

INTRODUCTION

Welcome to the Camp Hill High School athletic programs. Camp Hill has a long standing tradition of athletic success. This tradition was not built overnight; it took the hard work of many people over the course of many years. As a member of an interscholastic squad at Camp Hill High School, you have inherited a tremendous tradition which you are challenged to uphold. The continuation of this tradition rests with you and the other student-athletes who have chosen to be a part of one of our sports teams, and it carries with it certain expectations and responsibilities that must be maintained. When you wear the uniform representing Camp Hill High School, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. However, the contributions you make will be a satisfying accomplishment to you and your family. These responsibilities include:

- **Responsibility to Yourself:** The most important of these responsibilities is to broaden and develop strength of character.
- **Responsibilities to Your School:** As a Camp Hill athlete, you have assumed a responsibility to represent your school in a mature manner at all times on and off the playing field. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.
- **Responsibilities to Others:** As a squad member you also bear a heavy responsibility to your team, your family and your community. As member of one of our teams, you have an obligation to always give your best effort, to abide by all team and school rules, and to refrain from activities that might jeopardize your health and welfare.

Statement of Philosophy

The Camp Hill Athletic Program will ensure meaningful athletic opportunities for all students through the direction of highly qualified, dedicated professionals who utilize appropriately equipped, well-maintained facilities to develop successful programs that ultimately promote well-rounded student athletes who are prepared for adult life in a democratic society

Athletic Goals and Objectives

The Athletic Department has as its main goal for the student athlete to become a more effective citizen in a democratic society through learning the following:

- 1. To work with others** - In society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
- 2. To be successful** - Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to handle defeat only by striving to win with earnest dedication. Develop a desire to excel.
- 3. To develop sportsmanship** - To accept any defeat like a true sport, knowing we have done our best, we must learn to treat others as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- 4. To improve** - Continual improvement is an essential component of good citizenship. As an athlete, you must establish a goal and you must constantly try to achieve that goal. Try to improve in the skills and knowledge required and those personal traits that enhance the success of a team.
- 5. To enjoy athletics**- It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to persevere and improve the program.
- 6. To develop desirable personal health habits**- To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

CONDITIONS OF P.I.A.A. ELIGIBILITY

The following section is a synopsis of the eligibility rules from the PIAA. For more information on eligibility, visit the PIAA website at www.piaa.org.

1. Semester Rule

- A pupil shall not represent his or her school in interscholastic athletics if he or she has:
 - Been in attendance more than 8 semesters beyond 8th grade.
 - Played four seasons beyond 8th grade in any one form of interscholastic athletics.

2. Age Rule

- A pupil shall be ineligible for interscholastic athletic competition upon attaining the age of nineteen years, with the following exception: If the

age of 19 is attained on or after July 1, the pupil shall be eligible, age wise, to compete through that school year.

3. Amateur Status Required

- In order to be eligible to participate in an interscholastic athletic contest, a pupil must be an amateur in the sport involved. An amateur athlete is one who engages in athletic competition solely for the education, physical, mental, social, and pleasure benefits derived therefrom.
 - **Definition of Consideration**
Consideration consists of cash, items which are the equivalent of cash items which are a representative of value, and items which have intrinsic value other than those permitted under Section 3 hereof.
- **Loss of Amateur Status**
 - An athlete loses his/her amateur status in an interscholastic sport whenever:
 1. He/she, or the school or organization which he/she represents, receives compensation, other consideration, or an award not permitted under Section 4 hereof, for or related to his/her athletic ability, performance, participation, or services.
 2. He/she plays on a professional team or as an individual professional.
 3. He/she receives consideration for becoming a member of an athletic organization or school.
 4. He/she signs a contract whereby he/she agrees to compete in any athletic competition for consideration. It is not a violation for a high school baseball player to attend a professional baseball tryout camp, providing (1) that no expenses are paid him and (2) his participation is otherwise in conformity with the National Federation Major-Minor League Agreement.
 5. He/she accepts compensation or other consideration for teaching, training or coaching in a sport. It is not a violation of this rule for a high school athlete to receive normal and customary compensation for acting as an instructor in or officiating recreational activities or for serving as a lifeguard at swimming areas.
 6. He/she sells or pawns his athletic achievement awards.
- **Permissible Awards**
 - A school may purchase a sweater, jacket, blazer, blanket, shirt, jersey, watch, ring, scroll, photograph, medal, plaque, or similar trophy, with appropriate instructional insignia or comparable identification, for an athlete who has earned the official school

letter or award, and present the same at the time the school award is made.

