b>Girls' Basketball</b>	<b>Boys' Basketball</b>	<b>Bowling</b>	<b>Wrestling</b>
Coach Drew Gates	Coach Alicia Arnold	Coach Brandon Risser	Coach Ashli Shay	Coach Tom Smith	Coach Joey Leal	Coach Cameron Eisenhower
						
<b>Boys' &amp; Girls' Swimming</b>	<b>Girls' Volleyball</b>	<b>Boys' Volleyball</b>	<b>Boys' &amp; Girls' Track &amp; Field</b>	<b>Baseball</b>	<b>Softball</b>	<b>Cheerleading &amp; Competitive Cheer</b>
Coach Dawn Smith	Coach Monica Shaeffer	Coach Monica Shaeffer	Coach Rob Bare	Coach Matt Knox	Coach Steph Leonardo	Coach Holly Boger

## **Preface**

This document has been organized and compiled to provide improved efficiency and effectiveness in administering the athletic program of the Cornwall-Lebanon School District. It provides expectations and regulations, which pertain to interscholastic athletics of the Pennsylvania Interscholastic Athletic Association (PIAA), the Lancaster-Lebanon League, and the Cedar Crest High School and Middle School. Each athlete and parent/guardian has the responsibility of becoming familiar with the contents of this manual. Each athlete will adhere to the relevant procedures.

## **Philosophy**

The athletic program of the Cornwall-Lebanon School District is designed to provide competitive, wholesome experiences for student athletes. We attempt to develop positive social habits and attitudes. We are concerned about the values and behaviors we foster. Success will not be measured simply by wins or losses but by these intangible factors, which are major objectives for the program of athletics. The athletic program is in harmony with the general objectives of the Cornwall-Lebanon School District. At no time will the athletic program dominate the academic curriculum. To be eligible for interscholastic competition a pupil must pursue a curriculum approved by the principal and must maintain for the current semester or term a passing grade in at least four full credit subjects, or the equivalent, approved by the Pennsylvania Department of Education. Evaluation of subject credits shall conform to the standards of the Department of Education. Scholastic eligibility shall be determined by the pupil's progress in each subject of an approved curriculum. Scholastic eligibility is defined as maintaining an acceptable grade as certified by the principal. Eligibility shall be cumulative from the beginning of the semester and reported on a weekly basis. Athletics is a part of the total school program and emphasizes the continuing development of a well-rounded individual. Our main objective is to aid students in preparing full and rich lives through the program of athletics.

## **Objectives**

- A. To emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
- B. To provide opportunities that will allow students to learn to cope with problems and handle situations similar to those they might encounter in society.
- C. To foster school spirit, student spirit, school moral, and school pride.
- D. To promote the physical, mental, moral, and emotional well-being of the participants.
- E. To encourage leadership, initiative, and good judgment.
- F. To develop the attitude that preparing and planning to win, and not just winning itself, is of primary importance.
- G. To provide opportunities to stimulate community interest for our school and our sports teams.



## **Cedar Crest Senior High and Middle School: Coach/Student Sportsmanship Policy**

This procedure shall apply to all participants and coaches involved in extra-curricular activities representing the Cornwall-Lebanon School District. Effective date of implementation shall be September 2017.

### **Definitions**

For purposes of this policy implementation, the term unsportsmanlike behavior for a coach or player shall include but not be limited to:

- A. Disrespectfully addressing an official, coach, or player.
- B. Using profane or inappropriate language or gestures.
- C. Using any language intended to intimidate others (baiting, taunting, etc.)
- D. Deliberately throwing equipment.
- E. Malicious contact with another player, coach, or official.
- F. Any word or deed, which may be interpreted by the Cedar Crest High or Middle School Administration as unsportsmanlike but not specifically addressed in this policy.

For purposes of this policy implementation, the term competition week/s for a coach or player shall refer to any week or weeks beginning with the first interscholastic competition of the season and ending with the last interscholastic competition of the season. (If a coach or player's suspension should occur at the end of a sports season the suspension shall continue into the next competitive season for that coach or player.) A competition week shall be defined as any seven consecutive days or the next competition, whichever is longer. A technical foul, personal foul, yellow or red card administered by an official to a player for unsportsmanlike behavior, *as described above*, will result in the player being disciplined at the discretion of the coach.

**REMOVAL OR EJECTION FROM CONTEST** (First Offense): Any ejection from a game/contest for unsportsmanlike behavior, *as described above*, will result in the removal of the player or coach from the playing/bench area \*\* for the remainder of the contest and a suspension for the next competition. During the suspended competition, the individual may not be seated with or near the team during the contest.

