

**South Side Area S.D.
Athletic Department**



**SS High School
Student-Athlete Manual**

Fall 2019

Contents

<u>Page #</u>	<u>Description</u>
2	Introductory Letter
3	Team Rules
4	Sportsmanship Letter
5-6	WPIAL/PIAA Sportsmanship Guidelines
6	Parent/Coach Relationship
7	South Side Attendance/Grades Policies
7	PIAA Eligibility Guidelines
8	Hazing Policy
9	South Side Disciplinary Procedures
10	Athletic Travel Release
11	Athletic Scholarships and Recruiting
11	NCAA Eligibility Center Requirements
12	SAT/ACT Dates
12	Schedulestar.com
13-14	Season Ticket Information
15	Positive Athlete Program
16	Parent/Athlete Acknowledgement and Sign-off Sheet

Introductory Letter

Dear Parent and Athlete:

The purpose of this packet is to welcome your child into the South Side Athletic Program and to provide information regarding school policy and eligibility information.

Please pay special attention to pages 4 - 8 which contain: sportsmanship guidelines, attendance + eligibility, and hazing policies for both South Side and the PIAA.

Information pertaining to participation in athletics at the collegiate level such as scholarship and recruiting information can be found on the school web site (<http://www.sssd.k12.pa.us/>) under athletics.

We need each participant and parent or guardian to sign the last page of this booklet indicating that they have read and discussed the policies contained in this booklet. Please have your child return the sign-off sheet to their coach before the end of the first week of practice.

If you have any questions regarding the athletic program or any of the items contained in this booklet, feel free to give me a call at 724-573-9581 x 2608.

I wish you and your child the best of luck this season!

Sincerely,

Mike Colligan
Athletic Director

INSERT YOUR TEAM RULES ON THIS PAGE

Sportsmanship Letter

Dear Parent/Guardian,

I am writing to you as an invested district staff member committed to the value of sportsmanship. The role of the parent in the education of a youngster is important. The support shown in the home and in the stands is often manifested in the ability of the student to accept the opportunities presented at school in the classroom and through co-curricular activities.

There is a value system -- established in the home, nurtured in the school -- that young people are developing. Their involvement in classroom and other activities contributes to that development. Integrity, fairness, and respect are lifetime values taught through athletics, and these are the principles of good sportsmanship. With them, the spirit of the competition thrives, fueled by honest rivalry, courteous relations, and graceful acceptance of the results.

Working to that end, as a WPIAL/PIAA member school, we fully support the program SPORTSMANSHIP: "The Only Missing Piece Is You!". This is a program that we have recognized for many years to reinforce and reward the need for sportsmanship as one of the values taught through interscholastic athletics. A good sport, whether a student or a parent, is a true leader within the school and the community. As a parent of a student, your sportsmanship goals should include:

- Realizing that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a Contest;
- Encouraging our students to perform their best, just as we would urge them on with their class work, knowing that others will always turn in better or lesser performances;
- Participating in positive cheers that encourage our athletes; and discouraging any cheer that would redirect that focus;
- Learning, understanding, and respecting the rules of the Contest, the officials who administer them and their decisions;
- Respecting the task our coaches face as teachers; and supporting them as they strive to educate our youth;
- Respecting our opponents as students, and acknowledging them for striving to do their best;
- Developing a sense of dignity under all circumstances;
- Be a fan...not a fanatic!!!

Please also remember some of the focal points from the public announcements prior to the beginning of our Contests:

- ***Your paid admission to this event entitles you to ENJOY an exhibition of skills developed by the STUDENTS.***
 - Buying a ticket does not permit you to display unruly verbal or obnoxious behaviors at home/away events.
- ***Booing, taunting or intimidating the officials or opponents is unfriendly and unacceptable.***
 - Will not be tolerated and this can result in your removal from the Contest, with the possibility of suspension from future school-sanctioned Contests and events.

These and other expectations are included in the attached guidelines, which we hope you will take a few moments to review. They give us a roadmap to follow on a journey toward a more educational atmosphere to interscholastic athletics. You can have a major influence on your youngsters' attitude about academics and athletics. The leadership role you take in sportsmanship will help influence your child, and our South Side community, for years to come.

We look forward to, and appreciate your continued support of sportsmanship in the year ahead.

Mr. Colligan, Athletic Director

WPIAL & PIAA Sportsmanship Guidelines

The Fundamentals of Sportsmanship:

1. GAIN AN UNDERSTANDING AND APPRECIATION FOR THE RULES OF THE CONTEST

The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conformance to a rule's intent as well as to the letter of a given rule.