- The sponsor or sponsors of an athletic event or group of events may purchase any of the above for an athlete who has earned the official award for the event or events, and present the same at the time the official award for the event is made.
- A non-profit service organization approved by the school principal or the news media, may purchase any of the above items for an athlete, in recognition of his athletic ability or performance, and present the same at the time appropriate to such recognition.
- The institutions listed above in this Section 3 may also sponsor athletic banquets to which athletes may be invited, without charging admission to such athletes.
- A pupil may accept from an institution of high education which he visits in connection with his prospective or possible attendance there as a student, reasonable expenses necessitated by such visit, and free admission to home athletic events of such institution which occur during visit.
- **How Amateur Status Can Be Regained**
A player, who has lost his/her amateur status, may be reinstated by the suspending body after a period of one year from the date of suspension, providing that he/she refrains from all activity prohibited by Section 2 hereof during that year.

4. Pupil Ineligible Who Competes On Another Similar Team

- Any member of a school team, who participates in an athletic contest as an individual or as a member of another team in the same sport during the same season, shall be ineligible to compete in that sport for the remainder of that sport's season. The season shall begin with the first practice day of that sport, shall include vacations, holidays, and periods of suspension, and shall end with the last play day of the regular season in that sport unless the team is entered into the P.I.A.A. playoffs or P.I.A.A. tournament, in which event the season shall end with the last contest in which that team participates in such playoffs or tournament.
- **How Waiver of Similar Team May Be Obtained:**
The above paragraph may be waived for all sports providing that such waiver is first approved in writing by the principal of the school concerned and is placed in the school's permanent file in the P.I.A.A. Office. Should there be a question concerning academic eligibility, the Principal and Athletic Director will personally review the case and make a final determination.

5. All-Star Contests and Contests to Qualify for and/or Determine a Single National High School/Interscholastic Individual Champion or Championship Team (National High School/Interscholastic Championships).

- Students who participate in an all-star contest or in national high school/interscholastic championships shall be ineligible for interscholastic athletics in the involved sport for a period of one year from the date of such participation.
- P.I.A.A. considers an athletic activity to constitute an all-star contest(s) if either of the following elements is present:
 - Participants qualify for participation in the activity as a result of high school/interscholastic athletic ability, performance, or reputation.
 - Participants are selected by a means other than qualifying for the activity through a try-out session.

REQUIREMENTS FOR PARTICIPATION

A. Physical Examination

- No pupil shall be eligible to represent his/her high school in any interscholastic athletic contest unless he or she has been examined by a licensed physician of medicine or osteopathy or a certified school nurse practitioner before his or her first sports season. Before each subsequent sports season of the same academic year, he/she shall turn in a PIAA recertification form (sect 7 of the PIAA physical packet).
- The physical examination must take place six weeks prior to the start of the sports season. The P.I.A.A. makes an exception for fall sports. Athletes may receive a physical from June 1 to the start of the fall season.
- Re-certification or a new physical for each sport season is required.

B. Emergency Medical Authorization

- Each athlete's parents shall complete an Emergency Form giving permission for treatment by a physician or hospital when the parent(s)/guardian(s) are not available. This form will be kept in the medical kit for availability at all practices and contests.

C. Scholastic Eligibility

- Only full time students, regardless of age, may participate in scholastic athletics.
- To be eligible for interscholastic athletic competition, a pupil must pursue a curriculum defined and approved by the principal as a full time curriculum. Where required, this curriculum or its equivalent must be

approved by and conform to the regulations of the State Board of Education and the Pennsylvania School Code as well as any local policies established by the local school board.

