

Waynesboro Area School District



Athletic Handbook 2025-2026

Welcome to the 2025-2026 athletic season!!

We are all looking forward to a great year on the court, in the pool, on the mat, on the course, on the track and in the fields. These past few years gave us a greater appreciation of being a student athlete. Thankfully, last year we were returned to sports with fewer restriction. As of today, we now move forward unrestricted in our quest for excellence.

Again, I thank the Waynesboro Area School Board for their devotion to our students and our athletes. They truly know the important role athletics play in the development of our youth and community as a whole. The school board has permitted our children to continue to play, learn and grow throughout these past 2 years. If you get a chance please send a thank you to the WASD School Board for their support.

Waynesboro is one of the few school districts who have seen an uptick in their athletic participation numbers. On average, national participation levels in ages 10-15 have dropped a staggering 30%. I attribute our growth to our students, parents, coaches (both at the high school and youth level), and our school district. Without all 4 of these entities working together, we would have seen a dramatic decrease in participation. I want to thank you all for your devotion to athletics here in Waynesboro.

As we move forward, let's continue to support all of our athletes, coaches, devoted fans and officials in a positive manner so we can provide the greatest experience for all involved.

GO BORO!!!!

Eric McIlquham
Athletics Director Waynesboro Area School District

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Athletic Director Greeting

Dear Parents/Guardians and Student Athlete:

The purpose of this letter is to welcome your son/daughter into the Waynesboro Area Athletic Program and to provide the necessary information to help him/her succeed at their chosen endeavor. It is our goal to provide your son/daughter with an enjoyable athletic experience that is rewarding both on and off the playing field. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes hard work from many people over many years to develop. As a member of an interscholastic squad for Waynesboro Area Middle School or Waynesboro Area Senior High School, you have inherited a wonderful tradition, which you are challenged to uphold.

Our tradition has been to win with honor. Our programs have accomplished the highest goals from district, Mid Penn, and State Championships, to All-Conference, All-State, and All-American Athletes. We hope you will always give Waynesboro Area Athletics 100% to uphold this high standard we have created. When you wear Blue and Gold, we assume you not only understand our tradition, but also are willing to accept the responsibilities that go along with it. These responsibilities include:

- 1) **Responsibility to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, participation in school activities, and participation in sports prepare you for your life as an adult.
- 2) **Responsibility to Waynesboro Area School District:** Waynesboro cannot maintain its position as having an outstanding school unless each and every student and parent represents themselves with honor and dignity. By competing in athletics, you have the power to represent your school in a positive manner by demonstrating good sportsmanship while maintaining a strong desire to win.
- 3) **Responsibility to Others:** Younger students in Waynesboro and surrounding areas are watching you. They will copy you in many ways. Do not do anything to lead them astray or to let them down. Whether you realize it or not, you are one of the most influential people on the youth of our community.

This athletic handbook contains the district's policies and procedures. Many topics are included and may change on an annual basis. If you have specific questions regarding guidelines in this handbook, please do not hesitate to call the athletic office at (717) 762-1191x1220.

Good luck and GO INDIANS! GO MAIDENS! Eric
McIlquham- Athletic Director

MISSION STATEMENTS

WASD Mission: Our mission. Working together with home and community, the Waynesboro Area Schools will prepare students to be competent, responsible individuals and contributing citizens.

WASD Athletic Mission: To challenge all student athletes to achieve success and a sense of self-esteem through participation in competitive athletics. It is through this participation students will develop the necessary skills to become productive members of society.

Waynesboro Area Senior High School has a rich history of success in high school athletics. Not only are the administration, staff, and community committed to

building upon that history, but it is also committed to maintaining a high level of integrity throughout its athletic program. Students are encouraged to develop responsibility and commitment, an understanding of the importance of teamwork, and respect for self and others.

Young athletes learn a great deal from their participation in interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program.

In keeping with our philosophy, to fully develop our student athletes, and in line with keeping our athletic teams as competitive as possible, student athletes are strongly encouraged to participate in a variety of sports for Waynesboro if they are capable of doing so.

Physical and mental health is just one of many concerns the administration, coaches, and teachers have for your child's total well-being. Although there is no set policy against a student participating in more than one sport during any one season, and occasionally it works for the student-athlete, it is recommended students should play only ONE sport during the fall, winter, and spring sports seasons. This is largely due to the grueling practice and academic workload for high school students. Students must remember they are students first and athletes second. Trying to do too much will affect a student's health and also his/her academic and athletic performance.

ATHLETIC OFFERINGS

The interscholastic sports program consists of seventeen (19) varsity teams, thirteen (13) junior varsity teams, and eleven (11) middle school programs. All of these groups compete in the Pennsylvania Interscholastic Athletic Association (PIAA). Our local district of the PIAA is District 3. Waynesboro is a member of the Mid Penn conference.

Baseball: Spring sport offered for boys and is comprised of Junior Varsity and Varsity teams.

Basketball: Winter sport offered to 7th/8th grade girls and boys, Junior Varsity boys and girls, and Varsity boys and girls.

Bocce: Winter sport offered at the varsity level

Cheerleading/Competitive Cheer: Teams at the Junior Varsity and Varsity levels. We also sponsor a competitive cheer team that competes in the winter season.

Cross Country: Fall sport offered to both boys and girls at the Varsity and Middle School levels.

Field Hockey: Fall sport offered to girls at the 7th/8th grade level and Junior Varsity and Varsity levels.

Football: Fall sport, which begins approximately two weeks prior to the start of the school year, offered at the 9th grade level, as well as Junior Varsity and Varsity levels.

Golf: Fall sport offered to boys and girls at the Junior Varsity and Varsity level.

Gymnastics: Winter sport offered at the Varsity level.

Softball: Spring sport offered for girls at the Junior Varsity and Varsity levels.

Soccer: Fall sport offered to boys and girls at the Junior Varsity and Varsity levels. Soccer is offered to boys and girls in the spring for the 7th and 8th grades.