**REMOVAL OR EJECTION FROM CONTEST** (Second Offense): Any second ejection from a game/contest, in a given school year, for unsportsmanlike behavior, *as described above*, will result in the player or coach being suspended for one week or two (2) competitions, whichever is longer. (Note: The competition week will begin with the day following the competition where the offense occurred.)

**REMOVAL OR EJECTION FROM CONTEST** (Third Offense): Any third ejection from a game/contest, in a given school year, for unsportsmanlike behavior, *as described above*, will result in the forfeiture of the student's ability to represent the Cornwall-Lebanon School District for the duration of that season or four (4) competition weeks, whichever is longer. Any subsequent removal or ejection from any game or contest for unsportsmanlike behavior, *as described above*, will result in the complete forfeiture of the student's ability to represent the Cornwall-Lebanon School District for the duration of the school year.

**AUTHORITY**: The High School Principal and Athletic Director shall have full authority to institute this policy. Notification of a player or coach's suspension will be made to the Director of Secondary Education. Parent(s) will be notified of the action and its rationale.

**NOTIFICATION OF PROCEDURES**: All coaches, athletes and parents will be notified of this policy implementation.

**ACCUMULATION OF OFFENSES**: Offenses to this policy will be cumulative in nature and shall be accumulated on a school year basis from all activities participated in by the student or coach.

## **Chain of Command Cornwall-Lebanon School District Athletic Program**



When problems arise, it is expedient for issues to be handled by head coaches. If you are a parent with a concern, always follow this proper channel. If satisfaction is not achieved, appeal to the next immediate authority. However, a satisfactory solution may not always turn out your way.

### **Parent/Coach Communications/Guidelines**

The Cornwall-Lebanon School District concurs with the research that professes that students who are involved in extra-curricular activities have a better chance of success in both school and adulthood. Many of the character traits that are exhibited by successful athletes are the same character traits that are displayed by successful adults. We believe that athletics offer the opportunity for all participants to focus on realistic goals, to develop the self-discipline necessary to achieve those goals, and to demonstrate the perseverance necessary to successfully attain those goals. As role models, both the parent and the coach share responsibility for making any athletic experience a productive one. As a result, both the parent and the coach must communicate in a mature and reasoned manner. The purpose of this is to help the coach and the parent understand the expectations of the Cornwall-Lebanon School District with regard to parent/coach communications.

**All communication should occur directly between the parent and the coach. The athlete should never be used as a conduit for discussion.**

#### **COMMUNICATIONS A PARENT MAY EXPECT FROM A COACH**

- The philosophy of the coach
- The expectations that the coach has for your child as part of the squad and for the squad as a whole
- The location and time of all practices and contests
- The team requirements regarding things such as practices, the need for special equipment, and out-of-season opportunities or conditioning programs
- The actions on the part of your child that could have an effect upon your child's continued participation in any aspect of the program

#### **COMMUNICATIONS THAT A COACH MAY EXPECT FROM PARENTS**

- Notification in advance of any conflicts with the practice or contest schedule
  - Notification of any new or existing medical condition that could impact upon the child's ability to fully participate in the program
- In athletics, there are many different approaches to each sport. As a result, there are many different options from which a coach may choose in selecting the style of offense and/or defense upon which the coach will base their program. While the coach may not make the same selections as you might in their position, the Cornwall-Lebanon School District has traditionally allowed each head coach a great deal of latitude in determining their team's approach. In addition, many sports require the coaching staff to make value judgments as to which players belong on the starting team and how much playing time each player will accumulate. It is not appropriate for any parent to "lobby" a coach for increased playing time for their own child. It is never appropriate for a coach to discuss the ability and/or performance of any athlete with anyone other than that child's parent and appropriate professional staff.
- Concerns related to your son or daughter's mental, physical, or emotional well-being
  - Specific questions about a coach's expectations of parents

## **APPROPRIATE AREAS OF CONCERN TO DISCUSS WITH THE COACH**

- The treatment of your child by the coach
- Ways in which you, as the parent, can help your child improve their performance
- Concerns about your child's behavior in practice or contests

It is recognized that there are circumstances in which a frank discussion between the coach and the parent are not only necessary but also desirable. When such a discussion is required, it is expected that the following procedures be used to facilitate the resolution of the situation.