- The pupil must maintain an acceptable grade in such approved curriculum as certified by the principal. Eligibility shall be cumulative from the beginning of a grading period, and shall be reported on a weekly basis.
- In order to be eligible for interscholastic athletics, a pupil must pass at least 4 full credit subjects, or the equivalent, during the previous grading period. Back work may be made up, providing it is in accordance with the regular rules of the school.
- Any athlete declared ineligible may practice during the period of ineligibility but may not participate in scrimmages/contests with other schools, at any level.
- A pupil who has been absent from school during a semester for a total of twenty (20) days shall not be eligible to participate in any athletic contest until he or she has been in attendance for a total of sixty (60) days following his twentieth day of absence. Attendance at summer school does not count toward the sixty days.
- Ninth grade pupils are eligible to compete on varsity athletic teams provided the decision is made at the beginning of each season.
- Students may not practice or compete while under suspension.

D. Risk of Participation

- All athletes and parents must realize the risk of serious injury which may be a result of athletic participation. Camp Hill School District will use the following safeguards to make every effort to eliminate injury:
 1. Conduct a parent/athlete meeting prior to the start of the season to fully explain the athletic policies and to advise, caution and warn parents/athletes of the potential for injury.
 2. Provide for continuing education for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
 3. Instruct all athletes about the dangers of participation in their respective sports and provide coaching and instruction in proper techniques and fundamentals in their sport.

E. Financial Obligations and Equipment

- All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only for contests and practice. Students will be responsible for the replacement or repair of any equipment not returned in good condition at the end of the season.

F. Students Leaving Teams

- Student athletes who voluntarily leave or are removed from an athletic team up to and including the first regularly scheduled contest shall not participate on any other athletic team until the conclusion of that season. Exceptions may be made if the coaches of the teams in question agree and the athletic director approves.

G. Team Participation Deadline

- Student athletes who would like to participate on a Camp Hill athletic team need to have all athletic paperwork completed and submitted to the Athletic Director no more than two weeks from the start date of the season or prior to the first team scrimmage (which ever event takes place first) in order to participate during that season.

STANDARD PROCEDURES

A. Instructions to Student-Athletes

1. Athletes will not be permitted in any area of the building after school except those areas designated by the coaches or athletic director.
2. No practice arrangements, formal or informal, are permitted without the presence of supervisory coaching personnel.
3. Athletes may not practice until proof of a physical exam is on file in the Athletic Office.
4. Athletes are responsible for the rules and regulations presented in this handbook.

B. Emergency Phone Numbers and Contact Information

Please find below critical phone numbers that you might need during your season:

- Camp Hill High School Principal's Office - 901-2500 ext. 3953
- Camp Hill High School Athletic Director's Office – 717-775-5975
- Our website also has schedule information, physical paperwork and athletic contacts. Please visit www.camphillsd.k12.pa.us and go to "Athletics" for more information.

C. Return to Play (Injuries or COVID-19)

Following a serious injury, an injury report must be submitted by the coach to the Athletic Trainer within twenty-four hours. A written statement from the physician and the parent or guardian must be submitted before the student resumes participation in practices or contests.

The following return to play timeline will be followed when a student has been cleared by the physician to the Athletic Trainer:

- 1 to 4 days of missed practice – 1 day of practice prior to contest
- 5 to 13 days of missed practice – 3 days of practice prior to contest
- 14 or more days of missed practice – 5 days of practice prior to contest

The following return to play timeline will be followed when a student has been quarantined as a result of contact tracing:

- Prior to competing in an athletic contest, student(s) must have a minimum of 1 day of athletic practice.
- All remote practices must include conditioning and game situations.
- Football practices must include conditioning and contact drills.
- Students who compete after 1 day of practice will not play in the entire contest. They must have a modified return to play that has been communicated with and approved by the Athletic Director and Athletic Trainer.
- Students may engage in remote trainings prior to the first practice. These trainings must be coordinated between coach and student athlete. Student athletes must log times and conditioning activities.

The following return to play timeline will be followed when a student has been Quarantined Students as a result of a Presumed Positive or Positive COVID-19 Test.

- 5 Days or less – need One (1) day practice prior to game
- Over 5 Days - 3 days practice prior to game
- Over 14 days- 5 days practice prior to game

D. Athletic Trainer

The Athletic Trainer will be responsible for the prevention and treatment of all athletic injuries. Students should report all injuries to the athletic trainer immediately. If an athletic trainer is not present during the injury the student should report the injury to the coach. The coach will then report the injury or seek immediate medical attention if the injury is of a serious nature.