2. EXERCISE REPRESENTATIVE BEHAVIOR AT ALL TIMES.

A prerequisite to good sportsmanship requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

3. RECOGNIZE AND APPRECIATE SKILLED PERFORMANCES REGARDLESS OF AFFILIATION.

Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but also reflects a true awareness of the Contest by recognizing and acknowledging quality.

4. EXHIBIT RESPECT FOR CONTEST OFFICIALS.

The officials of any Contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the Contest are a part of the Contest. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on a Contest official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

5. DISPLAY OPENLY A RESPECT FOR THE OPPONENT AT ALL TIMES.

Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, Team, or family. This fundamental is the Golden Rule in action.

6. DISPLAY PRIDE IN YOUR ACTIONS AT EVERY OPPORTUNITY.

Never allow your ego to interfere with good judgement and your responsibility as a school representative. Regardless of whether you are an adult, student, athlete, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

Guidelines for Behavior...Spectators:

- Remember that you are at a Contest to support and cheer for your Team and to enjoy the skill and competition; not to intimidate or ridicule the other Team and its fans.
- Remember that interscholastic athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people as you would praise a student working in the classroom.
- A ticket is a privilege to observe the Contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the Contest so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your own home.
- Respect the integrity and judgement of Contest officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either Team.
- Refrain from the use of any controlled substances (alcohol, drugs, tobacco, etc.) before, and during Contests, and afterwards on or near the site of the Contest (i.e. tailgating).
- Use only those cheers that support and uplift the Teams involved.
- Recognize and compliment school and athletic administrators for their efforts in emphasizing the educational benefits of interscholastic athletics and the role of good sportsmanship to that end.
- Be a positive role model through your own actions and by censuring those around you whose behavior is unbecoming.

Guidelines Continued on Next Page...

Sportsmanship Guidelines Continued...

Acceptable vs. Unacceptable Behavior:

ACCEPTABLE BEHAVIOR...

- ✓ Applause during introduction of players, coaches, and Contest officials.
- ✓ Players shaking hands with opponents who foul out while both sets of fans recognize player's performance with applause.
- ✓ Accept all decisions of Contest officials.
- ✓ Cheerleaders lead fans in cheers in a positive manner.
- ✓ Handshakes between participants and coaches at end of Contest, regardless of outcome.
- ✓ Treat competition as a Contest, not a war.
- ✓ Coaches/Players search out opposing participants to recognize them for outstanding performance or coaching.
- ✓ Applause at the end of a Contest for performances by all participants.
- ✓ Everyone showing concern for an injured player, regardless of Team.
- ✓ Encouraging surrounding people to display only sportsmanlike conduct.

UNACCEPTABLE BEHAVIOR...

- Yelling, waving arms, or objects during an opponent's free throw attempt.
- Disrespectful or derogatory cheers, chants, songs, or gestures.
- Criticizing Contest officials in any way.
- Refusing to shake hands or give recognition of good performances.
- Blaming a loss on Contest officials, coaches, or participants.
- Laughing or name-calling to distract an opponent.
- Use of profanity or display of anger.
- Doing own cheers instead of following the lead of cheerleaders.
- Wearing extreme, unusual clothing or unusual body paint that detracts from the Contest.

Parent/Coach Relationship

It is important for our student-athletes' sake that coaches and parents keep athletics in the proper perspective. The South Side Area School District feels that participation in athletics and the self-discipline that results, plays a vital role in the students' overall growth and development. We recognize that coaching and parenting are very challenging and also very rewarding. We expect that our coaches keep the lines of communication open with parents. If everyone is treated with mutual respect, we can all enjoy a very happy and successful season. If a concern arises during the course of the season, please communicate with your child's coach under the following guidelines:

- Please do not attempt to confront a coach before or after a practice or contest. These times can be emotional and will probably not promote resolution. 24-hour rule will be enforced if necessary.
- Call the coach to set up an appointment to discuss the matter.
- If necessary, the Athletic Director can meet with the coach and parent to continue the discussion.
- Please do not air your concerns to the community. Instead, direct them as indicated above.

South Side Attendance and Grades Policies

1. Attendance—All Student-Athletes

In the middle school and high school, students who report to school later than 11:00 A.M. are not permitted to stay after school for any reason. In order to stay for an after school activity, students must be in school for four class periods in the middle school or two blocks in the high school. Students also cannot return in the evening to participate in any event, including practice if they haven't been in attendance for the required amount of time. Students who have a medical or dental excuse must bring it to the office before the scheduled event or practice so that the excuse can be verified.

