



**PARENT – ATHLETE
HANDBOOK
2010-11**

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Dear Parent, Guardian, or Student-Athlete:

Welcome to Whitehall Athletics. We hope this handbook will prove to be informative and help in making athletics a positive experience.

The athletic program at Whitehall is based on the premise that athletes are students first and that athletic participation is a privilege rather than a right. Students learn teamwork and group responsibility. They also learn to deal with success and overcome adversity. Research shows those who participate in extra-curricular activities tend to make better grades and have fewer discipline problems than those who do not participate.

Throughout this handbook you'll notice references to your "student-athlete", rather than your "athlete" because we believe that your children are students first, and athletic participation is a privilege.

Here are some statistics to keep in mind:

- There are over 1 million high school football players and almost 1 million high school basketball players in grades 9-12 nationally. Of those numbers, about 250 make it to the NFL and 50 make it to the NBA.
- The odds of a high school football player being selected to play for an NFL team are about 6,000 to 1.
- The odds of playing in the NBA are even greater.
- The NCAA is made up of 977 schools classified in three divisions, and less than 25,000 student-athletes compete for NCAA titles annually, most of who ARE NOT on athletic scholarships.

It is for these reasons that it is important to focus on your child's academic career, first and foremost. It is secondary to focus on athletic successes.

This handbook is provided to assist in guiding you and your child through their secondary school athletic career. Please take time to read each section.

Best of luck during the 2010-11 school year!

Robert Hartman
Athletic Director
Whitehall High School

SECTION 1.

WHITEHALL-COPLAY SCHOOL DISTRICT MISSION STATEMENT FOR ATHLETICS

The athletic program of the Whitehall-Coplay School District is designed to promote the growth and development of our students. This program is an integral part of the school's educational program. Interscholastic competition provides students with physical, mental, and emotional experiences, which benefit not only the individual but the school and community as well. Participants have an opportunity to acquire qualities of total fitness, self-discipline, loyalty and a sincere devotion to the athletic experience.

We are committed to the proper ideals of sportsmanship, ethical conduct, and fair play at athletic contests. Being of member of interscholastic athletics is a privilege to be earned and maintained throughout the season. Each time participants step into a school or onto the practice field and anytime they participate in a game, they are expected to represent themselves, family, team, and school in a responsible, sportsmanlike manner.

In addition to embracing the Whitehall Athletic Department Mission Statement, we will also encourage and promote:

1. The belief that athletes should participate in multiple sports and not specialize in any one specific sport
2. The premise that all teams are considered vital for our student-athletes and each is a valued part of our athletic program. No one sport is considered more important than any other.
3. The approach that all teams are treated as fairly as possible.

SECTION 2.

WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC PARTICIPATION

Student-athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The Whitehall-Coplay School District encourages student-athletes in all sports, and their parents, to discuss risks and risk minimization with coaches and school administrators.

SECTION 3.

WHITEHALL ATHLETIC DEPARTMENT CHAIN OF COMMAND

In the Athletic Department of the Whitehall-Coplay School District, the following chain of command is in effect.

- Principal
- Athletic Director
- Head Coach
- Assistant Coach(es)
- Players

If there are any questions or concerns involving some aspect of our athletic program, the student-athlete should first contact the appropriate coach. If there were no resolution, he or she would then go to the head coach, etc. Parents first line of contact should be the level-appropriate coach, then the head coach.

SECTION 4.

