

WE ARE...

THE

**Cameron County
School District**

RED RAIDERS

CAMERON COUNTY HIGH SCHOOL

COLORS

Red and White

MASCOT

Indian

ALMA MATER

**Red and white, we sing our praise to you
And to our Alma Mater we will e-er be true,
We hail thee, oh high school fair and strong,
We will always cherish thee, oh hear our song.**

**So we will cheer, cheer, cheer, Alma Mater,
Our ray of guiding light.
We proudly sing, Hail all Hail
For the red and the white.**

PREFACE

“In the battle of life, it is not the critic that counts, not the man who points out how the strong may have stumbled, or where the doer of a deed could have done better. The credit belongs to the man who is actually in the arena: whose face is marred by dust and sweat and blood: who strives valiantly: who errs and comes short again and again because there is no effort without error and shortcoming: who does actually strive to do the deeds: who knows the great enthusiasm, the great devotion, spends himself in a worthy cause: who at best knows in the end the triumph of high achievement: and who at the worst. If he fails, at least fails while daring greatly, so that his place shall never be those cold and timid souls who have tasted neither victory nor defeat.”

Participation in athletics at Cameron County High School is to be considered a privilege. Thus all athletes are expected to accept the responsibilities as set forth within this athletic handbook.

INTRODUCTION

As an athlete at Cameron County high School, you have responsibilities that go beyond those of a typical student. As a participant in the athletic program at CCHS, you must realize that you represent:

- Yourself and your family
- Your high school and community
- Your team and coaches

As an athletic representative, you also have the expectation to represent yourself well and to exhibit and promote **GOOD SPORTSMANSHIP**.

Cameron County High School attempts to promote an attitude in our students that reflects:

PRIDE....MANNERS....EXCELLENCE....CITIZENSHIP

Revised August 2008

ATHLETIC HANDBOOK

This handbook has been prepared by the coaching staff of Cameron County high School to explain the purpose, goals, and values that can be derived from participating in athletics at Cameron County High School.

Through this handbook, it is the desire of the coaches to express to the athletes how they can derive the maximum value from the athletic program. In an attempt to do this, the coaching staff has set forth the following goals that they believe best exemplify the value of participation in athletics.

GOALS

- To prepare the athlete to better function in all aspects of life: morally, physically, spiritually, mentally, and emotionally.
- To provide the athlete opportunities to develop leadership abilities and interact with coaches, parents, school officials, and community members.
- To stimulate the development of mind and body.
- To further develop one's pride in self, school, and community.
- To aid the athlete in seeing the value of self-discipline.
- To foster and develop a wholesome attitude which will aid in the transition from school to adulthood.
- To develop an attitude of fair play, sportsmanship, and ethical conduct.
- To foster within each athlete respect for self, parents, team members, coaches, competitors, peers, and all other school personnel.

SELECT PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION
(PIAA) BY-LAWS

Listed below are some of the more prominent By-Laws that PIAA has enacted and under which all member PA schools must operate.

Article 1, Section 1: Maximum Age Rule

A pupil shall be ineligible for interscholastic athletic competition upon that student's attaining the age of 19 years, with the following exception: If the age of 19 is attained on or after July 1, the pupil shall be eligible to complete through that school year.

Article 4, Section 1: Consent of Parent Before Beginning Practice

A pupil shall be eligible for practice or participation in each sport only when there is, on file with the principal, a certificate of consent, which is signed by his/her parent or guardian.

Article 5, Section 1: Physical Examination Before Beginning Practice

No pupil shall be eligible to represent his/her high school in any interscholastic athletic contest unless a licensed physician of medicine or osteopathy or certified nurse practitioner has examined him before his/her first sports season of the academic year. Before each subsequent sports season of the same academic year, he/she shall be re-examined or certified by a physician or certified nurse practitioner that his/her condition is satisfactory before he/she commences to train or practice the intended sport.

Article 9, Section 1: Scholarship

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 School Code, as well as any local policies established by the local school board. The pupil must maintain an acceptable grade in such an 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.

Article 9, Section 2:

In order to be eligible for interscholastic athletics, a pupil must have passed 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.

Article 18, Section 1: Junior High School

A pupil of junior high school embracing the 7th, 8th, and 9th grades shall be ineligible to compete in an interscholastic athletic contest upon attaining the age of 16 years, with the following exceptions: If the age of 16 is attained on or after September 1, the pupil shall be eligible to compete through that school year.