2. Grades—All Student-Athletes

In the high school, students who are failing 1 full credit subject or the equivalent of 1 full credit subject are not permitted to participate in a contest. They are NOT permitted to sit on the team bench during a games/matches the following week. The student is NOT permitted to travel with the team to any away games/matches the following week. The student is only permitted to practice with the team at the coach's discretion.

Eligibility of Athletes According to PIAA By-laws

1. Only **full-time students** may participate in scholastic athletics.
2. **Semester Rule:** A student shall not represent their school in interscholastic athletics if they have:
 - a. Been in attendance more than 8 semesters beyond the eighth grade
 - b. Played 6 seasons beyond the sixth grade or 4 seasons beyond the eighth grade in any one sport.
3. **Age Rule:** Any athlete reaching the age of 19 on or after July 1st of that year is eligible to participate for the current school year. For competition in grades 7-8-9 the age is 16 on or after July 1st and for competition in grades 7-8 only the age is 15 on or after July 1st.
4. A pupil who has been **absent from school** during a semester for a total of 20 days shall not be eligible to participate in any athletic contest until they have been in attendance for a total of 45 days following their 20th day of absence. Attendance at summer school does not count toward the 45 days. Days absent from school do not count toward the 45 days.
5. **Suspensions:** An athlete who is suspended from school may not practice or play in any games during the period of suspension. The same applies for in-school suspensions

Hazing Policy

The purpose of this policy is to maintain a safe, positive environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the district and are prohibited at all times.

For the purposes of this policy **hazing** is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student for the purpose of initiation or membership in or affiliation with any organization recognized by the South Side Board of School Directors.

Endanger the physical health shall include but not be limited to any brutality of a physical nature, such as whipping; beating; branding; forced calisthenics; exposure to the elements; forced consumption of any food, alcoholic beverage, drug, or controlled substance; or other forced physical activity that could adversely affect the physical health or safety of the individual.

Endanger the mental health shall include any activity that would subject an individual to extreme mental stress, such as prolonged sleep deprivation, forced prolonged exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual.

Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.

The Board does not condone any form of initiation or harassment, known as hazing, as part of any school sponsored student activity. No student, coach, sponsor, volunteer or district employee shall plan, direct, encourage, assist or engage in any hazing activity.

The Board directs that no administrator, coach, sponsor, volunteer or district employee shall permit, condone or tolerate any form of hazing.

The district will investigate all complaints of hazing and will administer appropriate discipline to any individual who violates this policy.

The Board encourages students who have been subjected to hazing to promptly report such incidents to the building principal.

South Side Disciplinary Procedures

Firm and fair enforcement of school discipline policy is necessary to uphold the regulations and standards of the athletic department. The community, school administrators, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the students is our major consideration and transcends any other consideration.

All athletes shall abide by a code of ethics, which will earn them the honor and respect that participating and competition in the interscholastic program affords. **Conduct that results in dishonor to the athlete, the team, or the school is unacceptable.** Acts such as, but not limited to, theft, vandalism, disrespect, immorality, violations of law, or violations of school policy, tarnish the reputation of everyone associated with the athletic programs and will not be tolerated. **Consequences for inappropriate behavior and/or violation of school policy may be assigned at the discretion of the coach, principal, or both.** It is important to understand that school policy is in effect at all times that our students are involved in school-related activities. It should also be noted that any student who receives any type of suspension (In-School and/or Out-of-School) is not permitted to participate in any extra-curricular activities (practices, scrimmages and/or contests) on the day(s) the suspension is in effect.

South Side High School

Athletic Travel Release Information

The South Side Athletic Department does not have a policy mandating that athletes, managers, and statisticians ride the bus home from away events. That decision is left up to each individual coach as to best serve the needs of their team. If the coach allows their athletes, managers, or statisticians to ride with parents a list of those not riding the bus must be compiled.

Under **no circumstances** should a coach allow a team member to leave the game site with **another student**. An adult other than a parent may be designated to transport the child home if **written permission** is given to the coach prior to the competition.

Also, on some special occurrences, a parent/guardian may be given permission to drive their student plus another parents' student back to the school and/or to another school event being held off-campus. In those instances, the parent who is driving the student must submit a note to the athletic director/principal for approval stating they acknowledge that they are driving their student, plus any other student(s) from specific athletic event. Parent(s) of the student riding in the non-parent vehicle was also submit a note for approval by athletic director/principal stating that they are aware their student will be riding with another student's parent(s). Both notes should include an easily accessible telephone number, parent signature, and submitted with Athletic Travel Release Form the day before or morning of the athletic event. Athletic Director or Principal will contact parent(s) once approved.