PARENT – ATHLETE – COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear expectations and communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the players on the squad
3. Locations and times of all practices and contests
4. Team requirements, i.e., special equipment, off-season conditioning
5. Procedure should your child be injured during participation
6. Discipline that results in the denial of your child's participation

COMMUNICATIONS COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance
3. Specific concern in regard to a coach's philosophy and/or expectations

As your children become involved in the programs in the Whitehall-Coplay School District, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

When expressing the occasional concern with a coach, remember the following guidelines:

1. Approach the coach at the appropriate time, not before or after a game
2. Call the following day and make an appointment, which is convenient for both.
3. Raise your concern in a calm and civil manner. Yelling, being rude, or using foul language is totally unacceptable and will immediately end the meeting.
4. Once you have stated your question or concern, listen to the explanation. Often a sport-parent may be blinded by emotion and this overrides logic and reason. Listening receptively may really help you to understand any explanation that is given.
5. Your priority is your student-athlete. The coaches' priority is every student-athlete on the team, so understand there may be disagreement because of your priorities. Both you and the coach may be right, but not agree. That is O.K. Both must be willing to accept that possibility.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. So you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

PROCEDURE TO FOLLOW SHOULD YOU HAVE A CONCERN TO DISCUSS WITH A COACH

1. Call the coach to set up an appointment.
2. If you cannot reach the coach, contact the Whitehall Athletic Office to facilitate that meeting:
610-437-5081 x1816
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

THE NEXT STEP

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the Athletic Director to discuss the situation
2. At this meeting, the appropriate next step may be determined.

SECTION 5.

BEHAVIOR EXPECTATIONS OF SPECTATORS

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition – not to intimidate or ridicule the other team or its fans.

A ticket is a privilege to observe the contest, not a license to verbally assault other or be generally obnoxious.

Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

Game officials can ask that school administrators have unruly fans removed from a contest facility.

There is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectators who avails themselves of it are expected to conduct himself or herself accordingly.

SECTION 6.

STUDENT-ATHLETE DISCIPLINE DURING THE SCHOOL DAY

Expectations of our student-athletes remain high not only during practices and games, but also during the school day. We expect our student-athletes to be model students and leaders of their classmates.

In the event that a student-athlete has been in trouble in school and has gained Detention, In-School or Out-of-School Suspension, the following guidelines apply:

1. Detention – Athletes are not excused from detention nor are they to be dismissed early because of athletic practices or games. If a student misses a bus to an away game because of detention, they shall not play in that game.
2. In-school Suspension – A student-athlete may participate at the completion of the in-school suspension obligation, which includes detention. If the student has multi-day ISS, they may not participate prior to the end of the last day's obligations.
3. Out-of-School Suspension – A student-athlete may not participate in activities until the first school day following the end of the suspension. If the student is OSS on a Friday, they may not participate until Monday.

SECTION 7.

RESPONSIBILITIES OF A STUDENT-ATHLETE

Most coaches would expect a student-athlete to adhere to the following guidelines:

1. The team's goals, welfare, and success must come before any individual.
2. A student-athlete needs to consistently attend practice sessions, including weekends and holidays.
3. Players must be receptive to coaching.
4. Team members are responsible for all issued uniforms and equipment.
5. As a member of a team, a student-athlete must agree to and follow all team rules. Student-athletes need to remember that they are ambassadors and represent not only themselves, but the coaching staff and the school.
6. If injured, a student-athlete must report all injuries to either the coach or, more importantly, to our athletic trainer.

RESPONSIBILITIES OF A COACH

In the Whitehall-Coplay School District, a coach has the responsibility for the following:

1. The selection of a squad.
2. There determination of the style of play, including offensive and defensive philosophy.
3. The teaching and instruction at practice sessions.
4. The determination of who starts and how long an athlete plays in a contest.
5. The decision who plays what position.
6. The establishing of team rules.
7. The selection of team captains.
8. The communication with student-athletes and parents with respect to when practice sessions will be held, and when the sessions will start and finish.

SECTION 8.

PARTICIPATION ON AN ATHLETIC TEAM / PLAYING TIME

It is important to understand that participation on an athletic team in the Whitehall-Coplay School District is a privilege and not a right. Being on and maintaining one's membership on the team means accepting all the responsibilities of a student-athlete. However, unlike recreation or intramural teams, equal or guaranteed playing time does not exist. In an effort to win, a coach will use players best suited to the conditions or demands of the contest at that time.