Article 18, Section 7: Eligibility of 9th Grade Pupils in Junior-Senior or junior High School, separately Administered, to Participate in Senior High School Interscholastic Athletics

Students in the 7th and 8th grade who have not attained that age of 16 years may not compete or practice with students in the 10th, 11th, or 12th grades. Students in the 7th or 8th grade who have attained the age of 16 years and students in the 9th grade may, with written approval of the high school principal and junior high school principal, compete with students in grades 10, 11, and 12. Such option must be made no later than 21 days after the 9th grader begins practice. Once this option is exercised, it may not be changed during the sports season.

Example F Article 18, Section 1 and 7; An athlete of 16 years of age would not be eligible to play junior high basketball at CCHS but could play junior high football.

CAMERON COUNTY HIGH SCHOOL ELIGIBILITY GUIDELINES

The information contained here highlights and summarizes major eligibility requirements at Cameron County High School (CCHS). These guidelines are an addition to the guidelines in the PIAA Athletic Handbook. It may not list every rule or detail. If there is a question about eligibility, you should contact your coach, guidance counselor, athletic director, or principal.

ATTENDANCE

1. You must be a student of Cameron County School District.
2. You are eligible only at the school district at which you are enrolled.
3. If you are absent from school during a semester for a total of 20 or more school days, you may lose your eligibility.

CONSENT OF PARENT OR GUARDIAN

As stated in PIAA rules, you must have an official PIAA certificate signed by your parent or guardian on file with the principal of Cameron County High School BEFORE you begin practice.

LENGTH OF TERM OF ELIGIBILITY

1. You will lose your eligibility when you have reached the end of your fourth consecutive year beyond 8th grade. If you repeat a grade after 8th, you will be ineligible as a senior. Eligibility terms begin after that grade.
2. You may participate a maximum of four seasons in each sport during grades 9-12, and a maximum of three seasons in each sport during grades 7-9.

BASIC ACADEMIC AND CURRICULAR REQUIREMENTS

1. You must be a full time student and pursue a curriculum defined and approved by your principal and guidance counselor.
2. You must be passing at least four full-credit subjects or the equivalent, as of each Friday during a grading period. If you fail to meet this requirement, you will lose your eligibility starting the following Monday through Saturday. For example, if an athlete is ruled ineligible on Friday, that student may participate on that day. The ineligible period will begin the following Monday.
3. You must have passed at least four full-credit subjects, or the equivalent, during the previous nine-week period. Eligibility for the first grading period of the school year (fall sports) is based on your final grades from the preceding school year. Ineligibility would be for the first 15 days of his/her current fall season. The 15 days do not include Saturdays, Sundays, and legal holidays.

ALL-STAR CONTESTS

A student will lose his/her eligibility if he/she participates in any all-star game before his/her senior season.

OUT OF SEASON

Almost all PIAA sports have a defined season. Students may attend open gyms or weight room workouts, but these cannot be mandatory practices. Attendance may not be kept.

INTERPRETATIONS (As passed by the PIAA)

Section 2, July 21, 1983; as amended December 7, 1985, and May 11, 2002

Article X, Section 2 sets only the minimum academic standards for interscholastic athletic eligibility. Since the standards are minimum standards (passing at least four full credit subjects), member schools may adopt higher or more stringent academic standards, but may not lower academic standards.

In regards to the policy above, the Cameron County School District has adopted the following academic standards for its athletes:

ADMINISTRATIVE PROCEDURES

1. There will be a weekly academic evaluation of each student based upon a cumulative grade for the nine-week marking period. That minimum grade is a 70%.
2. **In addition, teachers may indicate on the academic evaluating form if a student is a behavior problem.** However, the behavior problem cannot make the student ineligible. It is, therefore, the coach and the athletic director who assess and make appropriate recommendations to head off future problems. Eligibility is based solely on academics.
3. The academic/behavior evaluation form is to be kept with the Principal/Athletic Director's Secretary for teachers to sign on a weekly basis. The form will be placed there for perusal each Thursday. It will be collected at 2:00 pm each Friday.
4. The period of ineligibility is based on probation. If a student has an average mark below a 70% in any subject (even those subjects that do not meet five times a week), they are placed on probation. The probationary period will last approximately one week. During the week that the student is on probation he/she is eligible to play. However, if the student receives an average mark below 70% in the same subject during a consecutive week, the student is now ineligible. The ineligibility will last until the student is passing that particular subject.
5. A memo listing all students who are ineligible will be distributed to all head coaches and advisors. These memos must be treated as confidential.
6. Ineligible students may not participate in sports in any manner or wear school-issued uniforms. However, that student is encouraged to attend events and sit with the team.
7. It is the responsibility of the teacher to sign the academic evaluation form or eligibility list. If the form is not signed by 1:00 pm on Friday, it is assumed that the student athlete is receiving a passing grade. If school is