Swimming: Winter sport offered at the varsity level

Track: Spring sport for boys and girls at the Middle School and Varsity levels.

Volleyball: Fall is the girls' season for competition at the Junior Varsity, and Varsity levels. In the spring the Middle school level will compete.

Wrestling: Wrestling is offered for boys and girls as a winter sport and includes teams at the Middle School level as well as at the Varsity level.

Individual sports (ie bowling and tennis) may be offered and sponsored by various organizations throughout the year. Exemptions to compete at PIAA district, regional and state championships representing Waynesboro are possible as long as student-athlete meet the guidelines set forth in the bylaws.

ATHLETIC PHILOSOPHY

The Waynesboro Athletic Program provides a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life in a democratic society.

A comprehensive and balanced athletic program is an essential complement to the basic program of instruction. The athletic program should provide opportunities for students to further develop interests and talents in sports.

Athletics plays an important part in the life of Waynesboro Area High/ Middle School students. Young people learn a great deal from their participation in

interscholastic athletics. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics play an important part, too, in helping the individual student develop a healthy self-concept as well as a healthy body.

Athletic competition adds to our school spirit and helps all students (spectators as well as participants) develop pride in their school.

The major objective of the athletic program is to provide wholesome opportunities for students to develop positive habits and attitudes of social and group living.

Leadership should be of the highest quality so as to exemplify to the participants the desired type of behavior to be developed from the athletic program. Measurement of leadership success should not be in terms of the victory and defeat record, but rather in the personal development factors that are an outgrowth of the major objectives of the athletic program.

The athletic program will conform to all policies of the school district. This handbook will not override Board approved policies. If there is any conflict between a Board policy and any policy procedure or other content of this Handbook, Board policy shall prevail. The Waynesboro Area School District believes a dynamic program of student athletics is vital to the educational development of the student.

The interscholastic athletic program shall be conducted in accordance with existing Board of Education policies. While the Board of Education takes great pride in winning, it does not condone "winning at any cost" and discourages practices which neglect good sportsmanship and good mental health. At all times, the athletic program must be conducted in such a way to justify it as an educational experience.

Athletic participation is a privilege and "not a right," and therefore can be taken away from a student if that student does not comply with the policies and procedures and Codes of Conduct of the School District.

Participation in athletics should provide many students with a lifetime basis for personal values for work and leisure activities.

Every effort will be made to support the activities program with facilities, equipment, and with the most qualified staff available. Coaches, directors, and sponsors should teach the specific skills necessary for improvement in athletics and provide guidance in the development of self-realization, good sportsmanship, cooperation, leadership, ethical behavior, and an appreciation for the importance of practice.

PHILOSOPHY OF DIFFERENT ATHLETIC LEVELS

Middle School

The Waynesboro Are School District believes students need to explore athletics at the age when they are learning about themselves and their abilities. Middle School athletics focus on participation so students can discover their abilities, build their confidence, and improve their performance in the classroom. It is important for students to get involved with school activities, to meet new people and to develop interests. Practices and games are to develop skills and learn about the game, rules and philosophies of the Varsity Coach.

This preparation will prepare them to participate at the next level. While the district would like to offer every student who is interested in an activity the opportunity to participate, occasionally the number of athletes becomes too large to effectively supervise or the student athletes are not able to meet the minimum expectations and safely compete at the appropriate level of competition. Therefore, squad reductions may occur at this level.

Freshman / Junior Varsity

The Freshman and Junior Varsity levels serve as a transition from a developmental philosophy to a more serious philosophy. The focus of this level is to practice learned skills and prepare to play at the next level. Athletes are exposed to the traits it takes to be successful. Such traits include hard work, dedication, time management, desire, and sacrifice. If the number of athletes becomes too large to effectively supervise or the athletes are not able to meet the minimum expectations and safely compete at the appropriate level of competition, squad reductions may occur at this level.

Varsity

The Varsity level is the culmination of the athletic experience and is the highest level of competition in high school athletics. Emphasis at this level is on the use of the fundamentals of the sport, dedication, desire, hard work, and sacrifice. Playing time is at the coach's discretion and will be geared toward winning the competition while upholding both school and team rules. Success is measured by the quality of the effort, performance, and achievement of goals. Squad reductions may also occur at this level.

PIAA CODE OF ETHICS

According to the PIAA Constitution and By-Laws, the following is the Athletic Courtesy By-Law every school, student athlete, coach, official, athletic director, principal, and fan must abide by to ensure a strong Code of Ethics is maintained.

Athletics should foster clean sports. It is the privilege and duty of every person connected with athletics to exemplify these principles in one's own actions and earnestly advocate them before others.

1. The rules of the game are to be regarded as mutual agreements, the spirit or letter of which no honorable person would break. The stealing of advantage on sport is theft.
2. No advantages are to be sought over others except those in which the game is understood to show superiority.
3. Unsportsmanlike or unfair means are not to be used, even when they are used by opponents.
4. Visiting teams are to be honored guests of the home team and should be treated as such.
5. No action is to be taken nor course of conduct pursued which would seem unsportsmanlike or dishonorable if known to one's opponent or the public.
6. Remember that the student spectator represents his school the same, as does the athlete at all home and away contests.
7. Any spectator who continually evidences poor sportsmanship should be requested not to attend future contests.
8. Decisions of officials are to be abided by, even when they seem unfair.
9. Officers and opponents are to be regarded and treated as honest in intention. In games when opponents conduct themselves in an unbecoming manner, and when officers are manifestly dishonest or incompetent, future relationships with them should be avoided.
10. Good points in others should be appreciated and suitable recognition given.
11. The practice of "booing" is regarded as discourteous and unsportsmanlike.