## **APPROPRIATE PROCEDURES TO FACILITATE DISCUSSION**

- Parents should encourage their child to ask the coach for information and clarification any time it is needed to avoid a misunderstanding
- Parents should call the coach at school to set up a meeting time
- Parents should avoid confronting a coach in public, before or after an event, or during a practice
- If the parent is unable to contact the coach, or the meeting with the coach was unsatisfactory, contact the athletic director to discuss the situation
- If the situation remains unresolved, contact the building principal to schedule an appointment

## **INAPPROPRIATE Parental Concerns to Discuss with Coaches**

- Playing Time
- \*Playing time discussions will be between the coach and athlete only.
- Team Strategy
  - Play Calling
  - Team Selection
  - Another Athlete

## **EXPECTATIONS A COACH MAY HAVE OF A PARENT**

- Appreciating the child's efforts to improve and succeed athletically
- Understanding both the team and school rules under which the athlete participates and competes
- Communicating parental concerns to the coaching staff in a timely manner
- Acting with courtesy and respect toward all coaches and officials
- Establishing a positive home environment that is conducive to the overall academic development of the athlete

### **Athletic Code of Conduct**

The athletic program is an important and integral part of our total school program and it is open to participation by all students. Through voluntary participation, the athlete gives time, energy, and loyalty to this school. He or she accepts the training rules, regulations, and responsibilities, which are unique to an athletic program. To contribute to the welfare of the group, the athlete must willingly assume these obligations and demands, which are not always expected of others.

**The rules and regulations in this Code of Conduct are an attachment and an addition to the regulations of the Student Behavior Code and shall apply to any violations during the season of participation.**

### **I. General Regulations**

- A. Pennsylvania Interscholastic Athletic Association (PIAA) rules must be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc. Where applicable, National High School Federation Rules and Regulations may also apply. Each coach has a responsibility to know, to inform team members, and to enforce these regulations.
- B. Hazing and initiation activities that degrade, embarrass, or humiliate new members or members of a team are forbidden. Those individuals found instigating or participating with such practices will be disciplined and/or removed from the team.
- C. If any participant is dismissed from a team or quits a team for disciplinary reasons after the first scrimmage is played, that participant shall be deemed ineligible to compete in another sport that season (unless the principal, athletic director, and the two coaches involved review the individual case and remove the restriction.) The restriction would also apply to practice in another chosen sport. Practice is defined as a supervised school workout conducted in or on school facilities, rented, contracted, or owned. However, any participant who quits a team prior to the first scheduled scrimmage shall in no way have any restrictions imposed upon him/ her.
- D. Athletes must travel to and from contests away from Cedar Crest via transportation provided by the school. The exceptions are as listed:
  1. Injury to a participant which could require alternate transportation.
  2. In extreme circumstances...prior arrangements between the participant's parent or guardian and the coach to allow the student to travel via an alternate form of transportation. **Athletes are members of a team and should travel with the team.**

- E. Unsportsmanlike conduct toward an opponent or official, or the use of profanity during a contest, will result in counseling and/or discipline at the discretion of the head coach. All athletes representing Cedar Crest must display proper conduct and sportsmanship at all times. Respect your opponents and their fans.
- F. Students who cast an unfavorable reflection on their extra/co-curricular program or conduct themselves in a manner deemed detrimental to the good image of their extra/co-curricular program, even outside of the school day or at school sponsored events, may be benched, suspended, reassigned or dismissed at the discretion of their coach, advisor, director, or the administration. This unfavorable or detrimental information could come from your teachers, community members and social media. Participation in Cedar Crest Middle School and High School extra/co-curricular programs is a privilege.
- G. Suspension of an athlete by administrative decisions and actions because of a school rule infraction will result in a suspension from the team and activity for a period of time to be determined by the coach and the administration, dependent on the type and severity of the infraction(s).
- H. Discipline for absence from a scheduled practice will vary from sport to sport. Each coach should have a clear-cut policy and make known to all participants what will result because of an unexcused absence. Coaches should realize that there are times when absences are justified. However, the participant is always expected to inform the coach prior to a planned absence.