Just as our students are exposed to a variety of teaching styles and techniques, our student-athletes are exposed to a variety of coaching styles and techniques. Consequently, the Athletic Department does not have any rules that mandate the amount of playing time received by each player. Those decisions ultimately rest with the coaches in the program.

SECTION 9.

ACADEMIC ELIGIBILITY FOR INTERSCHOLASTIC ATHLETIC PARTICIPATION

The Whitehall-Coplay School District follows the rules set forth by the Pennsylvania Interscholastic Athletic Association (P.I.A.A.) in governing athletic eligibility. Student-athletes must be passing four full credits in order to be eligible. In a block-scheduling environment, such as Whitehall High School, each block counts as 2 credits.

Eligibility is determined weekly and extends from Sunday through following Saturday. At the end of each marking period (6 in high school, 4 in middle school), a period of ineligibility extends to 10 days in a 6 marking period structure and 15 days in a 4 marking period structure. During a period of ineligibility a student-athlete may not practice or play.

Teachers are asked to turn in any grade that is below 70%. This is an effort to monitor student grades prior to reaching the failing level.

SECTION 10.

TRYOUTS / CUTTING

While our ultimate goal is to promote the greatest athletic participation possible in the Whitehall-Coplay School District, it may be necessary in some sports to cut a squad. This may occur due to limitations of our facilities, regulations specific to some sports, travel restrictions, and other factors.

Every coach has the responsibility and authority for selecting his or her team. The criterion for selecting the team is developed by the coach. The coach will be able to provide you with what is required for your specific sport.

It is important to remember that there are no guarantees. Players from a previous year's JV team, for example, do not automatically make either the JV or varsity squad the following season. Having been a member of the squad during the previous year or being a senior does not ensure that student-athletes will make the squad.

Parents should expect that every candidate is treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment, will handle the task as positively as possible, and be available to answer student-athletes' questions.

While we understand that being cut is disappointing for many student-athletes and even for their parents, we unfortunately cannot keep everyone. Anyone cut from a team is welcome to try out again next season or to try another sport. When parents and student-athletes understand and support the coach's decision, this difficult process becomes less painful for all.

SECTION 11.

PURPOSE OF A SUB-VARSITY TEAM

Sub-varsity teams exist to provide those student-athletes unable to participate on the varsity level an opportunity to develop skills and gain experience. While the student-athlete's age, size, or skill level may be the limiting factor in not making the varsity team, participation on a sub-varsity team may enhance the student-athlete's potential to make the varsity squad in the future.

A caution, however, must be given. Being a member of a sub-varsity team does not guarantee that a student-athlete will automatically move up the following year to the varsity squad. The student-athletes best suited for varsity competition will make the squad each year.

Striving to win is important in athletics; however, compiling a great record or winning a championship should not be the primary objective of a sub-varsity team. The Lehigh Valley Interscholastic will not acknowledge sub-varsity championships. The development of student-athletes should be the ultimate purpose of a sub-varsity squad while at the same time acknowledging the value of winning, learning, and enjoying being a member of a team.

At the junior high level, frosh, and JV level playing time for all participants is encouraged, though will not and cannot be guaranteed.

SECTION 12.

TRANSPORTATION

Transportation for all athletic contests, scrimmages, and when necessary, practices will be arranged by the Athletic Director. Departure times will be scheduled and published for coaches, players, custodians, faculty, and administration.

Student-athletes **MUST** use school-provided transportation to all athletic contests and scrimmages unless prior arrangements have been made with administration. In addition, student-athletes who are transported by school-provided transportation to events **MUST** return by school-provided transportation unless the head coach receives parental permission personally. Head coaches have copies of this transportation permission form. Only a legal parent or guardian may transport student-athletes. This, however, should only occur in emergency circumstances.

SECTION 13.