WASD SQUAD REDUCTION and CONCERN/COMPLAINT PROCESS

According to the philosophy of the Waynesboro Area School District, we strive to provide an opportunity for student athletes to learn through active participation in sports. The level in which he/she is participating often determines an athlete's success within the athletic program. Fundamental growth, progression from one year to the next, increased physical fitness, personal development, as well as winning can all be successes of the individual athlete. With that in mind, it is the intent of the athletic program to involve as many students as possible. However, it is occasionally necessary to reduce the number of athletes on the roster. This may occur when the number of athletes becomes too large to effectively supervise or the athletes are not able to meet minimum expectations and safely compete at the appropriate level of competition.

Squad Reductions:

The coach in charge of each individual team is responsible for the selection of the members of that team. They can choose to evaluate talent on their own or with a designated group of people.

It is also the coach's responsibility to inform the athletes and parents of the tryout process and evaluation tool being used prior to the first day of tryouts.

If students must be eliminated from the squad, it is the coach's responsibility to personally inform the individuals by verbal or written communication. Impersonal methods of notification such as posting lists, reading names, or having other students report a team roster will not be utilized.

Concern/Complaint Process:

If a parent has a concern with the tryout process, they should follow the chain of command set forth below:

1. Student should address question to coaching staff.
2. Parent and student should request a meeting with the coach or coaching staff.
3. Parent, student, and coach will meet with the Athletic Director.
4. Parent, student, coach and Athletic Director will meet with the principal.

The Waynesboro Athletic Department believes coaches are in the best position to determine which athletes will remain on the roster.

The Waynesboro Athletic Department is always looking for areas to improve. If a student or parent has a concern or an improvement idea for the selection process, please address all concerns prior to the tryout. Otherwise, positive changes cannot be implemented until the following year.

ELIGIBILITY

Physical Examinations

Requirement: The Waynesboro Area School District must follow the guidelines set forth by the Pennsylvania Interscholastic Athletic Association (P.I.A.A.) in requiring all athletes participating in interscholastic competition have a pre-participation physical examination.

This exam must occur no earlier than June 1st for all sports for the upcoming school year.

The health and well-being of every student is our top priority. It is also important our students learn responsibility and the ability to set priorities. The following procedures will help ensure the school district is in compliance with P.I.A.A. regulations requiring all athletes participating in interscholastic competition have a pre-participation physical examination:

1. Students must obtain the PROPER forms from their coach, through the Athletic Office or online via the school website. No other forms will be accepted.
2. Completed physical forms are to be turned in to the coach; athletic trainer, athletic office, or any other administrative office prior to the first designated practice. If completed physical forms are not received, the student will NOT be allowed to practice or participate in that sport until all paperwork is received. NO EXCEPTIONS.

Students will have to do one of two things PRIOR to the first day of tryouts in order to satisfy the physical requirement.

1. If the student has not had a physical AFTER June 1 of the current school year, he/she will need to have a complete examination and fill out the entire packet.
2. If the student had a physical to participate during the fall or winter season of the current school year, he/she will only need to fill out the two sheets which include student information and a medical release signed by their parents, labeled as section 6 in your PIAA physical evaluation sheet. It is available in the Athletic Offices or on the athletics website.

The ultimate responsibility for obtaining a physical exam and becoming eligible to participate in a sport will be up to the individual family.

Academics

To be eligible for interscholastic athletic competition, a student must be enrolled as a full-time student. The curriculum 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 student must be passing at least four (4) full-credit subjects, or the equivalent, not be failing more than one full-credit subject, or the equivalent, maintain an overall GPA of 2.0. Eligibility shall be cumulative from the beginning of a marking period and shall be reported on a weekly basis. On Friday, when a student's cumulative work from the beginning of the marking period does not meet the standards provided in this section, the student shall be ineligible from the immediately following Sunday through the Saturday immediately following the next Friday. If a school is closed on Friday for any reason, the principal may determine whether a student as of that day meets the standards provided for in this section.

To be eligible for interscholastic athletics, a student must have passed at least four full-credit subjects, or the equivalent, during the previous marking period. Incomplete work may be made up, providing it is in accordance with the regular rules of the school. In cases where a student's work in any preceding marking period does not meet the standards provided for in the "Eligibility" Section, a student shall be ineligible to participate in interscholastic athletics for the first fifteen (15) school days of the next marking period. At the end of the 15 days, the ineligible student may become eligible if his/her grades meet the current academic standards.

At the end of the school year, the student's final credits for the entire year shall be used to determine his/her eligibility for the fall season of the following school year.

Age

Maximum Age Rule: A student shall be ineligible for interscholastic athletic competition upon attaining the age of nineteen (19) years, with the following exception: If the age of 19 is attained on or after July 1, of year in question, the student shall be eligible, age-wise, to compete throughout that school year.

How to Determine Age: In determining the age of a student, the date of birth (as recorded in the State Bureau of Vital Statistics) shall be considered as conclusive if filed in a State Bureau of Vital Statistics within one year after the date of birth. If a birth record from a State Bureau of Vital Statistics is not available, proof of a student's age may be determined by requiring the submission of a birth certificate which was issued within one year after birth; or in lieu of a birth certificate, a passport with the date of birth recorded thereon; or in lieu of a passport, an affidavit by the parents or legal guardian, filed not later than one year after the student's admission to the first grade of an elementary school. In the event of the non-existence of any of these records of evidence, the earliest date of birth as recorded in the records of the school or schools attended by the student shall be considered the date of birth.

Attendance

To be eligible to participate in any interscholastic athletic contest, a student must have been regularly enrolled in a secondary school and in full time attendance thereafter. A student is eligible only at the school at which he/she is enrolled. Students will be ineligible to participate in any activity or sport if he/she has missed more than twenty (20) school days during a semester, and shall not be eligible to participate in an Inter-School Practice, Scrimmage, or Contest until the student has been in attendance for a total of forty-five (45) school days following the student's twentieth (20th) day of absence except where there is a consecutive absence of five (5) or more school days due to confining injury, death in the immediate family

(as defined in Section 1154 of the Public School Code of 1949, as amended), court subpoena, or quarantine, or an absence of five (5) or more school days due to the same confining illness, such absence may be waived from the application of this rule by the District Committee. Attendance at summer school does not count toward the required forty-five (45) days.

