

**ROSE TREE MEDIA SCHOOL DISTRICT
PENNCREST HIGH SCHOOL ATHLETIC DEPARTMENT
STUDENT/PARENT ATHLETIC HANDBOOK
2026-27**



The community of Penncrest High School Athletics instills the values of sportsmanship, leadership, teamwork, and commitment in our student-athletes. Our coaches strive to model, teach, and lead in the development of these values. Our student-athletes represent themselves, family, team, Penncrest, and our community with pride and respect.

**Mr. Charles Olinger, Athletic Director
Mrs. Wendy Allen, Administrative Assistant**

Team and Coach Listing

FALL SEASON

Cheerleading

Mrs. Lucente

Students practice daily and cheer at various fall and winter sports; they compete during the winter and spring seasons.

Cross Country (Men & Women)

Mr. Schwelm, Men/Ms. Oremus, Women

Selected students run five days a week after school and on some weekends. The team begins practice in August.

Football

Mr. Paul Graham

Three teams (Varsity, JV, and Freshman) practice daily during the season with games once a week. Football camp is held in July. Night games will be played.

Golf

Mr. Shea

Students are selected to practice at various golf courses to prepare for competition in league, district, and state tournaments. Players supply their own equipment.

Field Hockey

Ms. Willa Thompson

Varsity, JV, and Freshman hockey teams are selected. Squads meet after school on the hockey fields for practices and games. Night games may be played.

Soccer (Men)

Mr. Michael Gee

Varsity, JV, and Freshman soccer teams are selected. Practices begin in August for Varsity and JV. Teams meet every day after school during the season. Night games may be played.

Soccer (Women)

Mr. Paul Norris

Tryouts for Varsity and JV teams are in August. All women in grades 9 to 12 are invited to try out. Night games may be played.

Tennis (Women)

Mr. Austin Scheier

Try-outs are held in August to select women for the team. Practices are held daily on the courts for competition with other schools.

Volleyball (Women)

Ms. Jean Moran

Women are selected in August for Varsity and JV teams. Freshman selection occurs when school opens. Teams meet daily in the gym after school for practices and competition. Camp is held in August. Night games may be played.

WINTER SEASON**Basketball (Men)**

Mr. Mike Doyle

Try-outs for Varsity and JV are held in the beginning of November. Students are selected for each squad and meet every day in the gym. There will also be practices some evenings and during winter recess. The freshman team is picked later. Games are played at night.

Basketball (Women)

Mr. Dan Spangler

Try-outs in November are held for Varsity, JV, and freshman squads. Practice is every day after school (also some evenings and during winter recess) in the gym. Night games may be played.

Indoor Track (Women & Men)

Ms. Oremus/Mr. Durnell

The teams practice after school every day and participate in meets with other schools on Fridays and Saturdays.

Swimming (Women)

Mrs. Ciavarelli

Try-outs are in November. The team practices and competes at Springton Lake Middle School. Competition includes Central League teams and others.

Swimming (Men)

Mrs. Ciavarelli

There are November try-outs. The team practices and competes at Springton Lake Middle School. The season may last from November to March with PIAA District Finals and the State Meet.

Wrestling

Mr. Noah Reed

Team meets six days a week after school and on Saturdays in the gym beginning in November. Practices may also be held during the winter recess. Meets are held in the evening, and tournaments are on weekends.

SPRING SEASON

Baseball

Mr. Austin Morgan

Varsity, JV, and freshman teams are selected in March, and practices are after school and during spring vacation. Games are held after school.

Lacrosse (Women)

Mrs. Jackie Baker

Try-outs are in March for Varsity, JV, and JVB teams, and the season runs through May. Varsity and JV teams compete in the Central League. Practices are after school and during spring vacation. Night games may be played.

Lacrosse (Men)

Mr. Evan Pettit

Try-outs are in March, and the season runs through May. Varsity, JV, and JVB teams compete in the Central League. Practices are after school and during spring vacation. Night games may be played.

Softball

Mr. Matt Broomall

Women are selected in March to play through May for Varsity, JV, and JVB teams. There may also be practices during spring vacation. Night games may be played.

Tennis (Men)

Mr. Bill Hughes

Players practice after school on the courts from 2:35 to 5 PM. Matches are after school. Equipment required includes a racket and sneakers.

Track and Field (Men)

Mr. Dion Durnell

Team members meet from March until May to prepare for meets each week. Some practices are during spring vacation. Track shoes must be purchased.

Track and Field (Women)

Ms. Oremus

Practices start in March and are held daily, including spring vacation. Meets are afternoons and on Saturdays. Track shoes must be purchased.

Contact Information

Cheerleading-	Gina Lucente	<u>grlucente@comcast.net</u>
Cross Country - Men	Bob Schwelm	<u>bobschwelm@rtmsd.org</u>
Cross Country - Women	Lindsay Oremus	<u>loremus@rtmsd.org</u>
Football-	Paul Graham	<u>pgraham@rtmsd.org</u>
Golf -	Jim Shea	<u>sheabud@verizon.net</u>
Field Hockey-	Willa Thompson	<u>wthompson@rtmsd.org</u>
Soccer - Men	Michael Gee	<u>michaelgee025@yahoo.com</u>
Soccer - Women	Paul Norris	<u>pnorris@rtmsd.org</u>
Tennis - Women	Austin Scheier	<u>aaustinscheier75@gmail.com</u>
Volleyball	Jean Moran	<u>moranj222@yahoo.com</u>
Basketball - Men	Mike Doyle	<u>mdoyle01@rtmsd.org</u>
Basketball - Women	Dan Spangler	<u>spangler.daniel@gmail.com</u>
Indoor Track - Men	Dion Durnell	<u>ddurnell@rtmsd.org</u>
Indoor Track - Women	Lindsay Oremus	<u>loremus@rtmsd.org</u>
Swimming -	Kristen Ciavarelli	<u>kciavarelli@rtmsd.org</u>
Wrestling-	Noah Reed	<u>2006ncreed@gmail.com</u>
Baseball-	Austin Morgan	<u>morgae15@outlook.com</u>
Lacrosse - Men	Evan Pettit	<u>epettit@rtmsd.org</u>
Lacrosse - Women	Jackie Baker	<u>jbaker@rtmsd.org</u>
Softball-	Matt Broomall	<u>mbroomall18@yahoo.com</u>
Tennis - Men-	Bill Hughes	<u>bhughesy@gmail.com</u>
Track & Field - Men	Dion Durnell	<u>ddurnell@rtmsd.org</u>
Track & Field - Women	Lindsay Oremus	<u>loremus@rtmsd.org</u>

Mission

The community of Penncrest High School Athletics instills the values of sportsmanship, leadership, teamwork, and commitment in our student-athletes. Our coaches strive to model, teach, and lead in the development of these values. Our student-athletes represent themselves, family, team, Penncrest, and our community with pride and respect.