E. Cancellation of Games and Practices Due to Inclement Weather

- In the event that school is cancelled or there is an early dismissal due to inclement weather, the following will apply to all athletic teams:
 1. All practices are canceled unless administrative approval is given.
 2. Students cannot be required to attend an approved activity/practice during a school closing. Participation must be voluntary.
 3. All home activities involving spectators are canceled.

4. If an early dismissal occurs all activities are canceled.
- No outdoor practice should occur with lightning in the area.
 - If inclement weather should arrive after the school day is over, the decision to cancel games or practices will be made by the Athletic Director and/or high school Principal.

F. Eligibility

- The list submitted by the coach will be used to send our eligibility to the other schools that we compete against.
- All athletes have their academic progress checked weekly during their season. Athletes declared ineligible will not be permitted to play from Sunday through the end of the next Saturday.
- These attendance rules shall govern student eligibility for practice with or participation on athletic teams:
 - Any athletic team member absent during a half-day session (9:30am cut off time) during the season shall follow this procedure: The written excuse for the absence shall be presented to either a principal or athletic director immediately upon return
 - The student must receive clearance and permission from the principal or athletic director before being permitted to practice or compete
 - In order for students to be excused from classes during the school day for athletic events, they must be present in school from the beginning of the school day.
- An athlete may be declared ineligible at any time by the school board, school superintendent, or school principal for any behavior or conditions which may warrant such action after such behavior or conditions have been reviewed by the administrator, the athletic director, and the head coach of the activity involved.

G. Procedure of awarding Athletic Letters

- The criteria for awarding a varsity letter will be an evaluation by the coach or coaches concerning the amount of game or meet time played by the athlete along with the following:
 1. Attitude of athlete.
 2. Attendance of athlete.
 3. Self-discipline of athlete.
 4. Character of athlete.

5. Skill development of athlete.
 6. Leadership qualities of athlete.
 7. Loyalty qualities of athlete.
- Guidelines for evaluating game time:
 1. Baseball/Softball – 40% of total innings.
 2. Basketball/Field Hockey/Soccer – 40% of total quarters.
 3. Football – 40% of total quarters
 4. Track & Field/Cross Country – based on averaging 1 point per meet.
 5. Wrestling/Golf/Tennis – participate in 40% of matches.
 6. Cheerleading/Managers/Trainers – recommendation of the coach.
 - A varsity letter will be awarded for the first time an athlete meets the requirements. In succeeding years when a varsity letter is earned, a bar will be issued in lieu of a letter. Varsity letter winners will receive one chenille award per career at the conclusion of their senior year.
 - Any athlete that has participated in a varsity sport for three years and has never lettered shall receive a varsity letter in his/her senior year.

H. Transportation

- Since the Camp Hill School District provides transportation for athletes to and from away contests, ALL athletes should ride the team van or bus. However, if it is necessary for a student-athlete ride home with a parent/guardian from an away contest, the following procedure should be used:
- A parent requesting that their child ride home with them should submit such request in writing/email prior to the game to either the Athletic Director (first choice) or Principal (alternate) for approval. The athlete should then submit the signed parental note to the coach who will maintain this note for his/her files.

No student athlete will be permitted to ride home with anyone other than their parent, even if they have a written request asking permission to ride with another parent.

ATHLETIC CODES OF CONDUCT

It is the belief of the Camp Hill School District that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration. All athletes shall abide by a code of conduct which will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct

that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct tarnish the reputation of everyone associated with the athletic program.

Code of Conduct

As a member of an extra-curricular activity at Camp Hill School District, you should be fully aware that participation in our co-curricular program is a privilege not a right. As a representative of Camp Hill School District, your actions should be examples of our core values and citizenship expectations.

Core Values

- Respect human dignity (respect for self and respect for others)
- Demonstrate active responsibility for the welfare of others
- Integrate individual interests and social responsibilities
- Demonstrate integrity
- Apply moral principles when making choices and judgments
- Seek peaceful resolution of conflict

Citizenship Expectations

- Represent the positive values of pride, discipline, honesty and perseverance
- Develop a proper perspective of the activity
- Exemplify the qualities of sportsmanship
- Emphasize the importance of working as a team
- Stress a healthy lifestyle including the importance of proper nutrition and refraining from the use of drugs, alcohol and tobacco
- Participate in community service. Instilling the values of teamwork and team building outside the co-curricular activity

Penalties for Violation

When serious violations of the Code of Conduct occur, the athletic director and principal will meet to determine the penalty according to the degree of the infraction. Violations of the Code of Conduct may result in the temporary or permanent loss of program participation.