Students must attend a full day of school to practice or participate in that sport or activity that day, and must arrive to school no later than 60 minutes after the first period bell. Exceptions to this rule include pre-approved college visits, funerals, medical appointments, district sponsored field trips, and other special circumstances approved in advance by the principal.

Amateur Status

Student athletes must be amateurs to participate in any PIAA sponsored contest. An amateur student is one who engages in athletic competition solely for the educational, physical, mental, social, and pleasure benefits.

At the time of printing this handbook, a loss of amateur status occurs when:

1. The student or student's parents receive compensation for related athletic ability, participation, performance, services, or training in a sport.
2. The student plays on a professional team or as an individual professional athlete in that sport.
3. The student signs a contract whereby the student agrees to compete in any athletic competition for consideration.
4. The student sells or pawns the student's athletic achievement awards. It should be noted the PIAA determines amateur status and the criteria for amateur status may change from time to time as dictated by the PIAA and if a question arises, the PIAA should be contacted directly.

Period of Participation

At the time of the printing of this handbook, the period of participation is limited to students who have not:

Been in attendance more than 8 semesters beyond the 8th grade; except in cases of long, confining illness or injury which necessitates repeating a grade. To waive the 8-semester limitation, providing all other eligibility requirements are met; requires approval by the Mid Penn Board of Control.

1. Played four seasons beyond the 8th grade in any one form of interscholastic athletics.
2. Completed the work of grades 9, 10, 11, 12 (inclusive).

3. NOTE: A student is considered as representing his/her school during a particular season or sport only if he/she has participated in a game or interscholastic scrimmage or any part of a game or interscholastic scrimmage. A student who enters school in the second semester and plays two partial seasons in the same sport in separate school years shall be considered as playing the equivalent of one season. The period of participation may change from time to time as dictated by the PIAA and if a question arises, the PIAA should be contacted directly.

All-Star Contests

The PIAA determines whether a student athlete loses athletic eligibility for participating in an all-star contest in that sport. The criteria for athletic eligibility may change from time to time as dictated by the PIAA and if a question arises, PIAA should be contacted directly.

A student will lose athletic eligibility in the respective sport for a period of one year if he/she participates in an all-star contest in that sport. The student will also lose one year of eligibility if he/she participates in a contest to qualify for and/or determine a single national high school/interscholastic individual championship. Please contact the Athletic Director to determine if the competition in question falls under this rule.

DISCIPLINE

All athletes will abide by the current school discipline code set forth and approved by Board policies and procedures and Codes of Conduct of the School District.

Athletes who are assigned detention must report to detention, even if they have a practice scheduled. Students may not practice or play while assigned in or out-of school suspension. For example, a student suspended for Friday, Monday, and Tuesday may not participate in weekend school-related activities, including practice. A student who completes his/her suspension on Friday remains ineligible to play or practice until the next calendar day.

Any violations of the Code of Conduct could result in suspension or expulsion from extracurricular activities. At any time administration reserves the right to review a violation and distribute further discipline if necessary. Coaches and sponsors may further restrict, suspend or remove a student from the team as documented in the individual sports' team rules. Our student athletes must represent the very best of the district, both on and off the competition surface. Extracurricular activities are a privilege, not a right, and this privilege can be revoked at any time with just cause.

WASD Weapons Policy 218.1-

The Board prohibits students from possessing and bringing weapons and replicas of weapons into any school district buildings, onto school property, to any school-sponsored activity, and onto any public vehicle providing transportation to school or a school-sponsored activity or while the student is coming to or from school. [2][3]

The Board shall expel for a period of not less than one (1) year any student who violates this weapons policy. Such expulsion shall be given in conformance with formal due process proceedings required by law and Board policy. The Superintendent may recommend modifications of such expulsion requirements on a case-by-case basis.

If a student athlete would receive a modification for a policy expulsion requirement, the student athlete will immediately be suspended from participating/attending any school-sponsored activity for at least the remainder of the current season and up to 365 days. Student Athletes must request permission from the Athletic Director and/or principal to participate/attend any schoolsponsored activity for the remainder of that school.

WASD Drug Policy 227:

School Board Policy, #227, Section: Pupils, Title: Drug/Alcohol Abuse states that a learner who on school grounds, during school session (this includes bus transportation), or anywhere at a school activity is under the influence of alcohol, drugs, look-alike drugs, or mood altering substances (including prescription and non-prescription medication not registered with the school nurse, annotated within the learner’s health record, and given in accordance with district policy for the administration of medication to learners in school) or who possesses, uses, dispenses, sells, transfers, or aids in procurement of alcohol, narcotics, restricted drugs, mood altering substances, or any substance purported to be a restricted substance shall be subjected to discipline under the provisions and procedures outlined in the school board policy.

Drug and/or alcohol violations will result in the following as it corresponds to the WASD School Policy and the WASD School Board Discipline Committee:

First Offense: First-time drug or alcohol offense, the student athlete will immediately be suspended from participating/attending any school-sponsored activity for at least the remainder of the current season and up to 365 days.

Student athletes must request permission from the Athletic Director and/or principal to participate/attend any school-sponsored activity for the remainder of that school year.

Second Offense: Second-time drug or alcohol offense, the student athlete will be immediately ineligible from participating/attending any school-sponsored activities for a total of three hundred and sixty-five (365) days. Seniors may make a request to the principal to participate in the commencement ceremony.

Third Offense: Third-time drug or alcohol offense, the student athlete will immediately be ineligible from participating/attending any school-sponsored activities for the remainder of their enrollment at Waynesboro Area Senior High School.