- closed on Friday for any reason, the Principal may determine whether the student, as of that day, meets the standards provided in the policy.
8. Cheerleaders may be included in the academic evaluation procedure. However, cheerleading is not a recognized sport by PIAA. Therefore, inclusion is left up to the cheerleading advisor and the principal.
 9. The Principal is responsible for certifying the athletic eligibility of the school district's student athletes. Eligibility shall be cumulative from the beginning of the grading period, shall be reported on a weekly basis, and shall be filed at the Principal's office.
 10. The Athletic director and the Principal will determine all questions of interpretation of this policy. In the event where the Athletic Director and Principal disagree, the Superintendent of Schools will be called on for a final determination.
 11. A student shall be ineligible for participation on days in which the student is suspended or expelled from school for any reason.
 12. It is the coach's responsibility to check the report card of each student athlete when report cards are issued during their sport's season. The coach is then responsible to report any failures to the Principal.

It is hoped that this process will solve all eligibility concerns. However, in rare cases where a conflict cannot be resolved, the District Nine Committee may be called upon. CCHS will then file a "Request for Decision on Athletic Eligibility". That form is located in the PIAA manual.

SPECIAL CONSIDERATIONS AND SITUATIONS

1. It is important to note that nothing contained in these regulations shall limit that authority of a teacher to implement grading procedures which the teacher deems appropriate and are consistent with district policies regarding student assessment and grade reporting. Practices such as re-testing and alternate forms of assessment are appropriate and encouraged, provided they are available to all students irrespective of extra-curricular participation.
2. Any coach at CCHS may set his/her own team rules as long as these rules are approved by both the Athletic Director and the Principal. These rules must be written before the season, submitted to administration for approval, given to, and reviewed with the student athlete prior to the season. Rules such as missed practices, detention, hall infractions, dress code, and sportsmanship violations may be addressed.
3. Any athlete absent from school on the day of an athletic event must notify the office and coach of the reason for absence prior to the close of school the previous day. If notification is not made and/or is not a legal excuse, the athlete is ineligible to participate in that day's event.
4. Students must report to school by 11:30 a.m. with a legal excuse. Refer to Discipline Code in the Student Handbook. Any athlete who is habitually tardy or absent prior to or following athletic events may be suspended from participation for a period of time. Such ruling will be made at the discretion of the principal.

5. Any student who participates in any athletic program at CCHS is considered to be an athlete for the entire school year. Thus, the student is subject to rules governing that particular sport, as well as the rules for the entire athletic program. These rules will also apply to any potential athlete who wishes to try out for a sport.
6. A student may regain eligibility by correcting deficiency during the summer months in a manner approved by the district.
7. The end of the nine-week grading period marks the end of the academic evaluation form. The issued report card takes precedence over the weekly evaluation form. If a student is passing four out of five major subjects, he/she is eligible. The slate is wiped clean and a new academic term is begun. At that time, all procedures listed above become initiated.

A. TOBACCO/ALCOHOL/ILLEGALSUBSTANCE POSSESSION AND/OR USE

The following rules are set forth so that the goals of the athletic program may be better realized and understood.

In the opinion of the coaches, the following are considered detrimental to the athlete as well as to the entire athletic program. Therefore, athletes will refrain from:

- **Use and/or possession of tobacco in any form**
- **Use and/or possession of alcoholic beverages**
- **Use and/or possession of illegal substances (drugs, narcotics, etc.)**

These rules will be in effect for student athletes at CCHS both during their sport seasons and during the off seasons.

Any violations of the above rules occurring on or off school property, as reviewed by the high school principal, will result in the following consequence: The student will be dealt with in compliance with the regulations of the school policy. Student athletes will also incur the following suspension from participation in their sport season.

B. CONSEQUENCES FOR VIOLATION OF POLICY OUTLINED:

Category of Offense	Length of Suspension for Offenses		
	1st	2nd	3rd
Use and/or possession of tobacco			
In Season	.1	.5	1.0
Out of Season	.08	.25	.75

Use and/or possession of alcohol

In Season	.5	1.0	career
Out of Season	.4	1.0	career

Use and/or possession of controlled substances (drugs, narcotics, etc.)

In Season	1.0	career
Out of Season	1.0	career

Example: .1 suspension of a 9-game season would be $.1 \times 9 = .9$, resulting in one game suspension.

Example: .1 suspension of a 21-game season would be $.1 \times 21 = 2.1$, resulting in a two game suspension.