Philosophy

The Rose Tree Media School District interscholastic athletics program is both voluntary and competitive and will be designed to meet the needs of student athletes. In order to participate, student athletes must be physically healthy, academically qualified, and willing to make a significant personal commitment to maximize the development of their knowledge, skills, and attitudes relative to their sport.

All athletic teams will operate under the leadership and supervision of an effective coaching staff committed to accomplishing the educational goals of Penncrest High School. Members of the coaching staff will employ safe and educationally sound techniques designed to actively promote the development of the student athlete as a whole person.

The interscholastic athletic program will be increasingly competitive as students progress through the freshman/JV-B, junior varsity, and varsity levels. The earlier levels will serve as developmental programs for the more advanced levels. Team goals will reflect these goals. Varsity coaches will work with junior varsity and 9th/JV-B coaches to coordinate the developmental aspects of the program in each particular sport.

At the freshman and junior varsity levels, instruction and the development of individual skills for all athletes will continue to be emphasized. However, team success in inter-scholastic competition will also be valued. Athletes will become increasingly aware of the importance of teamwork and a positive attitude toward team success. The number of athletes selected for the team will allow the coaches to not only instruct and assist the participants in their individual development, but also to teach teamwork as an important factor in interscholastic competition. Our athletes understand that at all times they are representing themselves, their team, their coach, their parents, their school, and their community.

At the Varsity level of interscholastic competition, coaches will have the dual responsibility of fostering individual skill development and achieving team success. To achieve this end, the most effective student athletes judged by the coaching staff, regardless of grade level, will be given the opportunity to further develop their athletic abilities and to participate at the most advanced levels of interscholastic competition. Coaching emphasis will be placed on helping the members of the team to work together and to develop a strong desire to attain the highest possible level of team success.

Penncrest High School Co-Curricular Conflicts

We believe that students should have the opportunity to participate in a variety of activities. We understand that some activities/teams overlap in a single season. We encourage students to consider the impact that participating in multiple activities has on their personal schedules and the teams/activities in which they participate. Our goal is to accommodate, as effectively as possible, conflicts that may occur when students participate in multiple activities in the same season. Guidelines have been established for this purpose and are listed below.

- Academics take priority over co-curricular activities. Extra help sessions, if needed, should be scheduled between 2:15 and 3:00 p.m.
- Penncrest High School will make every effort to avoid scheduling conflicts for its students. Teachers, sponsors, and coaches will consult the district calendar before scheduling any events.
- Unfortunately, at times scheduling conflicts are unavoidable. Teachers, sponsors, and coaches should meet with these students in an attempt to reach a viable solution. **It is the responsibility of the students to make their sponsors/ coaches aware of any conflicts at the beginning of each season.**
- Sponsors/coaches have a responsibility to their teams. **Consistent absences and/or latenesses to practices may limit playing/participation time.**
- Practices begin in August, November and March and may conflict with family vacation plans. Coaches should be apprised of these conflicts well in advance. You must be present if it is a try-out and cuts are made. We cannot have individual tryouts since they are not done with the cohort present. Absences will affect playing time.

If a solution cannot be reached, the following protocol will be in effect:

- (a) If the conflict is between a performance and practice session, the student will attend the performance.
- (b) If the conflict is between a performance and another performance, the student will choose which performance he or she will attend. The student will make this decision without penalty.
- (c) If the conflict is between a practice session and another practice session, the student again will choose without being penalized. Sponsors/coaches should be sensitive to one-time practices.

If the conflict cannot be resolved, Mr. Roth, Mr. Olinger and the coach or director of the conflicting activities will meet to determine a solution

Eligibility

This practice applies to students participating in any activity which requires use of out-of-school time. Included are members of all athletic teams, activities, and clubs.

Eligibility (Friday through Thursday) for student athletes is determined on a weekly basis. Students are ineligible if they have below a 60% for 3 or more of their 1.0 classes. Each Wednesday, a report will be run to determine eligibility. Students deemed ineligible will be notified at practice and given until 7:30 AM Friday to re-establish their eligibility. Students will understand that our teachers will do their best to grade late work, however, our teachers need to prepare and teach their current material first. There will be no pressure applied to a teacher by a student, coach, parent or administrator to grade late work.

The PIAA also requires the Rose Tree Media School District to monitor academic eligibility at the end of each marking period and at the end of the school year based on the final grades for the student athlete at that time.

Any student athlete who does not meet the eligibility rules outlined above will be declared ineligible for 15 school days of the subsequent marking period or school year.

School Attendance

All students must be in attendance for one-half day in order to participate in an athletic or extra-curricular practice or event, including proms and other dances taking place that day or evening (lateness past 11 AM is not a full half-day of attendance). The only exceptions to this regulation are excused lateness with a note from the doctor or dentist, or prior approval of an absence or lateness by the administration. To get prior approval, athletes must provide a written note from their parent/guardian explaining the reason for the absence.

A student who leaves school because of illness may not participate in his/her athletic activity later that day without administrative approval. The Principal or Athletic Director may make exceptions to this policy when a student has extenuating circumstances (funerals, college visits, etc.).

Practice/Meetings/Competitions

Each member of any team or organization is required to make a commitment to that sport or activity. Part of the commitment involves attending every scheduled practice, contest, and activity. Unexcused absence from scheduled practices, contests, or activities will result in counseling by the head coach/advisor and notification of parents, if necessary. Occurrence of subsequent violations can result in suspension from the team/activity and possible dismissal.

Travel

Students must travel to and from away contests/activities in district-provided transportation. The only exceptions to this policy follow:

1. Injury to the participant which would require alternate transportation.
2. Prior arrangement made in writing between the participant's parent/guardian and the Athletic Director, Coach, or Advisor for the student to ride with the parent/guardian due to special situations which may arise, and
3. If transportation is not provided by the school district.