[WASD Tobacco and Vaping Policy 222:](#)

Act 145 of 1996 of the Pennsylvania Crimes Code prohibits the possession or use of tobacco in schools, stating that a pupil who possesses or uses tobacco including vapes and juules or smokeless tobacco in a school building, a school bus, or on school property owned by, leased by, or under the control of a school district, commits a summary offense and upon conviction will be sentenced to pay a fine of not more than \$50 and to pay court costs. School district policy adopted March 25, 1997, provides for these consequences: 1st offense and 2nd offense – issue citation; 3rd offense – issue citation, plus 3 day suspension; 4th offense – issue citation, plus 5 day suspension.

Tobacco products/vaping (tobacco) violations will result in the following as it corresponds to the WASD School Policy and the WASD School Board Discipline Committee:

First Offense: Student-Athletes will be immediately ineligible for 30 calendar days. Student athletes must request permission from the Athletic Director and/or principal to participate/attend any school-sponsored activity for the remainder of that school year.

Second Offense: Second-time tobacco/vaping offense, the student athlete will immediately be ineligible from participating/attending any school-sponsored activities for a total of three hundred and sixty-five (365) days. Seniors may make a request to the principal to participate in the commencement ceremony.

Third Offense: Third-time tobacco/vaping, the student athlete will immediately be ineligible from participating/attending any school-sponsored activities for the remainder of their enrollment at Waynesboro Area Senior High School.

MEDICAL ISSUES

Health Insurance

Waynesboro Area School District requires all prospective student athletes to have adequate health insurance prior to any participation. WASD does not provide medical insurance coverage for its student-athletes.

Injury Procedure

The athletic trainer will be responsible for the management and treatment of all athletic injuries. All injuries must be reported to the athletic trainer as soon as possible. Any athlete who is taken to a physician as recommended by the athletic trainer or by the parent as a result of a possible injury, must provide a written medical release to the athletic trainer to return to participation in his/her sport.

The coach or designee must notify the parents and/or guardians of any serious injuries. If necessary, the athlete will be taken to the hospital for necessary care.

The athletic trainer, not a coach, will determine whether an injured player is capable of practicing and/or playing.

If there is a difference of opinion between the athletic trainer and coach or the athletic trainer and parent in the athletes' ability to practice or play, the family is required to provide a written medical release to override the decision of the certified athletic trainer.

ATHLETIC AWARDS

All awards will be distributed to the coaches by the Athletic Director and then to individual athletes. Anyone who quits or is removed from a team prior to the completion of the season, including post-season playoffs, will not receive a letter or any other individual or team award even if the criteria for earning that award had been met prior to quitting or being removed.

Middle School and Freshman - All students who successfully complete the season for the Middle School and freshman teams will receive a respective participation certificate.

Junior Varsity - All students who successfully complete the season for a junior varsity team will receive a certificate.

Varsity - Requirements for earning a varsity athletic letter will be determined by the head coach. Prior to the start of the season, the Athletic Director must approve requirements and a copy of these requirements will be retained in the athletic

office. All students will be notified at the end of the season as to their lettering status.

STUDENT TRANSPORTATION

The Waynesboro Area School District provides transportation to all scheduled away events. It is important for students to ride the bus to and from all contests for many reasons. Such reasons include: team unity in victory and defeat, shared responsibility for team equipment during travel, coach's discussions and instructions before and after contests, etc. However, certain occasions arise that parents must drive their child to or from a contest. In such cases, they must complete and comply with the "Athletic Travel Release" form prior to the scheduled event. Athletic Travel Release form must be picked up from your coach and signed off by the parent, coach and athletic director.

STUDENT TRANSFERS

All transfer students and questions of residence will be thoroughly checked by the Athletic Director and approved by the principal to see if they are in compliance with all PIAA rules before the student can be declared eligible to compete on an interscholastic sports team. Please contact either the principal or the Athletic Director immediately if you have transferred into the district or plan to transfer out.

HOME-SCHOOLERS IN ATHLETICS

All home-schooled students must abide by the same set of rules as set forth by the PIAA and described in this handbook. Home-schooled athletes must also show evidence of academic eligibility, required immunizations, and appropriate health screenings. In addition, home schooled athletes must contact the District Superintendent Office to complete forms to verify residency and scholastic eligibility.

EQUIPMENT RETURN PROCEDURE

Students are responsible for any and all equipment (including uniforms and practice gear) issued by the school. You will be expected to return all equipment at the end of the season; otherwise, you will be financially responsible for any missing items.

Issued equipment is not to be used for any activity outside the practices and competitions of the school sport in which it was issued. It is unfortunate some people steal but this does not void the student's responsibility for returning or

paying for all originally issued equipment. Failure to pay for non-returned or overly abused equipment, the student will not be permitted further athletic or social participation at Waynesboro and records and transcripts will not be released until all obligations have been cleared.

TEAM RULES

Coaches are encouraged to develop a set of “Team Rules” which govern the individual sport. These rules must be approved by the Athletic Director and kept on file in the athletic office. When a student becomes a member of a team or group, he/she is committing to all the rules and expectations of that team/organization and coach/advisor.

These rules, regulations, and expectations are published prior to the season and provided to the student and his/her parents/guardians at that time.

Full participation in extracurricular activities by any student requires skillful time management and prior planning for involvement in multiple events and activities. This is part of the skills and advantages participants develop and nurture through membership in extracurricular activities.

Acknowledging students by nature of their youth and inexperience are still developing life skills which include time management and prioritization of responsibilities. The Board of School Directors, administration, and coaches shall encourage each extracurricular activity participant to strive to achieve the highest academic and athletic standards as an individual and as a team. All coaches and sponsors will reinforce the premise that students have the responsibility to maintain sound academic standing.

If, during the course of planned season activities, a situation develops which places an academic activity at risk, it is the student’s responsibility to bring this issue to the attention of their immediate team head coach or sponsor with a proposed resolution prior to the start of the activity.