SPORTS MEDICINE

Athletic training is a vital part of any athletic program. We, at Whitehall, take the care and prevention of athletic injuries seriously. We will operate in 2010-11 with two trainers, one responsible for our entire athletic program, and the other assisting, with primary responsibilities on the Middle School level.

The following are just a few guidelines that will help you remain healthy or receive the appropriate care desired:

1. Student-athletes will follow the advice and discretion of the Athletic Trainer.
2. Players will get the proper amount of rest and follow a diet that facilitates good health.
3. Notify the coach and athletic trainer of all injuries that happen to you while at practice or in a game.
4. Arrive for treatment early enough to get treatment done and still be on time for practice or a game.

SECTION 14.

PRACTICE SESSIONS AND GAMES

Practice sessions are normally closed to spectators and there is a very sound reason for this. These sessions are the equivalent of a teacher's classroom and there is a real, quality instruction taking place. Interruptions and interference to a student-athlete's concentration and focus in practice cannot be allowed any more than a disruption would be tolerated in an academic setting. Education in any setting cannot be compromised.

In the Whitehall-Coplay School District, practice sessions:

1. May last as long as a coach needs, with prior communication
2. May start and end at different times, due to facilities or schedules
3. Will not be held when school is dismissed early due to inclement weather
4. May be held on Saturdays and over holiday periods

SECTION 15.

SCHOOL ISSUED EQUIPMENT

The Board of Directors of the Whitehall-Coplay School District have gone to great lengths to ensure our student-athletes are equipped in appropriate, safe equipment. To that end, student-athletes have the responsibility to return on re-usable equipment to the coach at the completion of the season. Any student-athlete who does not return equipment will be placed on the hold list until all obligations are met. Students will be billed for the cost of missing items. The Whitehall Athletic Department does not wish to receive money, but would instead prefer the items, as finding replacements is often very difficult. Students will not be able to participate in another sport, attend prom, receive report cards, or walk in graduation if obligations are not met.

SECTION 16.

OFF-SEASON PARTICIPATION

Please keep in mind that the Whitehall-Coplay School District sponsors no off-season activities (i.e. summer camp participation, summer leagues). The exceptions to this statement are the intramural programs that are a part of the collective bargaining agreement. Any off-season activities can be run through sport booster committees but are independent of Whitehall-Coplay School District. The District assumes no liability or responsibility for activities that are not school-sponsored.

SECTION 17.

VARSAITY W CLUB The Information You Need To Know

Q: What is the Varsity W Club?

A: The Varsity W Club is an all-sports booster organization that acts as an umbrella organization for all of our sports committees.

Q: What is a Sport Committee?

A: Sport committees at Whitehall are what we used to term “booster clubs”. Our sport committees will continue to raise funds for items and needs that help our programs improve.

Q: How does my student-athlete benefit from the Varsity W Club?

A: The Varsity W Club will purchase a Varsity Letterwinner Jacket for all student-athletes who have completed 10 service hours and earned 2 varsity letters. In addition, the Varsity W Club hopes to grow to the point where it can assist in funding for capital improvements of our programs.

Q: When does the Varsity W Club meet?

A: The Club meets monthly in Whitehall High School. Anyone is welcome to attend. Memberships are \$5 per family and are valid for an entire school year. Memberships entitle you to a vote at monthly meetings, as well as correspondence.

Q: What else does the Varsity W Club do to help?

A: The Varsity W Club purchases liability insurance and bonding for the club and all sport committees. Sport committees cannot operate independently of the Varsity W Club without these items.

Q: How does the Varsity W Club raise money?

A: The Club raises money through select, major fundraisers. Included in those are program advertisements and sales, a golf outing, an art auction, football and basketball concessions, and a basket bingo. The idea is that the Varsity W Club **will not be** a door-to-door fundraising club, selling candy bars and hoagies monthly.

Q: How does my athlete earn service hours?

A: Service hours are listed with the Varsity W Club Advisors. They will assist your student with scheduling their hours. Hours are earned by selling ads, working concessions, etc.