Game Schedules/Bus Times

The Athletic Office uses the Digital Sports website, <http://penncrestlions.digitalsports.com>, to post game schedules and bus departure times. Clicking on the "Sign Up for Alerts" tab will lead you to a screen to input an email address that will then automatically notify you when there is a change in the schedule.

Equipment and Uniforms

Equipment and uniforms are issued to students on a loan basis and are to be worn only when authorized by the coach/advisor. It is the student's responsibility to take care of this equipment. If any of the equipment is not

returned at the conclusion of the season, an obligation will be issued to the student for the fair cost of replacing it. Until the obligation is resolved, the student will not be eligible for athletic/activity awards and will not be permitted to participate in any future extra-curricular activity.

Completion of an Extracurricular Activity

In order for the student to be eligible for a letter, team, and/or individual award, it is required that he/she complete the activity including any post-season playoffs, tournaments, and exhibitions where applicable. The only exception will be illness and/or injury that limits participation. No awards will be given to any student suspended and/or dismissed for the remainder of the season for “Extracurricular Code of Conduct” violations.

Expectations for Student-Athletes

The rules and regulations in this document shall apply to any violation that may occur during the period of the extracurricular activity participation on or off school premises. The period of activity begins with the first competition, meeting, or practice and ends with the last contest, meeting, or practice, whichever is the latest date. For athletes, this applies during their in-season sport as defined by the PIAA.

1. Students who participate in the athletic program act as representatives for the school and are expected to behave in an appropriate manner. Behavior during the school day that is of such a nature to bring discredit or embarrassment to RTMSD may be cause for a joint administrative/coach decision that would deny a student the privilege of participation in school activities.
2. Violations of the RTMSD Student Code of Conduct that require administrative action will be handled in accordance with the provisions of the specific sections as outlined in the policies. For example, if the violation results in a suspension from school, the student will also be suspended from participating in practices/contests/activities of that team/organization during the length of the suspension.
 - a. Please note that the student suspension will not be adjusted to meet his/her practice, competition, or activity schedule.
 - b. If an athlete is given an out-of-school suspension for a Friday and Monday, he/she is not eligible to participate in activities for the weekend between the two days out of school.
 - c. The coach will determine when an athlete may return to play following any discipline.

Expectations for Parents/Guardians/Spectators

The Rose Tree Media School District believes that extracurricular sports and activities are essential components of the overall education and experience of our students. The relationship between parents/guardians, students, and coaches/sponsors is paramount to the success of our programs. In addition, it is the goal of our schools to provide a positive, safe, and supportive environment for our coaches/sponsors, students, parents, and spectators at all extracurricular events. The following guidelines have been developed to ensure the success of our extracurricular programs through positive relationships and to ensure that the environment at extracurricular events is positive, safe, and supportive for all in attendance.

Expectations for Behavior at Extracurricular Events

The Rose Tree Media School District, the Central League, and PIAA prohibit the following behaviors at our home and away sporting events and other extracurricular activities:

1. Yelling at a student participant by name or number.
2. Coaching or directing student participants from the spectator seating area.
3. Repeatedly yelling at an official at a sporting event.
4. Yelling at a coach/sponsor or addressing a coach/sponsor during a game/event.

Guidelines to promote positive extracurricular programs

1. Support your student's efforts to succeed.
2. Work to promote a positive environment that is conducive to the development of your student.
3. Treat all coaching personnel/activity sponsors with courtesy and respect.
4. Assure that your student will attend all scheduled practices, games, and/or performances.
5. Promote and model mature and respectful behavior at all extracurricular events. Enjoy watching a moment in your child's life that cannot be recaptured.

Expectations for Coaches/Sponsors

1. Promote the health and safety of student participants at all times.
2. Be a model for appropriate language, respect, and behavior at all times.
3. Establish time demands that acknowledge the primary importance of each student participant's academic and family responsibilities.
4. Promote a positive and safe collaborative team environment for all participants.
5. Assist, whenever appropriate, with post high school planning for individual students as it relates to the sport or activity in which they participate.
6. Be available to meet with parents at times that are mutually convenient.
7. Adhere to all PIAA and Rose Tree Media School District policies at all times.

Parent/Coach Communication Plan

Communication a parent/guardian should expect from a coach/sponsor

1. The expectations the coach/sponsor has for your child as well as all participants.
2. Locations and times of all practices and games/events.
3. Team/activity membership requirements.
4. Behaviors that may jeopardize your child's participation.

Appropriate concerns to discuss with coaches/sponsors

1. Situations involving your child.
2. Ways to help your child improve.
3. Your child's attitude, work ethic, and eligibility.
4. Concerns about your child's behavior.

Issues that should not be discussed with coaches, the athletic director, or administration

1. Playing time/participation time of any student athlete or participant.
2. Team strategy, practice/rehearsal organization, or game/performance strategy.
3. Other student athletes/participants.

Procedures to follow if there is a concern to discuss with a coach/sponsor

1. Your child should speak to the coach/sponsor about an issue before you intervene. This will help our students grow into young adults.
2. Contact the coach/sponsor to set up an appointment. If the coach/sponsor cannot be reached, contact the athletic director or administrator to assist you in arranging a meeting.
3. If a meeting with the coach/sponsor does not provide a satisfactory resolution, call to schedule an appointment with the athletic director or administrator to discuss the situation. **The athletic director or administrator will only intervene if the issue has already been discussed with the coach.**
 - Please abide by the "24-hour rule" that states that you should wait 24 hours after a game/event to contact/discuss any issue or concern with a coach/sponsor. Please do not confront a coach/sponsor before or after a game or practice. Meetings of this nature normally do not result in a resolution of the situation.
 - Please do not use email, text, or social media to discuss a concern or issue.

Expectations for the use of social media

- Parents are expected to use social media responsibly, specifically not using social media to discuss or negatively comment about other students, parents, or school district personnel.
- Comments on social media by parents that may be deemed inappropriate or threatening towards a student or school district employee may result in consequences as listed above.