Full participation and attendance at all competitions, practices, and events is expected of all participants. In the event of an extreme personal or family emergency and/or a conflict with academic demands, at the request of the parents/guardians and with the approval of the immediate team head coach or Athletic Director, participation may be excused or abbreviated. This may only be arranged at the discretion of the team head coach or Athletic Director prior to the event. The head coach or Athletic Director may also grant these exceptions when the schedule presents an undue burden or academic strain on the students as a result of competitions/events being scheduled on two or more consecutive school evenings. All arrangements must be made prior to the start of the event/competition.

Students who try out and make a sports team will be obligated to compete through the season. If he or she opts out of the current roster, they are ineligible to participate in any other district sponsored sports or open gyms until the original team's season is concluded.

HAZING POLICY

It is the goal of the Waynesboro Area School District to provide a safe and positive environment for students and staff free from hazing. Hazing activities are inconsistent with the educational goals of the district. The school's staff, administration, and coaches will not condone any form of initiation or harassment known as hazing. As the Waynesboro Area School District has adopted a "Hazing Policy," the current hazing policy and any other relevant policy are located on the district website.

CANCELLATION OF EVENTS DUE TO INCLEMENT WEATHER

Based on a cancellation or early dismissal of school, as directed by the Superintendent of Schools or designee, due to inclement weather or emergency, the following shall apply:

1. All rehearsals, practices, competitions, and performances are cancelled unless administrative approval is given. Administrative consideration will be given to the need for the rehearsal/practice based on the immediacy of the competition/performance and the severity of the weather/road conditions/emergency.
2. All student activity coaches/sponsors may request permission to use school facilities on the day of cancellation. This must be done on a single day basis.
3. Students cannot be required to attend an approved activity/practice/rehearsal during a school closing. Participation must be voluntary.
4. All home activities involving spectators are cancelled unless administrative approval is given.

If an early dismissal occurs, all activities/events are cancelled.

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. Athletes should report immediately to the locker rooms after dismissal bell in the afternoon and practices should be scheduled to begin at a definite time.
3. No practice arrangements – formal or informal – are permitted without the presence of supervisory coaching personnel.
4. Students are not to remain after school unless coaches are present.
5. Athletic shoes with spikes are not to be worn in the building.
6. Athletes are to leave their automobile in the designated student parking areas.
7. You may not practice without properly signed physical cards returned to your coach.
8. You are responsible for all of the information in this handbook.

WEIGHT ROOM REGULATIONS

1. Shirts and shoes are required at all times; tank tops are acceptable.
2. Nobody is to be in the weight room alone. Wait outside the weight room for a coach. Under NO circumstances is any student permitted to be in the weight room unsupervised.
3. Lifters must work with a partner.
4. Replace all weights on racks immediately following use.
5. Know your limits! Work with the instructor in determining your limits.
6. Do the lifts correctly. It is better to use lighter weights for lifting than heavier weights and run the risk of injury.
7. Warm up with the proper stretching exercises.
8. No food or drinks (except water or sport drinks) are allowed inside the weight room.
9. No horseplay or profanity.
10. Do not abuse the equipment. This equipment will have to be used for years to come. Please respect all school district property.
11. All broken equipment must be reported immediately to the Athletic Director.
12. To reduce the risk of infections, wipe equipment after use to sanitize before the next individual uses the equipment.

M.R.S.A. PREVENTION

Methicillin-Resistant Staphylococcus Aureus (M.R.S.A.) infections, have become increasingly common among healthy adults and children, including athletes who are in close contact with one another and share athletic equipment and locker room facilities. Any staph can penetrate the skin and cause infection, which may

result in redness, warmth, pimples or boils, sometimes with or without puss. Staph bacteria are spread mainly by skin-to-skin contact, especially via openings in the skin such as cuts, wounds or abrasions; by direct contact with contaminated items or surfaces; and also may result from poor hygiene.

Health officials recommend the following precautions to reduce the risk of M.R.S.A. infections:

Wash hands with soap and warm running water frequently, especially after contact with nose secretions and drainage from skin openings.

Skin openings -- cuts, wounds or abrasions -- should be covered at all times with clean, dry bandages.

Dispose of used bandages in a manner others won't have contact with infectious drainage.

Avoid sharing personal items such as towels, washcloths, razors and clothing which may have come in contact with an infected wound.

Wash soiled linens and clothing in hot water and detergent. Drying in a hot dryer is better than air-drying.

Clean potentially contaminated surfaces with a commercial disinfectant or a bleach-water solution -- ¼ cup of household bleach to one gallon of water.

CONCUSSION/HEAD INJURIES

Parents/Guardians are required to sign off on the concussion awareness form in conjunction with the pre-participation physical form. The following is informational only and parents should contact a doctor for specific direction and not rely solely on the information contained in the guide.

Any head, face, neck or jaw injury has the potential to become dangerous if not treated properly. The danger may not appear immediately so the first 24 hours is vital to determine possible severity. The following is offered to help guide parents during the time after their child's head injury. These guidelines are not meant as, and should not be used as, substitutes for competent medical care.

1. Awaken the athlete every two hours to check for these symptoms and his/her general mental clarity.
2. Administer NO medication during the first 24 hours, including aspirin, Tylenol, or Advil unless a physician prescribes them.
3. Allow only clear fluids, avoid excessive eating or drinking.
4. If any of the following occur, seek medical assistance immediately:
 - a. Severe or increasing headaches
 - b. Dizziness

- c. Inability to arouse or awaken the athlete
- d. Pupils of unequal size
- e. Nausea or vomiting
- f. Tingling, numbness, or lack of control in arms or legs
- g. Blurred or double vision
- h. Mental confusion
- i. Clear drainage from the ears or nose
- j. Breathing difficulties

Our athletic trainer will conduct baseline testing for all of our athletes.

www.impactttestonline.com/schools

ATHLETIC SCHOLARSHIPS AND RECRUITING

Student athletes should conduct a meeting with their high school coach(s) at the end of their junior season. Coaches should be made aware of interest in participating in collegiate athletics to discuss potential as an NCAA Division I, II, or III player. Students should not be afraid to ask for their help. Coaches will be glad to assist, but there are limitations as to how much they can do. There are over 3,000 colleges and universities which offer athletic programs. Contacting each and every one of them is impossible for your coach.