Meeting Dates

2010: Aug. 9, Sept. 13, Oct. 18, Nov. 15, Dec. 13
2011: Jan. 17, Feb. 21, Mar. 21, Apr. 18, May 16, June 7

All meetings are held in the Whitehall High School Resource Information Center at 7:00 p.m.

It is important that each sport is represented at the Varsity W Club meetings. Please discuss representation with your head coach.

Questions?

If you have a service hours question, contact
Carolyn Radon radonc@cliu.org 610-437-5081 (Girls PE)

Any other Varsity W questions can be directed to: Bob Hartman
hartmanb@cliu.org 610-437-5081 x 1816

Varsity W Club Initiatives

- ✓ Coordinate “Meet the Team” Night each season
 - ✓ Coordinate Senior Night photography
- ✓ Varsity Letterwinner Jackets for all who qualify
- ✓ Letterwinner Ceremony Season-in-Review DVD

HOW CAN YOU HELP?

- ✓ Be your sport’s representative
 - ✓ Come to meetings
 - ✓ Play in the Golf Scramble
- ✓ Work concessions for a few hours
- ✓ Assist with your team on photo day or Senior Night
 - ✓ Solicit program ads
 - ✓ Be a committee chairperson

Any of these only take a few hours of your time and that is all the Varsity W Club is asking for, a few hours to a good organization.

Sport Committee Fundraising

It is important for committees to realize that they can raise funds. Funds should be earmarked for travel, training aids, and generally items that help improve your program. The fundraising objective should be focused on improving achievement as opposed to obtaining gifts. Funds generated by sport committees are then held in the Varsity W Club account with each sport having its own sub-account. Those funds are used only by that sport and not the Varsity W Club, but are protected with insurance and bonding by the Varsity W Club. Deposits and disbursements are readily available from the Athletic Office. Fundraising applications can be obtained from the Athletic Office. All fundraisers must be approved by the Athletic Director.

APPENDIX 1.

**WHITEHALL ATHLETIC DEPARTMENT
ATHLETIC OFFERINGS
2010-11**

FALL

High School

Cheerleading (V, JV)
Boys' Cross Country
Girls' Cross Country
Field Hockey (V, JV)
Football (V, JV, JH)
Golf
Boys' Soccer (V, JV)
Girls' Tennis
Girls' Volleyball (V, JV)

Middle School

Co-ed Cross Country
Field Hockey
Football
Girls' Volleyball

High School

Boys' Basketball (V, JV, JH)
Girls' Basketball (V, JV, JH)
Cheerleading (V, JV)
Boys' Swimming
Girls' Swimming
Wrestling (V, JV, JH)

WINTER

Middle School

Boys' Basketball
Girls' Basketball

High School

Baseball (V, JV)
Girls' Soccer (V, JV)
Softball (V, JV)
Boys' Tennis
Boys' Track and Field
Girls' Track and Field
Boys' Volleyball (V, JV)

SPRING

Middle School

Co-ed Soccer
Softball
Boys' Volleyball

APPENDIX 2.

ACTIVITY BUS STOPS

SOUTH ROUTE STOPS

- | | | |
|---------------------------------|--------------------------|-------------------------|
| 1) Mechanicsville & Old Country | 14) Olympic & Corinth | 26) Pershing & 5th |
| 2) Sieples Station | 15) Overlook & Olympic | 27) 3rd & Summit |
| 3) Schadt & Mauch Chunk | 16) 13th & Overlook | 28) 3rd & Jefferson |
| 4) Presidential & Gallagher | 17) 13th & Fairmont | 29) 3rd & Union |
| 5) Presidential & Sunset | 18) 13th & Pennsylvania | 30) 3rd & Orchard |
| 6) Linden & Elmhurst | 19) 11th & Highland | 31) 1st & Bridge |
| 7) Schadt & Somerset | 20) Jordan & Mickley | 32) 1st & Wood |
| 8) Somerset & English | 21) Willow Crest Apts | 33) 3rd & Main |
| 9) Michael & Peachtree | 22) Kay & Fairmont | 34) Orchard & Miller |
| 10) Peachtree & Presidential | 23) 5th & Fairmont | 35) Minnesota & W Union |
| 11) Eisenhower & Presidential | 24) Fullerton & Fairmont | 36) Orchard & Ellsworth |
| 12) Presidential & Mickley | 25) Fullerton & Pershing | 37) Mickley & Mickley |
| 13) Alta & Creekside | | |