Rose Tree Media School District Parent/Guardian

Code of Conduct Agreement

I have reviewed the *RTMSD Parent/Guardian Code of Conduct for All Extracurricular Activities* and understand the importance of my role in creating the conditions and environment necessary for my child to have a positive experience in extracurricular activities in the Rose Tree Media School District. Therefore, I agree:

1. I will let the coaches/sponsors do the coaching/instructing for all members of the team/activity.
2. I will respect the integrity and judgment of sports officials.
3. I will eliminate criticism of coaches and sponsors because this has no place in high school extracurricular sports and/or activities.
5. I will model respectful and positive behavior at all times during games and events.
6. I will encourage my child to speak directly to his /her coach/sponsor if he /she is having difficulties in practice or games/performances or is unable to attend a practice.
7. I will support the 24-hour rule; parents are not permitted to discuss or report concerns with the coach/sponsor for at least 24 hours after an issue arises at a game, practice, or event.
8. I will conduct myself in such a manner as to bring positive feedback to our students, our school, and our community.
9. I will remember that the game/performance is for the students - not the adults.
10. I will demand that my child treats other players, participants, coaches, officials, and spectators with respect.
11. I will not engage in any kind of disrespectful behavior with any official, coach/sponsor, player/participant, or parent. Examples of such behaviors include booing, taunting, using inappropriate language, or throwing objects from the seating area.
12. It is never acceptable for a parent to attempt to discuss his/her child's playing/performance time during a game/performance or practice. It is NEVER acceptable for a parent to attempt to discuss another student's playing/performance time or skill level.
13. I understand that any violation of this code will be cause for potential disciplinary action, up to and including bans from school property.

Team Rules

Athletes who participate in an athletic event are under the direct supervision of a coach and are expected to follow the rules and regulations for that activity as specified by the coach. An athlete may be removed from an activity by the coach consistent with team rules. Head coaches/advisors may establish additional guidelines through their training/meeting rules with the approval of the athletic director/administrator. The Athletic Director/Administrator, prior to the start of the program, must approve any additional rules and regulations developed by the head coach/advisor of any extracurricular activity. These additional rules and regulations must be in writing and on file in the Athletic Office/Main Office. These rules cannot be inconsistent with any provisions of this extracurricular code of conduct.

Hazing/Harassment/Bullying

Participation in this type of behavior by any member of any athletic team in any form will not be tolerated. The penalty for participation in this type of behavior may include both school disciplinary procedure and team disciplinary procedure which may include removal from participation. RTMSD has school board policies dealing with these activities found here:

[Bullying/Cyberbullying Board Policy](#)

Hazing is the potential to endanger the mental or physical health or safety of a fellow team member irrespective of the willingness of the team member to participate. Hazing shall include, but not be limited to, any brutality of a physical nature, forced consumption of foods or liquids, any activity that will subject an athlete to mental stress, or various initiation or rite-of-passage practices.

Harassment shall consist of verbal, written, graphic, or physical conduct relating to an individual's race, color, national origin/ethnicity, gender, age, disability, sexual orientation, or religion. Sexual harassment is defined as any unwelcome sexual advances, request for sexual favors, and other verbal or physical conduct of a sexual nature when submission to, or subjection to, such conduct is used as a basis for making a team or participating in team activities, interferes with an individual's performance, or creates a hostile environment. Sexual harassment may include, but is not limited to, the following: verbal harassment or abuse of a sexual nature; demeaning sexual remarks directed to an individual; sexually explicit or offensive jokes or anecdotes; unwelcome sexual flirtations; advances, propositions, or requests for sexual activities; suggestions or demands for sexual activities accompanied by implied or expressed threats concerning an individual's involvement with the team; visual harassment by sexually offensive photographs, cartoons, drawings, posters, pictures, or objects; and physical harassment including assault and battery, unwelcome touching, and interference with movement or work.

Nondiscrimination in School and Classroom Practices

Harassment shall consist of verbal, written, graphic, or physical conduct relating to an individual's race, color, national origin/ethnicity, gender, age, disability, sexual orientation, or religion. Sexual harassment is defined as

any unwelcome sexual advances, request for sexual favors, and other verbal or physical conduct of a sexual nature when submission to, or subjection to, such conduct is used as a basis for making a team or participating in team activities, interferes with an individual's performance, or creates a hostile environment. Sexual harassment may include, but is not limited to, the following: verbal harassment or abuse of a sexual nature; demeaning sexual remarks directed to an individual; sexually explicit or offensive jokes or anecdotes; unwelcome sexual flirtations; advances, propositions, or requests for sexual activities; suggestions or demands for sexual activities accompanied by implied or expressed threats concerning an individual's involvement with the team; visual harassment by sexually offensive photographs, cartoons, drawings, posters, pictures, or objects; and physical harassment including assault and battery, unwelcome touching, and interference with movement or work. Please reference the full board policy at this link:

**[Refer to School Board Policy 103
Attachment 103](#)**

The Board declares it to be the policy of this district to provide an equal opportunity for all students to achieve their maximum potential through the programs offered in the schools without discrimination on the basis of race, color, age, creed, religion, sex, sexual orientation, ancestry, national origin, marital status, pregnancy, handicap or disability.

The district strives to maintain a safe, positive learning environment for students that is free from discrimination. Discrimination is inconsistent with the educational and programatic goals of the district and is prohibited on school grounds, at school sponsored activities and on any conveyance providing transportation to or from a school entity or school sponsored activity.

The district shall provide all students, without discrimination, course offerings, counseling, assistance, services, employment, athletics and extra curricular activities. The district shall make reasonable accommodations for identified physical and mental impairments that constitute handicaps and disabilities, consistent with the requirements of federal and state laws and requirements.

The board encourages students and third parties who believe they or others have been subject to the discrimination to promptly report such incidents to designated employees.

The Board directs that verbal and written complaints of discrimination shall be investigated promptly, and appropriate corrective action or prevention action be taken when allegations are substantiated. The Board directs that any complaint of discrimination brought pursuant to this policy shall also be reviewed for conduct which may not be proven discriminatory under this policy but merits review and possible action under other Board policies.

Pre-participation Physical Evaluations

All RTMSD student athletes, prior to participation in any sport, must have a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) from a physician of medicine (MD), osteopathic medicine (DO), registered nurse practitioner, a school nurse practitioner, or a certified physician assistant. The CIPPE may not be authorized earlier than May 1st for the upcoming school year and shall be effective, regardless of when performed during a school year, until the next April 30th.