## II. School Attendance Requirements

**Students may not participate in games or events if they are tardy from school on the day of the event.**

**(Exceptions: a doctor's note must accompany the student when arriving to school. All other reasons will be evaluated for validity by the coach, athletic director, and principal).**

## III. Uniform and Equipment Policy

- A. Every athlete will look the same. No athlete will wear his/ her uniform or appear different from any other player on the team (hence the term uniform).
- B. Support booster groups or parent sport's clubs will get approval for uniform/ accessory contributions. This approval can be obtained by the athletic director or building principal.
- C. Students are responsible for the return of their assigned (borrowed) uniform. Failure to return a uniform will result in the lender's responsibility to pay for the equipment lost, stolen, or not returned. This is true of all athletic equipment or uniforms issued to individual student-athletes.
- D. Uniforms will be tucked in and neat in appearance. Please report inferior or damaged uniforms or equipment to the coach, athletic director, or the equipment manager.
- E. In the event you are dropped from the team or choose to quit the team, you have 24 hours to return equipment to the equipment manager. You will then be billed if you have failed to do this.

## IV. Academic Athletic Eligibility Requirements

Cumulative grade averages will be tabulated at the end of each week (Friday), and students found to be failing two (2) or more courses (all courses apply) **OR** not passing 4-credits, will be declared ineligible for the following week (Monday through Sunday). No participation in games/scrimmages will be permitted during the ineligible week. **Athletes will be allowed to participate in practices, but they will be required to attend academic support programs (i.e., MAS, tutor sessions, etc...) prior to attending practice.** Participation will be permitted once a subsequent weekly review establishes the required level of academic performance.

In addition, students failing two (2) or more courses (all courses apply) at the end of the marking period (date of teacher verification of grades) will be declared ineligible for the first fifteen (15) school days of the next marking period. Final grades from the previous school year will determine eligibility for the start of the next school year. If a student failed two (2) or more courses (all course apply) at the end of the previous school year, that student's fifteen (15) days of ineligibility will begin at the start date of the fall PIAA season. During the fall preseason, only Monday through Friday will be counted as ineligible days toward the fifteen (15) days of ineligibility. Once school begins, the athletes' remaining days of ineligibility are in accordance with days that are academic, for example Labor Day will not count as a day of ineligibility.

Academic Requirements

The following academic regulations shall govern participation in interscholastic athletics:

- A. Athletics is not an excuse for not studying; "don't use it and don't buy it!" Student-athletes must demonstrate an interest in academic achievement.
- B. Plan your study program...get plenty of rest...minimum of 8 hours each night!
- C. **Participants cannot have two F's (regardless of the courses selected – grades are reported Friday on a weekly basis).**
- D. If academic standards are not met, he/she is ineligible from Sunday until the next Sunday.
- E. During the school year, eligibility shall be cumulative for the beginning of the grading period.
- F. In the cases when a student's work in a preceding grading period does not meet the standards of "passing" (has failed more than one credit), said student shall be ineligible to participate in interscholastic athletics for the first fifteen (15) days of the next grading period.
- G. Credits for the last grading period shall be used to determine his eligibility for his/her next grading period in the following school year.



- V. **Use of Controlled Substance: The Cornwall-Lebanon School District provides the opportunity to participate in many athletic programs and other extracurricular activities. Participation in such activities is a privilege and not a right. In an attempt to protect the health and well-being of our students, and the integrity of activities, Cornwall-Lebanon School District has established regulations to discourage substance use and abuse. We advise a student-athlete who comes in contact with drug or alcohol use to leave that location immediately to avoid temptation, peer pressure, and eliminate suspicion. Parents and educators must instruct young people about drug use and abuse, discipline those who choose to violate the regulations and use prohibited substances and emphasize student assistance help for those in need of counseling.**
- A. The use of alcoholic beverages, drugs, narcotics, or hallucinating agents by athletic program participants is prohibited and will result in a 20-calendar day suspension. A 2<sup>nd</sup> offense will result in the student athlete losing his/her extra-athletic/extra-curricular eligibility for forty (40) calendar days. Third or subsequent offenses will result in the student being ineligible for one (1) calendar year. These consequences, as well as additional requirements, are outlined in school district policy (227.1) contained in the Appendix of this document. Violations will be cumulative in middle school (grades 6-8), and separately in high school (grades 9-12).
  - B. It should be noted that the district policy includes language that prohibits the use of so-called performance enhancing drugs such as anabolic steroids.
  - C. Students who develop problems with drugs and alcohol or who demonstrate needs in these areas may seek help through the **STUDENT ASSISTANCE PROGRAM** in the middle school and the high school. The LIFT (Life Intervention for Teens) Program is a non-threatening contact and is an excellent assessment, educational, monitoring, and reinforcement program that demonstrates our school's concern for students in these areas. Prior to a drug and/or alcohol offense, a student may voluntarily secure confidential help through the Student Assistance Program by contacting a guidance counselor.
  - D. **All athletes and their parents are required to sign and submit a form (found on the back sheet of this manual) to the athletic director, indicating that the athlete and parent(s) and/or guardian(s) of the athlete understand the behavior code penalties for the use of controlled substance. Most importantly, the signature is a promise that the athlete will not use any of these controlled substances.**
  - E. In addition, violations relating to the use of tobacco products will be dealt with by each coach. Consequences for tobacco violations on school grounds or at school sponsored activities (home or away) are outlined in **The Student Behavior Code Booklet** and include suspension from school and sport activity, a mandatory report to the magistrate from the school, and a fine (\$\$\$).