All infractions will be rounded off. A fraction of .1 to .49 will be dropped and a fraction of .5-.9 will add one.

A suspension occurring with insufficient games remaining in the season to satisfy the suspension will carry over to the next sport season of participation. Example: A football player receiving a half season suspension with only one game remaining in the football season would be suspended for 5 games ($.5 \times 9 = 4.5$ rounded to 5). The athlete would be suspended for the remaining game of that season and the remaining 4 games would carry over to the next season of participation. Using basketball as an example, a .5 suspension in a 20 game season would be $.5 \times 20 = 10$ games. Since one game of football equals two games of basketball, the athlete would be suspended from 8 basketball games.

Should a first offense occur out-of-season followed by a second offense occurring in season, the length of suspension will be determined by averaging the two percentages. Example: An athlete receives a .08 suspension for a category one, 1st offense out-of-season violation. He subsequently has a category one, 2nd offense in season violation. Rather than receive a .5 suspension ($.08 + .5 = .58 / 2 = .29$). This averaging would apply to category one, first, second, and third offenses, and category two, first and second offenses.

When a suspension is to be imposed beyond that athlete's current season of participation, or to be imposed on a future sport season, suspension will only be applied to a sport in which the athlete has a previous history of participation.

When any violation by an athlete is under appeal, all in-house, post-season awards and varsity letters awarded to that athlete will be held by the school until resolution of the appeal. At the time of the Athletic Review Board (ARB) will make determination of the disposition of the awards.

C. ADDITIONAL ACTIONS THAT RESULT FROM VIOLATIONS OF RULES SET FORTH IN SECTION A

- Any offenses in categories 1, 2, and/or 3 during a sports season will result in the offending athlete being denied any and all in-house/post season awards for that sport, and a varsity letter for that sport.
- Any violation during sport seasons, except category 1 (first offense) will also result in the offending athlete being denied the opportunity for any post-season recognition for that sport (I.E. All-Star selection).
- Any suspected violation of these rules occurring in a non-school setting could result in the athlete and his/her parents/guardians meeting with the Athletic Review Board (ARB). Any case appearing before the ARB will be dealt with on its own merits involved in that case. When circumstances warrant, that same consequence set forth for misconduct on school property will serve as a guide for the ARB's decisions.
- The ARB will be made up of all varsity head coaches and the Athletic Director and will be chaired by the high school Principal.
- A meeting of the ARB may be requested by any member of the ARB for the purpose of reviewing any possible violation of guidelines for student-athlete conduct.
- Any athlete determined to have violated the rules in categories 1, 2, and/or 3 will be referred to the school's Student Assistance Program (SAP).

D. GENERAL GUIDELINES FOR ATHLETES

- All regulations applicable to athletes also apply to team managers and cheerleaders.
- Any athlete or former athlete who is known to have in his/her possession any piece of athletic equipment which belongs to the school, will be denied the privilege of further participation in the school's athletic program. A statement will also be placed in the student's permanent record that will prohibit the student's permanent record from being forwarded to any college, school, business, etc., until the item in question is returned to the school and/or settlement is made.
- All athletes are required to maintain a good rapport with all teachers, coaches, administrators, and support staff at all times.
- Any student who decides that he/she wishes to try out for a sport must:
 1. Have a PIAA card with parent's and doctor's signature on file with Principal
 2. Be examined by a doctor
 3. Have permission form signed by the parent and athlete on file with the Principal and coach

- Whether playing at home or away, the (out-of-uniform) dress of athletes is very important since they are representatives of the school. The coaches will establish guidelines for the dress of their teams that will be flexible enough not to eliminate anyone but specific enough to avoid distasteful and out-of-place attire. The basic guideline is being neat and clean. The coaches may set permissible hair length and styles.
- All athletes are to ride school provided transportation to and from the athletic event. Under special circumstances the athlete may ride with his/her parent if a written request is made by the parent to the head coach.

E. ACCIDENT OCCURRING DURING AN EVENT OR PRACTICE:

- Any accident or injury by any athlete must first be reported to the head coach of that particular sport. If medical attention is obtained for any sports-related accident or injury, that athlete must notify the high school Principal's Secretary within two (2) weeks of the incident so that an insurance claim may be opened. The recommended procedure for all injuries is that the report be made to the proper authority (principal's office) upon the student's returning to school for the first time immediately after the injury. Any athlete who does not report such a claim in the prescribed manner and time allotted will become liable for payment of such claim.
- The school will pay up to one half the costs of safety glasses for athletes (not to exceed \$20). Permission must be given by the principal prior to the purchase of glasses before the school will authorize payment.