Pre-participation physical evaluations can be conducted by a family doctor or at an urgent care or minute clinic facility. The sports physical form can be obtained through:

[https://www.piaa.org/assets/web/documents/PIAA_CIPPE_FORMS_SECTION\(S\)_1_-_10\(1\).pdf](https://www.piaa.org/assets/web/documents/PIAA_CIPPE_FORMS_SECTION(S)_1_-_10(1).pdf)

Transfer Students

The PIAA does not allow athletes to transfer schools for athletic reasons. Athletes new to the district may need to file transfer paperwork to be eligible to participate. Generally ninth grade students new to the district are not considered transfer students, and students whose parents or legal guardian have moved into our district from another state or region are not considered transfer students.

If your child meets any of the conditions listed below, please contact the Athletic Office (610-627-6396) to see if paperwork needs to be processed.

- Sophomore, Junior, or Senior
- Lives in the RTMSD but went to a private school in the previous year
- Attended a neighboring district in the previous year
- Lives with a person who is not his/her parent or legal guardian

Foreign Exchange & International Students

Foreign Exchange and International students need to be cleared by PIAA District 1 to be eligible to participate in athletics. These athletes, and their guardians, must contact the Athletic Office for the paperwork necessary to grant them one year of eligibility. Foreign Exchange students need to be participants in a nationally recognized Foreign Exchange program and must have a J-1 Visa. International students must have an F-1 Visa.

Admission Charge: Night Contests

Admission is generally charged to pre-season and regular-season night events held at Penncrest High School. Consistent with Central League policy, ticket prices will be \$5 for adults and \$3 for school-age students and senior citizens. All spectators should expect to pay an admission fee for a night contest held at any school.

Booster Groups

Booster groups are considered a separate entity from the school district. The Athletic Director may not govern or set policies and procedures for the Penncrest Booster groups. The Athletic Director may make suggestions regarding practices if asked by the Booster Organization. The school cannot levy any consequences to a student-athlete/family for not meeting booster group requirements.

Coaches may not collect money, make purchases, or have account access with regards to Booster funds. If a Booster group would like input from a coach for an order, the coach will ask for a formal quote from the vendor, and orders/payment will be made by a member of the Booster organization.

Awards

Varsity Letter - Each sport has its own specific criteria for the varsity letter award. The coach can provide you with the criteria upon request.

All Central - For each sport, voting is done by the 12 Central League coaches for All Central recognition in that sport. In most cases, coaches cannot vote for their own players. Contact the Athletic Director for the specific voting method for each sport.

All Delco - No coaches have a say in the All Delco selection. All Delco athletes are chosen solely by the Delaware County Daily Times Sports Department.

Kaufman Cup - Kaufman Cup recognition is given to high school seniors who have earned a minimum of 10 varsity letters and who have demonstrated qualities of sportsmanship. Recommendation for this recognition requires a unanimous vote by the Athletic Department personnel.

ATI GUIDELINE FOR THE MANAGEMENT OF CONCUSSIONS

As adopted from the National Federation of High School Sports recommendations: If an athlete exhibits any signs, symptoms, or behaviors that make you suspicious that he or she may have a concussion, that athlete must be removed from all physical activity, including sports and recreation. Continuing to participate in physical activity after a concussion can lead to worsening concussion symptoms, increased risk for further injury, and even death.

When you suspect that a player has a concussion, follow the “Heads Up” 4-step Action Plan.

1. Remove the athlete from play.
2. Ensure that the athlete is evaluated by an appropriate health-care professional.
3. Inform the athlete’s parents or guardians about the possible concussion, and provide concussion information.

4. Keep the athlete out of play the day of the injury and until an appropriate health-care professional says he or she is symptom-free and gives the okay for return to activity.

After suffering a concussion, **no athlete should return to play or practice on that same day**. Previously, athletes were allowed to return to play if their symptoms resolved within 15 minutes of the injury. Newer studies have shown us that the young brain does not recover quickly enough for an athlete to return to activity in such a short time.

Once an athlete no longer has signs, symptoms, or behaviors of a concussion **and is cleared to return to activity by a health-care professional (qualifications of a health-care professional vary by state so be sure to follow your state's guidelines)**, he or she should proceed in a stepwise fashion to allow the brain to re-adjust to exercise. In most cases, the athlete will progress one step each day. The return to activity program schedule **may** proceed as below **following medical clearance**:

Progressive Rehabilitation Protocol

The 4th International Conference on Concussion in Sport (Zurich 2012)

1. No Activity
 - a. Symptom-Limited Physical and Cognitive Rest
 - b. Objective: Recovery
2. Light Aerobic Exercise
 - a. Walking, Swimming or Stationary Cycling keeping intensity <70% MPHR
 - b. No Resistance Training
 - c. Objective: Increase HR
3. Sport-Specific Exercise
 - a. Skating drills in ice hockey, running drills in soccer
 - b. No Head Impact Activities
 - c. Objective: Add Movement
4. Non-Contact Training Drills
 - a. Progression to more complex training drills (e.g. passing drills in football and ice hockey).
 - b. Athlete may start progressive resistance training
 - c. Objective: Exercise, Coordination, Cognitive Load
5. Full Contact Practice
 - a. Following medical clearance, participate in normal training activities
 - b. Objective: Restore confidence and assessment of functional skills by coaching staff

6. Return to Play

<http://www.sportsconcussion.co.za/Research/International%20Consensus/4th-International-Conference-Concussion.pdf>



Concussion Management Plan for Athletes at ATI Contracted Schools

A concussion is defined as a mild traumatic brain injury (MTBI) which results in a rapid or delayed onset of symptoms that can alter the way the brain normally functions. This can be caused by a bump, blow, or jolt to the head, or from a blow to the body with an impulsive force that is transmitted to the head. Even a seemingly minor “ding” can be serious and needs to be given appropriate treatment.

A concussion results in a wide range of clinical symptoms which can include headache, amnesia, confusion, disorientation, nausea, uncoordinated movements, and loss of consciousness. All injuries should be treated based on individual symptoms and not by following grading scales. The focus of rehabilitation should be complete cognitive rest including time away from both athletics and academics.

Any athlete suspected of a concussion may not return to activity until cleared by a licensed healthcare provider who is authorized to provide sports physical examinations and who is trained in the evaluation and management of concussions (requirements of a healthcare professional may vary by state). Return to play should follow a gradual, stepwise progression.

