

WISSAHICKON ATHLETICS

Team Rules for WHS Sports

- **Paperwork for training camp is due before the first mandatory practice** (PIAA physical on or after June 1st and the Athletic Eligibility Record).
- **Once mandatory practice begins, WHS teams will follow a "3 strikes and you are off the team" rule for unexcused absences.** A strike is an unexcused absence (skip practice, skip lift, do not complete a lift, etc.). If you get a strike, you may or may not play in the next game (it is up to the coach based on the circumstances). If you have an emergency, please let the coach know. Things that are not excused- going out to dinner, going to a Phillies game, going to a concert, etc. **Absences due to religious holidays will always be excused absences.** Three unexcused absences will result in the removal of the player from the team.
- **Communication between coaches and student-athletes must be done through HUDL with the student's school email address.** Coaches may not call/text/email student-athletes using personal cell phones or personal emails. Student-athletes should download the HUDL app for their smart phone so that they get instant notifications of team messages.
- **If an after school game/practice ends before the late bus arrives, participants without transportation home must report to the Natatorium Lobby where supervision is provided.**
- **Field trips that are part of the curriculum and part of your grade are excused, and you may miss practice for them without affecting playing time.**
- **Field trips that are not part of your grade and are optional will not count as a strike if you miss practice for it, but you will not start in the next game and may or may not play.**
- **If a player displays an attitude or behavior that is detrimental to the team, the coach may reserve the right to remove the student-athlete immediately.** The team will always come first, and players need to exhibit attitudes and behaviors that fit within the team concept.
- **Missing practices/games due to vacations during the regular season is not permitted (including spring break).** We are an interscholastic sport and not a youth league or middle school program. Out of respect for your son/daughter, please do not put them in this situation (even spring break). It is not fair to your son/daughter, their teammates or the coaches.
- **Bring a combination lock for valuables.** The school is not responsible for anything that is misplaced or stolen in the locker room.
- **If you are sick during training camp (before school opens) or on a school holiday, please have a parent call the athletic office first thing in the morning (215-619-8112 ext 8021).** Attendance is reported to the athletic office from the attendance office on regular school days, so there is no need to call in that situation.
- **Hazing of any type will not be tolerated.** Younger players may have the following duties: carry equipment to practice, fill water jugs, and put equipment away after practice. If you hear of anything else, please contact the athletic office immediately (215-619-8021).
- **At the varsity level, the players that give us the best chance to win will play.** There are no guarantees about playing time. In the JV games, we will make an effort to play everybody. Players that do not play in the varsity game may be asked to play in the JV game.

- **20 Day Rule.** Per the PIAA, if a student-athlete is absent from school 20 days in a semester, he/she becomes ineligible for 45 school days starting after the 20th absence.
- **PE Class and Athletics.** If a student-athlete does not participate in PE Class on a given day, he/she may not participate in athletics that day. If a student-athlete is injured, the PE Staff will adapt his/her participation in PE class. This rule only takes effect when a student-athlete refuses to participate.
- **Coaches may not talk to parents about playing time, other players or strategy.** Coaches may discuss other issues with parents.
- **If a player loses any equipment, he/she will be placed on the obligation list for the replacement cost of the equipment.**
- **Complaints about coaches:**
 - The parent needs to discuss the issue with the coach first. If you call the AD, and you have not discussed the issue with the coach, you will be referred back to the coach.
 - If you discuss the issue with the coach and you are not satisfied, then you can discuss the issue with the coach and the AD.
 - If you are still unsatisfied, then you can discuss the issue with the principal and the AD. Complaints that try to go higher up, without following this procedure, will be referred back to the coach and AD.
- **If your son/daughter has any special health concerns, please communicate them to the athletic trainer and the coaching staff.**
- **If your son/daughter is injured, he/she needs to communicate with the athletic trainer immediately. By doing this, the injury can be diagnosed and treatment can begin immediately.**
- **Academics are critical, and we expect all of our players to take active roles in their education and be good citizens.** Players must be passing 4 credits each week to be eligible. In addition to the 4 credits, any student-athlete with a F must get 1 hour of tutoring (with a teacher, in ELT, STARS, math lab, writing lab, etc.) each week for each F. Failure to do so may result in the student-athlete being removed from play, even if they are passing 4 credits. Student-athletes that arrive late to practice because of tutoring must bring a signed pass!
- **All-League selections are determined by votes from the head coaches, and the coaches may not vote for their own players.** A player's performance during the league schedule plays a huge part in determining these teams. Please do not call to complain about the process because it is totally out of our control.
- **If your sport has an all-star game, selections are determined by all-league status.** 1st team all-league players are automatically on the team. After that, it goes by all-league team by position and needs. Please do not call to complain about the process because it is totally out of our control.
- **Student-Athletes should not participate in other sports or travel teams during the season.**
- **Any conduct that violates the rules and policies in the student handbook will be handled by the administration, and may result in student-athletes being disciplined or removed from the team.**
- **Drug and Alcohol Policy:**

Students in violation of the district's drug and alcohol policy in school or at school activities will be subject to discipline pursuant to the WSD discipline code. All such violations will be categorized as Level V infractions and will be subject to the discipline outlined in the WHS Student Code of Conduct. The consequences of our discipline code will be implemented for any drug or alcohol use at school activities during the school year or during the summer. Students will not be able to participate in any extra-curricular activities throughout the duration of their suspension. Additionally, any involvement with drugs or alcohol during in-school or out-of-school events will result in the following consequences:

 - SAP referral
 - Mandatory Aldersgate Assessment or referral to our Lakeside Support Counselor
 - 5 mandated meetings with the Guidance Counselor to discuss decision making
 - A meeting/discussion between the parent, student, and administrator

- Possible loss of senior privilege
- Possible loss of other WHS privileges
- **Student-athletes are expected to ride the bus to and from away games with the team. If there is a situation where this is not possible, you may:**
 - Email the coach, Mr. Cuthbert the AD (rcuthbert@wsdweb.org) and Mrs. Ammendola (cammendola@wsdweb.org) in the athletic office at least 1 day ahead of time and describe why your son/daughter cannot take the bus.
 - You may only drive your son/daughter and not anybody else's son/daughter
 - You must tell the coach when you are taking your son/daughter
 - If your son/daughter can drive, he/she can only drive themselves and no other students.
- **Student-athletes must be in school by 8:30am in order to participate in sports that day.** The following situations are exceptions to this rule:
 - If you are out for a doctor or dentist appoint and bring a signed note from the doctor (a parent note will not work here)
 - If you are on a college visit and bring back a signed note from the college
 - If you are at a funeral and bring a parental note

Additional Coach Rules

Sport:

We have read the athletic department/coach rules and agree to abide by them.

Parent Signature _____

Date_____

Student Signature _____

Date_____

Student Printed Name _____

Date_____

Head Coach Signature _____

Date_____