Drugs, Alcohol, and Steroids

- The use or possession of alcohol or other drugs, tobacco in any form or anabolic

steroids are prohibited. This applies to verified usage that occurs either in or out of school. Verification must be by school personnel, police or by admission of the involved student, and must occur within 15 (fifteen) days of the incident.

- Athletic team members or cheerleaders violating any of the specified prohibitions during their respective sport season shall be subject to these restrictions:
 - First violation shall result in suspension from practicing with or participating on any team for a minimum of 15 (fifteen) PIAA season days or the remainder of the season, whichever is greater. Referral to the Student Assistance Team and compliance with its recommendations are required for reinstatement. Reinstatement to practice and contest participation must be approved by the athletic director and principal in consultation with the Student Assistance Team.
 - Second violation shall result in suspension from participating with or participating on any team or in any activity for a minimum of thirty (30) PIAA days or the remainder of the season, whichever is greater. Referral to Student Assistance Team, and compliance with its recommendations are required for reinstatement. Reinstatement to practice and contest participation must be approved by the Athletic Director or activity sponsor and principal in consultation with the Student Assistance Team. A meeting with the principal and the parents must occur before reinstatement.
 - Subsequent offenses for any of the above items shall result in no participation in any extracurricular activity for 12 (twelve) months, unless referral to the School Board results in longer exclusion.
 - The suspension or removal of a student from an athletic team for violations of the above regulations shall be the responsibility of the head coach with the approval of the athletic director or by the athletic director with the approval of the principal. Please note, you will be receiving a copy of our complete drug and alcohol policy as an addendum to this handbook. You and your parents will be required to read and sign a receipt for this policy before you will be allowed to practice or participate.

Hazing

Students are prohibited from organizing, soliciting, aiding or participating in any type of hazing for any class, school-sponsored club, activity, or athletic team. Hazing is any intentional, knowing or reckless act directed against a student for the purpose of being initiated into, affiliation with, holding office or maintaining membership in any class, school-sponsored club, activity, or athletic team. Hazing is any activity expected of someone joining or belonging to a group that humiliates, degrades, abuses or endangers, regardless of the person's willingness to participate. Students are required to report any known or suspected form of hazing to a principal immediately. Disciplinary action including, but not limited to, permanent removal from the class, club, activity, or athletic

team, may be taken against any students who organize, participate in, and/or fail to report a hazing rite. Please note, you will be receiving a copy of our complete hazing policy as an addendum to this hand book. You and your parents will be required to read and sign a receipt for this policy before you will be allowed to practice or participate.

Sportsmanship

Student-athletes who are good sports are positive role models within our school and the community at large. A good sport knows that athletic competition builds character and shapes lifetime attitudes. You, in turn, experience additional educational and leadership benefits that come from participation in sports.

Integrity, fairness and respect - these are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results.

Working to that end, we join with the PIAA to support a program called “Sportsmanship: The only missing piece is you!” This is a program designed to positively change behavior in our schools and reinforce and reward the need for sportsmanship as one of the values taught through educational athletics.

As an athlete at our school, your sportsmanship goals will include:

- Developing a sense of dignity under all circumstances;
- Respecting the rules of the game, the officials who administer the rules and their decisions;
- Respecting opponents as fellow students and acknowledging them for striving to do their best while you seek to do your best at the same time;
- Looking at athletic participation as a potentially beneficial learning experience, whether you win or lose;
- Educating other students and fans to understand the rules of the contest, and the value of sportsmanship;
- Accepting the personal responsibility that comes with your actions during competition.

You are the spokesperson for our school when you represent us in athletic competition. Your actions are viewed by family and friends, opposing fans, the local community and media. Your display of good sportsmanship will show the most positive things about you and our school and will remind us all that in the end, sports are meant to be fun.