When any head injury occurs, whether at practice or a game, the following steps should be taken:

1. Remove the athlete from play.
2. Call for the athletic trainer to come to the field (if not already there).
3. The Athletic Trainer will complete sideline evaluation to rule out or confirm head injury/concussion.
 - a. The immediate on-the-field assessment should focus on airway, breathing, and circulation as well as a focused neurological assessment (mental status, neurological deficits, and cervical spine status). This assessment determines initial disposition (i.e. whether the athlete needs to be emergently transported to the hospital or further assessed on the sideline).

- b. The sideline assessment allows for a more detailed history and exam. The history should focus on the mechanism of injury and somatic, affective, and cognitive signs/symptoms. The physical examination should focus extensively on the neurological exam, specifically assessing mental status and evaluating for neurologic deficits.
- 4. Memory function is best assessed by asking specific sport related questions and serial exams should take place every 5 minutes until the athlete returns to his/her baseline.
 - a. At what venue are we today?
 - b. Which half is it now?
 - c. Who did we play last?
 - d. What was the score?
- 5. Any athlete suspected of head injury will not return to play that day.
- 6. A phone call will be made to the athlete's parent/guardian to request that he/she pick up the athlete and to review proper immediate follow-up care. The parent or guardian must acknowledge in writing that he/she has received documentation as to the appropriate management of a concussion.
- 7. If at any time the athlete exhibits a decrease in mental status or any of the following symptoms, seek immediate medical care either by having the athlete go to the closest emergency room or by contacting 911.
 - a. Changes in alertness and consciousness
 - b. Convulsions (seizures)
 - c. Muscle weakness on one or both sides
 - d. Persistent confusion
 - e. Persistent unconsciousness
 - f. Repeated vomiting
 - g. Unequal pupils
 - h. Unusual eye movements
 - i. Walking problems
- 8. No athlete should return to play until cleared by an appropriate licensed healthcare provider who is authorized to provide sports physical examinations and trained in evaluation and management of concussions.
- 9. Once an athlete has been medically cleared by the licensed authorized provider AND is symptom-free, the athlete will begin a stepwise return to play as listed in the ATI Concussion Management Guidelines.

PENNCREST HIGH SCHOOL



Athletic Training Emergency Action Plan

- Medical Emergency Plan
- Role of First Responders
- Venues & Directions
- Catastrophic/Crisis Management
- Inclement Weather Procedures
- Lightning & Thunder
- Heat Index & High Humidity

Medical Emergency Plan

The purpose of the Emergency Action Plan (EAP) is to provide the best quality of care in a timely manner by guiding athletic personnel, emergency medical services, and campus security (if available) to emergency situations when they occur. It is essential to have a developed EAP that identifies each member of the emergency response team, those who need to be contacted, the emergency equipment available, and directions to where EMS needs to go so things run smoothly.

A SERIOUS INJURY IS ANY CONDITION WHERE THE ATHLETE'S LIFE MAY BE IN DANGER OR AT RISK OF PERMANENT IMPAIRMENT. These injuries include, but are not limited to, cervical spine injuries, head injuries, loss of limb, serious bleeding, shock, serious fractures, heat stress, and cardiovascular arrest.

Athletic Training Services: The Certified Athletic Trainer (ATC) is a highly trained professional who is present to provide the highest quality of healthcare to the student athletes. ATC's in the state of Pennsylvania are licensed by the PA Department of State and certified by the National Athletic Trainers' Association. The role of the Athletic Trainer is injury prevention, recognition, assessment, treatment and rehabilitation, and health care administration and promotion. The athletic training services at Penncrest High School are provided by Jillian Warner, LAT, ATC, ITAT, Madalyn Kennedy, MS, LAT, ATC (secondary), and the team doctors, Dr. Chris Davis, DO, and Dr. Robert Sing, DO. Athletes are referred to other medical specialists as needed.

Emergency Personnel: NATA Certified and Pennsylvania Licensed Athletic Trainer(s) are on site for practice and competition. Team Physicians are on site for home football games or on call. EMS is available by calling 911. The athletic training staff is certified by the American Red Cross in Emergency Response. The Athletic Trainer must be aware of any emergency that has occurred within the athletic department.

Athletic Trainers: Jillian Warner, LAT, ATC, ITAT – (610) 547-5863 (primary)

Madalyn Kennedy, MS, LAT, ATC – (760-885-8641) (secondary)

Medical Doctors: Dr. Chris Davis, DO / Dr. Robert Sing, DO (610) 328-7262 (Office)

Chain of Command for an emergency situation:

1. Team Physician (if present)
2. Emergency Medical Technician (if present)
3. Certified Athletic Trainer
4. Coaching Staff
5. AD, Athletic Training Students, Facility Coordinator

If there are many events going on, the ATC will not always be able to be the first one to respond to a scene, so the chain of command is to be followed until a higher person on the chain of command is able to step in.

These emergency procedures are applicable at the following locations: Penncrest High School: Stadium, Practice/Game Fields 1-9, Tennis Courts, Gymnasiums, Wrestling Room, Weight Room, Workout Room, and offsite practice locations.

Emergency Communication: Via cellular phone(s); phones will be on site with certified athletic trainers during practices and events.

Emergency Equipment: Supplies (AED, Crutches, Splint Bag, Medical Kits, and OSHA Materials) will be located on the field or gymnasium with the home team and certified athletic trainer. Additional emergency equipment is accessible from the athletic training facility.

Transportation: An ambulance should be on site for varsity football home events. Athletes can be taken to the hospital by ambulance for emergency and catastrophic injuries or illnesses. If the athlete is a minor and the parents are not present, the parents are to be notified of the situation and to what hospital the athlete was sent. A coach will go to the hospital with the athlete if only one coach of the team is present. If the athlete's parents are present, they can accompany the athlete.

Emergency Signals:

Physician and Athletic Trainer: arm crossed overhead with clenched fists

Paramedics: point to location in end zone by home locker room and wave onto field

Spine board: arms held horizontally

Stretcher: supinated hands in front of body or waist level

Splints: hand to lower leg or thigh

Role of First Responders

1. Immediate care of the injured or ill student athlete.

- a. Check ABC's, Severe Bleeding, and Level of Consciousness.
- b. Notify the athletic trainer immediately via cell phone or by sending someone to inform the ATC.
- c. Begin Rescue Breathing/CPR if needed or provide other necessary first-aid care.
- d. If a spine board is needed or an ambulance is necessary, send a coach to call 911. If splinting is not possible, stabilize and comfort the athlete until EMS arrives. NOTE: If a cervical injury is suspected, the individual is breathing and/or conscious, and the ambulance response time is short, instruct the victim to remain motionless until more qualified personnel (EMS) arrive.