Collegiate Athletic Options (Levels of Play)

1. National Collegiate Athletic Association (NCAA)
 - a. NCAA Division I. This is the highest level of play and they offer the most scholarships. These are the large schools with large student populations.
 - b. NCAA Division II. Smaller specialty schools which provide scholarships as well as financial aid grants.
 - c. NCAA Division III. No athletic scholarships but many high school graduates receive academic scholarships, financial aid, grants, and jobs on campus, also known as work-study programs.
2. National Association of Intercollegiate Athletics (NAIA)
 - a. NAIA can give athletic scholarships as well as other benefits to enable a player to attend school.
3. National Junior College Athletic Association (NJCAA)
 - a. Financial aid is provided for the cost of tuition and books. If you are not ready physically or mentally to attend a 4-year college, then a junior college that offers athletic programs may be the answer.

Recruiting Tips

1. If a student believes he/she is good enough to participate at the collegiate level, he/she should build support groups to provide sound advice, including parents, coaches, principals, Athletic Director, and community members who have participated in collegiate athletics.
2. Once a student sets goals for collegiate athletics, he/she should begin to market themselves. A student can only be offered a college scholarship if a college coach or scout has an opportunity to see you play. This is where students need to begin to market themselves to the colleges of their choice.

Students should:

- a) Go to the guidance office, athletic office, or the Internet to obtain addresses of the colleges interested in.
- b) Prepare a letter to be sent to the college coaches.
- c) Prepare a resume of their career.
- d) Prepare a highlight tape and game tape to send with the resume (be sure to label the game tape with the appropriate information – name, address, school name, etc.).
- e) Send the information before your senior season.
- f) The majority of the colleges will send a questionnaire; complete it and return it to the college immediately.
- g) Outstanding students will have opportunities to obtain athletic and academic scholarships. Many of the top academic universities have stringent minimum academic entrance requirements where many athletes cannot qualify. Students should talk with their guidance counselor/coach to obtain the names of academic universities available to obtain an athletic scholarship. This is a great opportunity for outstanding students.
- h) Talk to their coach and Athletic Director to see if attending a camp would be worthwhile. These camps provide the opportunity to perform in front of the college coaching staff for four or five days. High school coaches or the Athletic Director can help obtain information for summer camps.
- i) If all else fails, students have the opportunity to walk on at the college of their choice and have the chance to earn a college scholarship later. It is very feasible to walk on a team and earn a partial or full scholarship for remaining years as a starter.

College coaches are looking for all around athletic ability first. They look for coordination, speed, jumping ability, size, and strength. College coaches recognize

superior all-around athletes are usually good at a variety of sports. Just by participating in different sports, students are showing scouts unique gifts – unique because most young athletes can barely excel at one sport, much less two or three. Students who stand out at two or three sports are a special talent.

NCAA Eligibility Center and Guide for College-Bound Student Athletes

Students should find out if they are on track to meet academic eligibility and core-course requirements, see what the graduation rate of the athletic program is and the athletes in your sport are at the colleges in which you are interested. Ask what academic support services are available and how academic progress is tracked.

The following section provides the NCAA Quick Reference Sheet information with a brief outline of core courses. NCAA rules and regulations continually change so make sure you follow up with the NCAA eligibility center for the most updated requirements. For full details follow the link to the NCAA academic eligibility center:

<http://www.ncaapublications.com/productdownloads/CBSA16.pdf>

The initial-eligibility standards help to prepare you to succeed in the college classroom based on your high school academic record. The eligibility process also protects the fairness and integrity of college sports by ensuring student-athletes are truly amateurs.

If you want to practice, compete and receive an athletics scholarship during your first year at a Division I or II school, you must be certified as eligible by the NCAA Eligibility Center. Throughout the process, staff members of the NCAA Eligibility Center partner with students and their families as well as high school administrators and coaches.

What Do Students Need To Do?

Grade 9

Start planning now: take the right courses and work hard to earn the best grades possible. Ask your counselor for a list of your high school's NCAA-approved core courses to make sure you take the right classes. Or, find your high school's list of NCAA-approved courses at eligibilitycenter.org.

Grade 10

Register with the NCAA Eligibility Center at eligibilitycenter.org. If you fall behind on courses, do not take short cuts to catch up. Ask your counselor for help with finding approved courses or programs that you can take.

Grade 11

Check with your counselor to make sure you will graduate on time with the required number of NCAA-approved courses. Take the ACT or SAT and submit your scores to the NCAA using code 9999. At the end of the year, ask your counselor to send or upload your official transcript to the NCAA Eligibility Center. If you took classes at more than one high school or program, you will need to submit an official transcript for each school. Make sure you are on track to graduate on time with your class.

Grade 12

Complete your final NCAA courses as you prepare for graduation.

Take the ACT or SAT again, if necessary, and submit your scores to the NCAA using code 9999. Request your final amateurism certification beginning April 1 (for fall enrollees) or October 1 (for spring enrollees) in your NCAA Eligibility Center account at eligibilitycenter.org. After you graduate, ask your counselor to send or upload your final official transcript with proof of graduation to the NCAA Eligibility Center. Only students on an NCAA Division I or II request list will receive a certification.

PARENTS

Positive Athletic Parenting

- Be a positive motivator.
- Do not degrade the coach or their staff; we all make mistakes. Instead emphasize loyalty and perseverance, and use it as a teaching moment.
- Encourage your child to play for the enjoyment of the experience.
- Do not focus on personal statistics, game scores, or athletic scholarships.
- Encourage participation in several sports. Specialization leads to decreased enjoyment and burnout.
- Be realistic about your child's abilities.
- Be a good role model for your child.
- Encourage good decision-making.
- Talk to your child on a daily basis.