The following format should be used:

This is to certify that _____ has my permission to ride from
(Student's name)
the _____ athletic contest on _____
(Sport) (Date)
from _____ with _____.
(Location of Contest) (Adult providing transportation)

I agree to release the South Side Area School District, its employees and officials from all liability for any adverse results which may occur with reference to the above stated transportation.

(Signature of Parent or Guardian)

Athletic Scholarships and Recruiting

Students that have any interest in playing sports while in college need to make sure they are taking the proper courses beginning with their freshman year. On the athletics page of the school website is a list of “core courses” that South Side offers. **Grades in these courses are the ones that are used to calculate the student’s core course grade point average.** Also on the website are the Division I requirements that must be met to play at the Division I level. At the end of your junior year you need to register with the NCAA Eligibility Center (information on page 12). The center determines if you are on track to being eligible to play as a freshman in college. **If you are going to play at the NCAA Division I or Division II level, this is a necessity!**

See page 12 for more information on the NCAA Eligibility Center.

If at the end of your sophomore year you should have a pretty good idea of whether or not you have the ability and desire to play college athletics. Meet with your coach at this time to enlist their help and expertise. The next step is to market yourself. You can only be offered a college scholarship if a college coach or scout has an opportunity to see you play.

- Go to the guidance office or Internet to obtain addresses of the colleges that you would be interested in.
- Prepare a letter to be sent to the college coaches. (sample online)
- Prepare a resume of your career (sample online)
- Prepare a highlight tape and game tape to send with the resume. It is a good idea to keep the highlights short, around 4 minutes. Don’t be afraid to show nondescript plays or even mistakes because coaches are interested to see how kids react in these situations.

College coaches are looking for all around athletic ability first. They look for coordination, speed, jumping ability, size, and strength. College coaches recognize that superior all around athletes are usually good at a variety of sports. Just by participating in different sports, you are showing scouts and coaches that you have some unique gifts. Unique because most young athletes can barely excel at one sport, much less two or three. If you are a standout at two or three sports, then you are a special talent.

NCAA Eligibility Center

The NCAA Eligibility Center evaluates your academic record to determine if you are eligible to participate at a Division I or II college as a freshman student-athlete. To register with the eligibility center, please do so online at www.eligibilitycenter.org Please note that there is a \$70 registration fee. At this time you should also complete the amateurism questionnaire. You will need the South Side HS code which is **391823** to complete these forms. If you have any questions, you can contact the Eligibility Center at (877)262-1492.

Make sure that you print both copy 1 and copy 2 of the transcript release form, sign them and give both to Mr. LaRue, the South Side High School guidance counselor.

****Attention seniors!** Prospects who intend to enroll at NCAA Division I and Division II institutions are required to supply ACT or SAT scores to the Eligibility Center directly from the testing agencies. **Test scores on an official high school transcript are not usable for NCAA purposes. The code for the Eligibility Center is 9999.**

2019-20 ACT & SAT Tests

SAT

Register to take the SAT at
collegeboard.org

SAT Test Date

August 24, 2019
October 5, 2019
November 2, 2019
December 7, 2019
March 14, 2020
May 2, 2020
June 6, 2020

Registration Deadline

July 24
September 5
October 2
November 7
February 13
April 2
May 6

ACT

Register to take the ACT at
actstudent.org

ACT Test Date

September 14, 2019
October 26, 2019
December 14, 2019
February 8, 2020*
April 4, 2020
June 13, 2020
July 18, 2020*

Registration Deadline

August 16
September 27
November 15
January 10
March 6
May 15
June 19

Schedulestar.com

The software that the athletic department uses for scheduling games has a companion website through which anyone with internet access can view all of the South Side High School and Middle School Athletic events on a daily basis by sport or day of the week. These schedules are updated instantly when the athletic department makes the change in the computer.

Another great feature is e-mail, phone/text notification of schedule changes and cancellations. Again, as soon as we make the change you will get an e-mail, call or text notifying you of the change instantly! You can sign up for specific sports or all of them.

To register, simply go to schedulestar.com then:

- Search using our zip code 15050
- Click on South Side HS
- Click on Register
- Sign up for alerts and manage your alert settings

Season Ticket Information

I am pleased to announce that the South Side Athletic Department will again be offering Season Ticket Packages for fall sports this year.