2. Activation of Emergency Medical System (EMS)

- a. Call 911
- b. Give the name of the individual making the call
- c. Give telephone number (Athletic Training Room or Cell Phone)
- d. Number of Injured Athletes
- e. Condition of Injured Athletes
- f. First Aid Treatment being given
- g. Specific location of emergency - provide athletic field or site. (Provide venue directions, include street names and how to access sites.)
- h. Other information as requested

3. Direction of EMS to Scene (See attached venue directions)

- a. Open appropriate gates
- b. Designate an individual to "flag down" EMS and direct them to the scene.
- c. Scene Control: Limit scene to first aid providers and move bystanders away from the area.

4. Emergency Equipment Retrieval, Documentation and Debriefing, Post-follow up arrangements as necessary.

- Athletic Training Staff must be notified of all emergencies within the athletic department.

“Away” Games, Events, and Practices

Medical Emergencies – Catastrophic (breathing, loss of consciousness, concussion with loss of consciousness, suspected neck or spinal injury, weak pulse, signs of shock, poor vital signs, eye or face injury, severe bleeding).

1. Follow the First Aid/CPR/AED principles
2. Contact the ATC if not already present
 - If ATC is not at the event, continue down EAP and provide First Aid until EMS arrive.
3. Ask for the host team’s athletic training staff and carry out their EAP.
4. If the athlete is transferred to an alternative on-site location, ensure the head coach picks up the athlete at the conclusion of the event.
5. If a hospital visit is necessary, have parents or a school representative accompany the athlete to the hospital.
 - a. If the athlete’s parents are not present, contact them and explain the situation.
 - b. It is the responsibility of the hospital to notify the athlete’s parents or guardians with the latest and most accurate information concerning the athlete’s condition.
6. Complete an injury/illness report
 - If ATC was not present, contact ATC upon return to school to report the incident and the extent of the injury/illness.

Emergency – Non Life Threatening (fracture, dislocation)

1. Follow the First Aid principles
2. Contact the certified Athletic Trainer if he/she is not already present.
 - a. If the ATC is not at the event, continue down EAP and provide First Aid.
 - b. Ask the home school’s ATC for help if needed.

- c. Obtain emergency contact numbers and addresses.
3. ATC evaluate injury and provide appropriate care
4. If needed, have the athlete transported by parents or a school representative to the Hospital.
 - a. If the athlete's parents are not present, contact them to let them know of the situation.
 - b. It is the responsibility of the hospital to notify the athlete's parents or guardians about the latest and most accurate information concerning the athlete's condition.
5. Complete an injury/illness report
 - If ATC was not present, contact ATC upon return to school to notify her of the incident and the extent of the injury/illness.

Non- Emergencies (concussion with no loss of consciousness, illness, abrasion, minor cuts, contusion)

1. Follow the First Aid principles.
2. Contact the ATC if the injury was more than a minor cut, abrasion, or mild contusion. If the ATC is not present, the coach will provide basic first aid.
3. The ATC will evaluate the injury and provide appropriate care.
4. Complete an injury/illness report.

After Hours

In the event of an injury after office hours, or if the ATC is not present and the injury is not life threatening, the following plan should be initiated:

Call Jillian's cell phone (610-547-5863) or Madalyn's cell phone (760-885-8641). Either of them can arrange a meeting time or contact someone who is possibly in the area. You can also call the Springfield Clinic at 484-470-2150 for a free injury screen.

If a life-threatening injury occurs (head injury, loss of consciousness, abnormal vitals), call 911, and go to the nearest hospital.

You must notify the Athletic Trainer and the AD of an emergency ASAP. Also, contact the athlete's head coach/staff and a family member (if necessary).

Venues & Directions

Football Field – Take first right onto campus if coming from Middletown Rd (Rt. 352) and Van Leer Avenue. Proceed straight through the “do not enter” sign, and continue to follow the road past the stadium to the gated entrance with buses parked. (There will be police there for games). Enter the gate and drive through onto the dirt road leading onto the field.

Practice Fields - Take first right onto campus if coming from Middletown Rd (Rt. 352) and Van Leer Avenue. Proceed straight through the “do not enter” sign and continue to follow the road. Practice fields 6-8 will be along the road. For practice fields 1-5, continue along the road until you get to the tennis courts. Turn onto the gravel road, and follow it up the hill to the respective fields (1 is at the top).

Gymnasium - Take first right onto campus if coming from Middletown Rd (Rt. 352) and Van Leer Avenue. Proceed straight through the “do not enter” sign and continue to follow the road. Pull up next to the second door on the left; it is the entrance to the gymnasium.

Catastrophic/Crisis Management

- Contact Athletic Training and Sports Medicine Personnel
- Contact Athletic Director
- Designate an athletic administrator point person
- Contact/update school staff if not yet familiar with situation
- Contact family by appropriate individual (use assistance as needed):
- Coordinated media plan
 - NO CONTACT WITH MEDIA
- Meeting with athletes to discuss situation
 - NO OUTSIDE DISCUSSION OF MEETING WITH MEDIA
- Complete documentation of events including everyone involved with signatures
- Collect and secure all equipment and materials involved
- Construct a detailed timeline of events related to the incident
- Involve appropriate counseling and ministerial personnel
- Assign athletic staff member to be with the family at all times upon arrival; assist family members as needed; protect from outside persons
- Critical incident stress debriefing/counseling as necessary for individuals involved in the incident

Inclement Weather Procedures

General Policy

In the case of inclement weather (i.e. thunderstorms/lightning, hail, tornado), it will be under the direct discretion of the on-site Certified Athletic Trainer to determine if the practice/game fields should be evacuated. **Athletic events must be postponed for both lightning AND thunder.** Exceptions will be made for golf and other offsite practices/games whereby the head coach will have to suspend activity in the absence of an Athletic Training staff member.