Parent/Coach Relationship

- Communication/Information Coaches Should Provide to Parents:
- Coach's expectations of players and their parents
- Locations and times of all practices and contests
- Team requirements (special equipment, off-season conditioning, etc.)
- Team rules and guidelines
- Lettering requirements
- Disciplinary procedures
- Information regarding procedures to contact coaches

Communication/Information Parents Should Provide to Coaches:

- Notification of any schedule conflicts well in advance
- Specific concerns in regard to the coach's expectations of their child
- Information regarding student injuries and medical condition

Appropriate Concerns for Parents to Discuss with Coaches:

- Treatment of their child
- Ways to help their child improve
- Concerns about their child's behavior

Concerns NOT Appropriate to Discuss with Coaches:

- Playing time/positions/assignments
- Team strategy
- Play calling
- Other student athletes

Procedures for Discussing Parental Concerns:

Parents should not confront or engage in controversial discussion with coaches, either in person or via telephone, immediately before, during or after a practice and/or game. Failure to comply with this request will result in a meeting with the administration and consequences may include being prohibited from attending the next event, multiple events, or up to and including the remainder of the season. Discussions during times of high emotions do not promote resolution of issues.

- Parents may discuss concerns with coaches via the telephone or request a meeting with the coach.
- If a parent meeting is desired, the parent should call the coach to schedule an appointment in advance.

- If the coach cannot be reached, the Athletic Director should be contacted to schedule the meeting.
- If the meeting with the coach does not provide satisfactory resolution, the parent may schedule an appointment with the Athletic Director to discuss the situation.
- Coaches may also schedule a meeting with the Athletic Director to discuss issues with parents.
- If the situation is still unresolved, additional meetings with appropriate administrators may be scheduled.

Parents' Responsibility as Fans

1. Realize the participants are playing the game because of their love and enjoyment for the sport.
2. Realize these are youth or high school athletes. They will not be able to perform at the collegiate or professional level at which you are accustomed to watching on television or attending in person.
3. Athletes are trying to succeed and give their best effort every time. Fans should recognize and appreciate their successes and not criticize their failures. Their efforts are pure and genuine. Realize some athletes will have more advanced skills than others. As a fan, you must be aware of the simple fact that even though your team may give a solid effort, they will not always win. Understand the coach. Coaches work and prepare to put forth the best game possible with the resources they have. They are interested in the success of the athlete and team and are working together toward common goals. They are also educators.

Along the way, coaches may be forced to sideline a player for lack of effort or a violation of team rules. While people may not always know the whole story, or agree with the decision, it is part of the coach's responsibility. The athlete may not always agree with these tough decisions either, but they will remember the reason a lot longer than they will remember the score of that game.

4. Remember the future of the participant. There is no need to dwell on the score, because a year from now, the score will not matter. What will matter is the impression you left on everyone and how the school will be perceived in the future. How fans behave has a larger impact on the game than you may think.
5. It is the responsibility of the fan to show the athlete how to react to success and failure with the proper attitude. The fan needs to understand everyone involved – players, coaches, and officials – is trying to do their best. Appreciate the effort and be patient and understanding when mistakes occur. When success occurs,

for Waynesboro or for the opponent, recognize it with class and refrain from taunting or flaunting.

6. Attending an athletic contest should be an enjoyable activity for the fan. As stated before, the athletes are playing for the love of the game. Help them to look forward to participation in contests and appreciate you coming to support them. Do not make them dread this experience because of your inappropriate behavior.
7. Remember you are the role model. You are modeling for the athlete (your son or daughter), the community and yourself. Continue to support the sport(s) of your choice but please do so in a manner that will make the team and community proud.

Social Media Guidelines for Student Athletes

As a student-athlete you are expected to portray yourself, your team, your school and the WASD in a positive manner at all times. The Athletic Department recognizes and supports the student-athlete's rights of freedom of speech, expression and association, including the use of social media. In this context, each student athlete is a representative of not only themselves and their families but also an extension of the WASD Athletic Department. We have established social media guidelines to help provide the following direction for social media site usage:

Student-Athletes should be aware that third parties; including the media, faculty, future employers and college officials, could easily access your profiles and view all personal information, including but not limited to pictures, videos, comments and posters. Once information is posted it is no longer your possession rather it becomes the possession of the site onto which it was posted. Inappropriate material found by third parties affects the perception of the student-athlete, team and WASHS. Inappropriate material can also be detrimental to a student-athletes future options, (college and/or professional). Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

Photos, videos, comments or posters showing the personal use of alcohol, drugs or tobacco.

Incriminating photos or statements depicting violence, hazing, sexual harassment; full or partial nudity, inappropriate gestures, vandalism, stalking, underage drinking, profanity and any other inappropriate behavior

Pictures, videos, comments or posters that condone drug related activity. Including but not limited to images that portray the personal use of drugs and drug paraphernalia.

Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity. Individuals including, but not limited to, athletes and coaches from other teams as well as your teammates and coaches. Entities including, but not limited to, opposing teams and representatives as well as WASD teams and representatives.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as those of the WASD. Remember, always present a positive image and do not do anything to embarrass yourself, the team, your family or Waynesboro. Failure to adhere to these policies and guidelines may result in disciplinary action including temporary or permanent suspension from the team, as determined by the administration, athletic director and head coach.

PARENT / ATHLETE ACKNOWLEDGEMENT FORM

PLEASE DETACH, FILL OUT, AND RETURN THIS FORM TO THE ATHLETIC DEPARTMENT



I have read, understand and will follow the procedures, policies and responsibilities as outlined in the WASD Athletic Handbook.

Students Name _____

Students Signature _____

Date Signed _____

Parent/Guardian Name _____

Parent/Guardian's Signature _____

Date Signed _____

Athletic Team _____

Coach _____