Parents are urged to emphasize to their children the obvious intent of these rules. Parents are urged to also emphasize the availability of counseling and help provided by this school district in an attempt to avoid unfortunate suspensions and expulsions from school and from sport activity.

### **Press Conference Guidelines: College Bound Student-Athletes**

An acknowledgement for college bound student athletes who will be playing a college sport will be held for each sport season. (Fall, Winter, Spring) Coaches are responsible to inform the athletic director and guidance office about the student-athletes who plan to compete at the next level. It is helpful for all of us to understand these interests and motivations.

### **Sport Specific Athletic Awards**

It is our hope that athletes compete for intrinsic reasons, those of the heart, rather than for extrinsic rewards. The awarding of a varsity letter represents a symbol of dedication, sacrifice, and loyalty to yourself, family, and school. It is an expression of gratitude from the district for your participation and extra effort. In some cases, the effort is exceptional. In any case, athletes should display this letter with pride.

When assigning awards, the following general guidelines will be adhered to:

- A. Injured players should receive special consideration.
- B. Seniors may receive special consideration.
- C. Junior High and JV letters are not awarded.
- D. "Lettering" requirements should be explained by the coach at the beginning of each season.

The criteria for **awarding a letter** will be an evaluation by the head coach or coaches concerning the amount of game and/or meet time played by the athlete along with the following criteria:

- Attitude of the athlete
- Attendance at practice and events/ games
- Self-discipline
- Character
- Skill development
- Leadership qualities
- Loyalty to the team

The **letter** will be awarded in each varsity sport the first time the athlete meets the requirements of the sport. In succeeding years if a letter is earned by this same athlete, bars will be issued in lieu of a letter. In all cases, an athlete must finish the season in good standing to earn an athletic award.

### **General Medical Guidelines**

An athlete who wishes to participate on a Cedar Crest team, High School or Middle School, is required to have a properly signed CIPPE Form with appropriate signatures by parent, student, and doctor. The Athletic Trainer will review all physicals before approval is given to participate. Just because it is turned in to the coach or school does not provide immediate approval to participate. All required CIPPE forms must be completed one week prior to the start of each sports season. A Student Athlete must also complete a valid baseline neurocognitive test before the start of the season. An athlete who wishes to participate in a winter or spring sport and has participated in a previous season sport must be recertified by having CIPPE Form 8 completed and returned to the Athletic Trainer for review and if deemed necessary may be required to have another physical completed before being allowed to participate in the upcoming sport utilizing CIPPE Form # 9 All wrestlers will have to have CIPPE Form 10 completed to be eligible for participation. If the wrestler has participated in a fall sport, the CIPPE Form 7 must be completed and reviewed by the Athletic Trainer. Coaches of each sport of the high school and middle school are responsible to collect and organize these cards and are required to prepare a written record of these athletes who have current physicals, and who have returned a properly signed (parent and athlete) Understanding of the Code of Conduct. Only after this has been done is a student eligible to participate in a practice of the high school and middle school of the Cornwall-Lebanon School District.

### **Athletic Accidental Insurance**

The school board recognizes the need for insurance coverage. Injuries are unforeseen and can occur in the course of participation in the athletic programs of the district. Therefore, the district will provide our athletes with an insurance plan that provides primary in and out-of-hospital coverage. If the injury requires surgery or hospital confinement, it provides \$100.00 on a primary coverage basis, and expense above \$100.00 will be covered on an excess of other (parent insurance) coverage. Please contact the athletic director or athletic trainer with questions.