Lightning and Thunder

Lightning is a dangerous phenomenon. The athletic training staff has developed a lightning policy to minimize the risk of injury from lightning strikes to athletes, coaches, support staff and fans. To monitor lightning, the Athletic Training Staff will utilize both the Flash-Bang method and a Sky-Scan Lightning Detector. Athletic teams that practice and compete outdoors are at risk when the weather is inclement. For this reason, the following guidelines, adopted from the NCAA and NATA, must be observed if it appears that lightning is possible for the area:

1. If inclement weather is forecasted for the area or sighted in the area, a Certified Athletic Trainer will get a weather update via the National Weather Service by telephone or the internet.
2. Lightning detectors will be situated on the outside fields when there is a possibility of inclement weather. If lightning is detected and the severe weather signal is illuminated with two subsequent readings within 30 seconds on the detector at 3-8 mile range regardless of the presence of visible lightning, all athletes and personnel must evacuate the fields and tennis courts and seek shelter. The nearest safe shelter is the Gymnasium for all fields.
3. If the lightning detector is not present, use the countdown or "Flash-Bang" method. To use the Flash-Bang method, count the seconds from the time the lightning/flash is sighted to when the clap/bang of thunder is heard. Divide this number by 5; this equals how far away (in miles) the lightning is occurring. (For example, 20 second count = 4 miles). As a minimum, the National Severe Storms Laboratory (NSSL) strongly recommends that all individuals have left the athletic sites and reach a safe location by the flash-to-bang count of 30 seconds (6 miles). However, lightning can strike as far as 10 miles, and it does not have to rain for lightning to strike. Activities will be terminated at the 40 second or 8-mile mark.
4. If lightning is in the immediate area, the Certified Athletic Trainer will notify the head coach as to the status of the inclement weather and the need to take shelter. Teams may return to the field once the lightning detector has detected no activity in the 3-8 mile range for 30 minutes from the last sight of lightning.
5. If no safe structure is within a reasonable distance, then other safe areas include enclosed buildings, fully enclosed vehicles with windows up (no convertibles or golf carts). Unsafe shelter areas: water, open fields, dugouts, golf carts, metal objects (bleachers, fences, etc.), individual tall trees, light poles. AVOID BEING THE HIGHEST OBJECT IN AN OPEN FIELD. ***Athletes/coaches, etc. should not stand in groups or near a single tree. There should be 15 feet between athletes (NLSI, 2000). NOTE: Athletes in sports with metal

equipment: golfers drop clubs and remove shoes, baseball/softball drop bats and remove shoes, tennis drop rackets.

6. If unable to reach safe shelter, assume a crouched position on the ground with only the balls of your feet touching the ground. Wrap your arms around your knees and lower your head. Minimize contact with the ground because lightning current often enters its victim through the ground rather than by a direct overhead strike. Do not lie flat! If safe shelter is only a short distance away, it has been suggested to run for shelter rather than stay in the middle of the field.
7. If a person feels that his/her hair is standing on end, he/she should immediately crouch as described in item # 6. If someone is struck by lightning, activate the Emergency Action Plan. A person struck by lightning does not carry an electrical charge; immediately initiate the EAP and begin the primary assessment. If possible, move the victim to a safe location.
8. Avoid using the telephone except in emergency situations. People have been struck by lightning while using a land-line phone. A cellular phone or a portable phone is a safe alternative to a land-line phone if the person and the antenna are located within a safe structure and if all other precautions are followed.

Event Procedures

Prior to Competition: A member of the Athletic Training staff will greet the officials, explain that we have means to monitor lightning, and offer to notify the officials during the game if there is imminent danger from lightning.

Announcement of Suspension of Activity: Once it is determined that there is danger of a lightning strike or **thunder is heard**, the Athletic Training staff member will notify the head coach and official and subsequently summon everyone from the playing field or court.

Evacuation of the playing field: Immediately following the announcement of suspension of activity, all athletes, coaches, officials, and support personnel are to evacuate to an enclosed grounded structure (Gymnasium/Locker rooms).

Evacuation of the stands: During competition, once the official signals to suspend activity, a member of the Sports Information staff will announce via the PA system: "May I have your attention. We have been notified of approaching inclement weather. Activity will cease until we have determined it is safe and the risk of lightning is diminished. We advise you to seek appropriate shelter at the following areas: Lobby/Gymnasium. Though protection from lightning is not guaranteed, you may seek shelter in an automobile. Thank you for your cooperation."

Resumption of Activity: Activity may resume once a member of the Athletic Training staff gives permission. Activity may resume thirty minutes AFTER the last lightning strike or activity using the Flash-Bang Method and two consecutive readings of the Sky-Scan Detector at the 20-40 miles away range and no activity in the 3-8 mile range.

Away events: apply the home/facility EAP or follow the instructions of the school's ATC.

Lightning Detection Procedures for Non-Supervised Activities:

Example: Athletes using facilities in the off-season or outside of regular practice hours.

No method of lightning detection can detect every strike, nor is prevention from lightning a guarantee; however, we encourage you to follow the Flash-Bang Method to monitor the approximation of lightning.

Tornadoes - Follow School Plan

Heat Index & High Humidity

During summer ,early fall, and late spring, high temperatures and high humidity are present. It is important that we make ourselves aware of the dangers of this situation to prevent heat exhaustion and/illness. Daily measurements via thermometer/sling psychrometers are taken before each practice during periods of extreme heat and humidity.

1. Go to www.weather.com
2. Enter your zip code
3. Add the numbers of temperature and relative humidity
4. If the sum of the 2 numbers is less than 150
 - a. Full pads
 - b. Full practice
 - c. Water breaks every 20-30 minutes
5. If the sum of the 2 numbers is greater than or equal to 150, practice should be restricted
 - a. Practice limited to 2 hours
 - b. Water breaks with helmets off every 15 minutes
 - c. Helmets and shoulder pads only
6. If the sum of the 2 numbers is greater than or equal to 160, practice should be restricted
 - a. Practice limited to 90 minutes.
 - b. Water breaks with helmets off every 15 minutes
 - c. Helmets only
7. If the sum of the 2 numbers is greater than or equal to 170°, all practice should be stopped.

Cold Weather Policy

Individuals engaged in sport-related physical activity in cold, wet, or windy conditions are at risk for environmental cold injuries.

1. 30°F and below: Be aware of the potential for cold injury.
2. 25°F and below: Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming.
3. 15°F and below: Modify activity to limit exposure and to allow more frequent chances to rewarm.
4. 0°F and below: All outdoor activities should be **canceled**.

Athletic Director Signature: _____.

Coach Signature: _____.