If you are interested in purchasing a ticket package, please indicate the package you desire below and the name of the people that should be put on the pass. If purchasing a family pass or student pass, please indicate all students' names and grades. Remember, if a student participates in middle school football, soccer or volleyball; that student gets a pass for free admission to the corresponding varsity sport provided they attend with a paying adult.

Please make all checks payable to “**South Side Athletic Fund**” and send them to:

Mike Colligan, Athletic Director
South Side High School
4949 State Route 151
Hookstown, PA 15050

If you have any questions, feel free to call the athletic department at 724-573-9581 x 2608.

Package Name: _____	Type:	Quantity	Amount
	Adult	_____	_____
	Student	_____	_____
	Total Enclosed		_____

Name(s) of person or people on pass: (1) _____

(2) _____ (3) _____

(4) _____ (5) _____

Fall Sports Season Ticket Packages 2019

Varsity Football (5 games) All tickets at the gate are \$5, Student presale will be offered in school for \$2

Adult pass **\$20** (\$25 value)

Student pass **\$8** (\$10 value)

Girls Varsity Soccer (10 games) Adult tickets at the gate are \$5 and student gate price is \$2

Adult pass **\$45** (\$50 value)

Student pass **\$18** (\$20 value)

Boys Varsity Soccer (10 games) Adult tickets at the gate are \$5 and student gate price is \$2

Adult pass **\$45** (\$50 value)

Student pass **\$18** (\$20 value)

Varsity/JV Volleyball (9 matches including SS JV Tournament) —Adult tickets at the gate are \$5 and student gate price is \$2

Adult pass **\$40** (\$45 value)

Student pass **\$16** (\$18 value)

***Remember, if a student participates in middle school soccer, middle school football, or middle school volleyball that student gets a pass for free admission to the corresponding varsity sport provided they attend with a paying adult.**

****Please have your student wear their school-issued game jersey to South Side home events in order to help assist our ticket/gate staffs identify/approve our middle school students for free admission.**



South Side Area School District Athletic Department

Positive Athlete Program

Positive Athlete is a group of high-character professional athletes that have teamed up to promote the benefits of “positivity” to young athletes around the world. These athletes believe it is crucial to begin shaping the futures of young athletes for life skills beyond athletic competition. This school year, South Side families, coaches and faculty members will be able to nominate South Side HS athletes that they feel embody the seven definitions of a positive athlete listed below. Last year, from all the nominations from the Pittsburgh area, Cheyenne Seik for volleyball was selected as the most positive athlete in her sport in the WPIAL and was recognized at a ceremony at the Western PA Regional History Museum featuring Hines Ward! Congratulations Cheyenne!

SEVEN DEFINITIONS OF A POSITIVE ATHLETE:

1. **Optimistic Attitude** - Most coaches will tell you that an athlete who believes positive things will happen has a greater chance for success.
2. **Encouraging Teammate** - In every sport, teammates are going to experience some kind of failure. Positive Athletes are the first ones to encourage them.
3. **Servant Leader** - Positive Athletes do not think about being the “stars of the team.” They lead through serving others first and by setting an example.
4. **Heart for Others** - Many athletes are blessed with gifts that many others are not. The Positive Athlete seeks to help the less gifted or fortunate.
5. **Admits Imperfections** - This is Positive Athlete...not Perfect Athlete. Athletes willing to admit they make mistakes gain the respect of teammates and fans.
6. **Always Gives 100%** - Not every athletic competition goes as planned, but a Positive Athlete always gives 100% no matter what the scoreboard says.
7. **Puts Team First** - There are times when personal achievement may hurt the team’s goal. Positive Athletes choose their team.

Additionally, the website <http://pittsburgh.positiveathlete.org> is designed to tell positive stories about the kind of role models our young athletes should aspire to be and to nominate our South Side Positive Athletes.

Parent/Athlete Acknowledgment and Sign-Off Sheet

I acknowledge receipt of the South Side Student Athletic Manual and the policies it contains. I have read the manual and discussed it with my child and our signatures below indicate an understanding of said policies and their importance.

I also understand that this form must be returned to my child's coach before the first scrimmage or my child will not be allowed to participate in that event or any subsequent events until this sheet is returned.

(Student Print Name)

(Student Signature & Date)

(Parent/Guardian Print Name)

(Parent/Guardian Signature & Date)

(Parent E-mail Address --- Please Print Clearly & Neatly)