### **Sports Injuries**

All injuries must be reported to the athletic trainer at Cedar Crest High School. If they are not reported to the athletic trainer, it could result in increased time for recovery, and potentially initiate a more serious injury. **Not reporting the injury could result in a delay in payment or non-payment of a claim.**

#### **Steps in reporting a claim:**

- A. Tell your head coach you have an injury that needs attention.
- B. The athlete reports the injury to the athletic trainer as soon as possible after the injury occurs.
- C. The athletic trainer will complete an injury report and if requested a claim form. A copy of the claim form will be completed for the schools' file.
- D. The claim form will be mailed home for a parent's signature. Enclosed is a note of explanation (Return this signed document to the athletic trainer.)
- E. The athletic trainer will forward the signed claim form to the insurance company.
- F. If a parent has a coverage question, you may telephone or contact Hoaster Gebhard and Company, 719 Quentin Road, Lebanon, PA 17042 or telephone (717) 272-7666.
- G. When parents receive bills, please submit them to the insurance company.
- H. Parents are advised to file a claim form with their own insurance company, too.

Any injury that requires an in-hospital stay or outpatient surgery must be submitted to your own hospitalization coverage, and the school insurance carrier. The school program that was selected is a primary outpatient program. This means the policy will pay only up to the first one hundred dollars of in-hospital invoices. The policy will pay the excess charges not paid by your hospitalization carrier, according to the benefit schedule. In order to have these paid you must have copies of all invoices and an Explanation of Benefits form that is provided by your carrier. **BENEFITS WILL BE PAID FOR INTERSCHOLASTIC SPORTS ONLY... NOT TO BE CONFUSED WITH THE STUDENT ACCIDENT PROGRAM. Student accident coverage can be purchased on a twenty-four hour, or school time basis. This is voluntary and can be purchased from Hoaster-Gebhard.**

### **Sports Injury Policy**

All athletic injuries that occur during participation in school-sponsored sports in season or out of season when a coach or volunteer coach is present must be reported to the athletic trainer. The athletic trainer must clear the student before he/she resumes athletic participation. If a doctor's care is required because of the injury, the student must also submit a letter of clearance from the treating physician to the athletic trainer before the student resumes athletic participation. The information provided by the doctor will be reviewed by the athletic trainer and or the team physician and then based on return to play protocols will be returned to full playing status if able. The athletic trainer and the team physician have final authority to clear or to disqualify a student for activity following any injury or illness. Per PIAA Handbook Section IV, Page 31. If an illness/injury is sustained at home and the student participates in a sport she/he must be seen by a physician and accompanied with a physician's note specifying the injury and if the student has clearance or not to participate in practice or game. This will also require review by the Cedar Crest athletic trainer and or team physician and determination for return to play. It is inappropriate to discuss or use a persons' name when discussing an injury without the consent of the Parent/Guardian of a patient who is under the age of 18.

## Communicable Diseases

All communicable diseases must be reported to the nurse and athletic trainer and will be reported to the Athletic Director and Administration and all appropriate medical personnel in accordance with district policy to provide the health and safety of all those involved in school, sports, and extracurricular activities. All communicable diseases must be accompanied with a doctor's note allowing or not allowing participation and will be assessed by the athletic trainer and/or the team physician with final authorization to clear or disqualify. If no doctor's note is provided with instructions, the athlete is disqualified until a doctor's note is provided.

## Return-to-Play Protocols

The protocols described below are general explanations of the return-to-play criteria used by the Cedar Crest Athletics Department within the guidelines of the Cedar Crest Sports Injury Policy. All injuries are evaluated on an individual basis.

**Musculoskeletal Injury:** A student-athlete with a musculoskeletal injury (sprain, strain, dislocation, fracture, etc.) must demonstrate full range of motion, strength of at least 90% of the pre-injury condition or uninjured side, and sport-specific function. Student-athletes with lower-extremity injuries must also demonstrate adequate balance and proprioception.

**Head Injury/Concussion:** All schools are now mandated by the Safety and Sports Act, a new law that went into effect July 1, 2012. For more information regarding the law go to the school web site under athletics. The Cedar Crest Athletic department utilizes the computer-based neurocognitive-testing program Concussion Vital Signs (Immediate Post-Concussion Assessment and Cognitive Testing) to assist with assessment of head injuries sustained during athletic participation. CVS has been designed specifically for the management of sport-related concussion; it measures multiple aspects of cognitive functioning, including memory and reaction time. CVS is utilized in high school, collegiate, and professional sports. For more information about CVS, please visit [www.concussionvitalsigns.com](http://www.concussionvitalsigns.com).