F. VARSITY LETTER, JACKET, AND POINTS

Letter

- The criteria for lettering in a Varsity sport is established by the head coach of the sport and is to be explained to the team at the beginning of each season. Members of the Varsity teams are the only athletes eligible to letter.

Jackets

- In order to be eligible for a Varsity jacket, a student must have lettered in at least one sport and must have accumulated at least 20 points.
- If a student quits a sport during a sports season, he/she loses all points accumulated in that sport in previous years.
- If a student is suspended from a sport, the same loss will be in effect.
- Jackets will be ordered as soon as eligibility is met.
- In any questionable cases involving the awarding of jackets, the Athletic Review Committee will meet and decide the outcome.

Points

A card system is kept by the Athletic Director which indicates what sport(s) an athlete participated in, what years, and whether or not a Varsity letter was received. Points are determined in the following manner.

1. Varsity Sports

Participation:	5 points yearly per sport
Lettering:	10 points yearly per sport max 5 points participation 5 points lettering

2. Managers

Participation:	5 points yearly per sport
Lettering:	10 points per sport after 3 years of service

3. Cheerleading

Participation:	5 points yearly
Lettering:	10 points yearly (Varsity only)

G. APPEAL PROCEDURE

Any violation of the rules set forth in this handbook may lead to a student's suspension from the sport. An athlete has seven (7) days after notification of suspension in which to provide a written request for appeal to the Athletic Review Board (ARB). After receiving the written request for and appeal, a meeting will be called with the ARB at which time the athlete may present his/her case.

H. ADMINISTERING THE ATHLETIC HANDBOOK

The primary body entrusted with the responsibility of administering the rules set forth in this handbook is the Cameron County School coach staff. Should there arise questions over the administering of these rules, a meeting of the ARB will be called to discuss the situation.

Use of CCSD Gyms and Facilities

No CCSD student is permitted in the school after 6:00 p.m. unless they are a CCSD athlete finishing practice, or are coming back from an event or contest.

The CCHS Gym will be locked at the end of the 8th period by Mr. Fragale and Miss Fish. All door entering the gym will be secured. Only the locker rooms will be open after school hours.

No CCSD student will be permitted in the CCHS Gym after school hours unless accompanied and supervised by an approved adult or coach.

Any coach having an open gym, or any adult wishing to use the gym at night or during the weekend must have prior approval by the CCSD Board of School Directors. This can be obtained by filling out a Facility Usage Form. Blank copies of this form are available at the High School Office.

In the case of conflicts, gym usage will be determined according to the following priorities:

- Consideration for the sports in season
- Varsity Sports (including basketball, wrestling, etc.)
- Junior Varsity Sports
- Junior High Sports
- Elementary Sports (including Junior Olympics wrestling, 4th/5th grade basketball)
- Adult recreation and community activities

The Weight Room will be opened from 3:20 p.m. through 8:00 p.m. on weekdays. There MUST be an adult supervisor present in the weight room in order for students to lift. The Weight Room will be closed promptly at 8:00 p.m.

There will be ONLY eleven keys to the Weight Room. The following people will have a key:

Scott Baker	Don Sestina
Jeremiah Fragale	Jim Markum
Mike Ramsey	Diane Crosby
John Fragale	Brian Lovett
Clyde Moate	Shawn Bidwell
Tony Defilippi	Jessica Fish

In addition, a key will be kept at the CCHS Office under the supervision of Mrs. Schwer and Mrs. Holjencin.

CAMERON COUNTY HIGH SCHOOL

Dear Parent/Guardian:

There are many areas of a school community ó academics, clubs and organizations, and athletics. Your child has indicated an interest in participating in an interscholastic sport at Cameron County High School.

To be eligible to participate in interscholastic athletics, your child must return the completed copy of the signature form opposite this page to their coach. This sign-off sheet confirms that your child, the athlete, is aware of the various rules and regulations of both PIAA and the school district. A completed physical form signed by you, must also be on file in the high school office.

Your signature on the next page indicates that you and your child have read this handbook carefully and understand the rules stated herein. The coach in a specific sport may have team rules in addition to the rules stated within this athletic handbook.

We appreciate your cooperation. If you have any question concerning the policy on the athletics, please feel free to contact me at 486-4000.

Sincerely,

Mrs. Patricia J. Schwer
High School Principal

RETURN THIS FORM TO YOUR COACH

We have received a copy of the ATHLETIC HANDBOOK. We understand the rules and regulations stated therein and intend to abide by them.

I give permission for _____
Student's Name

to participate in _____
Sport

Parent/Guardian

Date

Parent/Guardian

Date

Student

Date