All student-athletes at Cedar Crest will take a baseline CVS test at the beginning of their first sports season in 7<sup>th</sup> grade and will take the test every other year until graduation. Students in other grades who have not completed a baseline test will also do so at the beginning of their first sports season. Any student who is diagnosed with a head injury during the present school year will automatically be required to take the base-line test before the next season and or the next school year before their first sport season. Any student-athlete who sustains a head injury will be evaluated by the Cedar Crest athletic trainers and/or team physician. The student will retake the CVS test so the results can be compared to the baseline. If the student shows any sign or symptom of a concussion, the student will be excluded from activity until the following guidelines are met:

1. The student has no signs or symptoms of a concussion
2. The student's current CVS scores are comparable to baseline.
3. The student is evaluated and cleared by the Cedar Crest athletic trainers and/or team physician.

Upon meeting the above requirements, the student will begin a five-day return-to-play plan supervised by the Cedar Crest athletic trainer and/or team physician. This plan has been developed using guidelines from the 2001 Vienna and 2004 Prague International Conferences on Concussion in Sport and the 2009 NCAA & Professional Sports programs and in conjunction with the PSU concussion program.

- |        |   |
|--------|---|
| Day 1: | Light aerobic exercise, such as jogging or stationary cycling |
| Day 2: | More-intense aerobic exercise, such as running sprints        |
| Day 3: | Non-contact practice or training drills                       |
| Day 4: | Full-contact practice   |
| Day 5: | Full participation in practices and contests                  |

\*If any symptoms recur, the student will stop activity and resume the return-to-play plan at the previous level on the next day without symptoms\*.

**Parents/guardians must sign an agreement to this policy as a part of the sports physical document. Please direct any questions to the athletic trainer at 717-272-2033, or 223-241-9509**

## Equipment Responsibilities

Coaches and equipment managers must keep accurate records of equipment issued.

- A. A designated time will be given for each head coach, set up by the equipment manager, to pass out equipment and uniforms.
- B. At the end of the season, a specific date and time will be set up for each head coach and his team to return all of their equipment. If athletes do not return all their equipment and uniforms, they will be charged for the missing items.
- C. Coaches are required to assist the equipment manager, before and after the season, in handling all the equipment and uniforms.
- D. Athletes are financially responsible to replace equipment lost or stolen and will not receive equipment for another sport until all equipment from the previous sport is handed in.
- E. You are responsible to purchase a lock and to use it. We are teaching responsibility to you.
- F. Do not bring friends or allow strangers to enter our locker room.  
Report intrusions to the nearest coach, immediately.

## Off-Season Athletic Participation

- Off-season athlete participation shall be in accordance with PIAA regulations.
- If any participant quits or is dismissed from a team for disciplinary reasons after the first scrimmage was played, that participant shall be deemed ineligible to compete in another sport during the same season (Unless the principal, athletic director, and coach review the

individual case and remove the restriction.) The said restriction would also apply to practicing another sport. Practice shall be defined as supervised workouts that are conducted in or on school facilities. However, any participant who quits a team prior to the first scheduled contest shall in no way have any restrictions imposed upon him/her.

- No athletic coach shall conduct “off-season” workouts with or for his/her team that are not in accordance with PIAA rules.
- Any student who is participating or practicing in a sport in season may not compete in tournaments, all star-games, or related activities in another sport in which the season has already been completed, unless agreed upon by the respective coaches. A sport in season shall be defined as one currently being practiced or played.
- Games, tournaments, meets and any out-of-season activity involving junior or senior high school teams may not be scheduled at home or away without prior permission and approval from the athletic director and principal.
- The principal and athletic director will be responsible for all policy interpretation and judgments.
- All coaches should be respectful of the rules of attendance of “in season coaches” and encourage all athletes to comply with the attendance rules.

### **School Bus Regulations**

**Athletes shall model expected behaviors at all times.** The school bus rules are:

1. Pupils shall enter the bus in an orderly fashion.
2. Pupils shall keep their hands, arms, and heads inside the bus.
3. There shall be no shouting, roughhousing, or throwing things on the bus.
4. All articles such as athletic equipment, books, musical instruments, etc., must be kept out of the aisles.
5. The emergency door must be used for emergencies only. Students shall not touch safety equipment on the bus.
6. There shall be no smoking at any time on school buses.
7. All directions regarding safety given by the bus driver are to be followed.
8. The coach shall inspect the bus after the team unloads. If the condition of the bus is less than satisfactory, it is the responsibility of the coach and team to correct the situation.
9. Unusual situations should be reported immediately to the Director of Athletics.

### **Student Workouts**

**Workouts where students use inside school facilities or outside school facilities must be supervised, i.e., weight room, gymnasium and/or hallways. A coach encouraging a student to work out, without supervision, is responsible for that person or persons.**

### **Lancaster-Lebanon Secondary School Athletic Association: Participant and Spectator Behavior Policies**

The following is a list of guidelines, which each member school will enforce:

1. The Lancaster-Lebanon League encourages spectators to cheer and support their respective teams in a positive manner, but not to cheer negatively against the opponent.
2. Only team members in uniform and/ or warm-ups, under the coach’s supervision are permitted on the floor or field for warm-ups prior to and at half-time of games. Unauthorized personnel are not permitted on the playing field during a contest or at the conclusion of the game.
3. Only cheerleaders for the purpose of leading cheers or promoting school spirit and authorized personnel are permitted on the sidelines or playing surface.
4. Spectators are permitted to form spirit lines as the players enter before the game and at half time.
5. Abusive language, negative gestures, or taunting directed towards players, coaches, officials, cheerleaders, or spectators is prohibited.
6. No sirens, hand held towels, whistles, portable stereos, or noisemakers will be permitted at games. Hand held banners or hand held signs which interfere with the playing of the game will not be permitted. Such articles will be confiscated by the game manager.
7. The throwing of any foreign object that may harass or injure a spectator, player, or official is prohibited.

**OFFENDERS OF THESE POLICIES WILL BE ESCORTED FROM THE GYMNASIUM OR STADIUM.**

## CEDAR CREST ATHLETIC TEAMS

The Cornwall-Lebanon School District takes great pride in fielding first class athletic teams. Your appearance and behavior as a member of a Falcon squad is expected to be of Championship quality. You are a representative of your team, your school, and your community when you compete in an interscholastic athletic contest.

Our tradition is not a mistake. Remember: **FIRST IMPRESSIONS ARE LASTING:**

It is essential to look & act like a "Champion": Make eye contact when someone is talking, say "Please & Thank You"; Leave facilities, locker rooms, buses cleaner than when you arrived- clean up any trash even if it isn't your trash, remember sportsmanship always matters

Prepare to be a Champion: **PROMPTNESS** is expected for all practice sessions, meetings, and trips. YOU must **attend** every practice session. If something of extreme importance comes up, the coach is the only one who grants permission to miss a practice. Be a *booster* of your teammates and be **loyal** to teammates and coaches. Students participating in school athletics should be made **aware** of the health risks associated with competition and sport activities. Cornwall-Lebanon School District provides the opportunity to participate in many athletic programs and other Extra-curricular activities. Participation in such activities is a **privilege** and not a right.

### Admission to Athletic Events

All events in stadium, gymnasium, and pool are charged admission.

Students	\$4.00 cash	*Activity Passes/Adults	
	*Pre-purchase via credit card using <i>Ticket Spicket</i> <a href="https://ticketspicket.com/ticketing/">https://ticketspicket.com/ticketing/</a>	Seasonal Sports Pass`	\$30.00
Adults	\$6.00 cash	Full Year Pass	\$60.00
	*Pre-purchase via credit card using <i>Ticket Spicket</i> <a href="https://ticketspicket.com/ticketing/">https://ticketspicket.com/ticketing/</a>	*Activity Passes/Students	
		Year Sports Pass	\$20.00

\*Activity passes can also be purchased with credit card by using *Ticket Spicket* <https://ticketspicket.com/ticketing/>

\*Please note: Passes are void at all away games, playoffs & tournaments

## Student-Athlete & Parent ACTION Section

Student-athletes and parents **MUST** complete the following:

**Review the Athlete/Parent PwrPt & complete the form**

**CLICK ON LINK TO COMPLETE & SUBMIT**

### Student-Athlete & Parent Code of Conduct Acknowledgment

We have read the Cedar Crest Athletics Student-Athlete & Parent Code of Conduct and understand that questions should be referred to the director of athletics, Mr. Rick Dissinger. It is also understood that my student's height and weight may be reported as part of the official roster. It is expected that all athletes of Cedar Crest High School and Middle School follow these procedures. We require that student-athletes, and parents and/or guardians of the participant watch the Meeting video, read, sign and date this code of conduct and complete the eligibility information. Please click on the links below to complete to your acknowledgment of all information within this document.

POWER POINT located at [www.cedarcrestfalcons.com](http://www.cedarcrestfalcons.com)

Student-athletes must click the **LINK below** to complete his/her required Code & Eligibility information.

**Code of Conduct & Eligibility** <https://forms.gle/iUUAzcnifDJMrjtT7>