NORTH ROUTE STOPS

- | | | | |
|--------------------------|------------------------------|---------------------------|---------------------------|
| 1) Kings & St John | 12) Carbon & Sodl | 23) Springmill & Sunset | 34) Alice & Heidi |
| 2) 7th & Lehigh | 13) 4th & Center (Stiles) | 24) Fornaciari & Dewey | 35) Quarry St & Briarwood |
| 3) Lehigh & Terrace | 14) 4th & Chestnut | 25) Fornaciari & New York | 36) Redbud & Redbud |
| 4) 2nd & Lehigh | 15) Chestnut & Ruch | 26) Wild Cherry Market | 37) Main & S Church |
| 5) 2nd & Center (Hokey) | 16) Ruch & Columbia | 27) Spruce & Roosevelt | 38) S Church & Chestnut |
| 6) 2nd & Hokey | 17) Coplay Shelter | 28) Spring & Roosevelt | 39) W Columbia & Bridge |
| 7) 4th & Center (Coplay) | 18) Foxdale Dr | 29) Adams & Phillip | |
| 8) 2nd & Coplay | 19) 2nd & Main | 30) Adams & N Church | |
| 9) Chestnut & Maple | 20) 2nd St & Murphy's Garage | 31) Hoffman & N Church | |
| 10) 8th & Chestnut | 21) 7th & Hillside | 32) Hoffman & Lehigh | |
| 11) 8th & Hokey | 22) Summit St Fire Hydrant | 33) Scheidy's & West | |

Activity bus times will run during the 1st two weeks of summer camp at 7am (pick-up), 12pm (drop-off and pick-up), and 4pm (drop-off). If you are being picked up by a bus, please be at your stop at 7am or 12pm. During the 3rd week of summer camp, busses will run at 2:15pm (pick-up) and 5:45pm (drop-off). On school days, activity busses will run at 4:15pm and 6:00pm. They are drop-offs only. There are no activity busses on days that students are not in school.

APPENDIX 3.

WHITEHALL ATHLETIC SCHEDULES

INSTRUCTIONS ON HOW TO USE WWW.HIGHSCHOOLSPO RTS.NET

TO ACCESS UP TO DATE AND CURRENT SCHEDULES FOR YOUR STUDENT-ATHLETES' ATHLETIC TEAMS!

1. Using your web browser, type in the URL: www.highschoolsports.net
2. The following screen will give you a drop down menu of states. Choose **Pennsylvania**.
3. The following screen will give you a drop down menu of schools in Pennsylvania. Choose **Whitehall High School**. It will also access WCMS schedules.
4. On the following screen, you will see a listing of today's events and you will see a calendar of events for 2 days, the week, the month, or the season. You can change the view, as you like. You can change months as you see fit by clicking on the arrows next to each month.
5. All events that are scheduled are listed in the corresponding date. You can move your cursor over the event to get more detailed information.
6. You can see your entire team schedule by using the drop down menu in the box entitled, "**Pick Sport**". When you select a team and click **view schedule**, the entire season's schedule for that sport and level will appear.

Receiving instant change notification!!!

1. You can also sign up for instant notification of cancellations or postponements by clicking "**Register**" at the top of the page!
2. After you get to the sign-up screen, fill in the information completely and accurately on the 1st page.
3. You will be able to choose the sports you would like to be notified about. Select that sport and level and click add to list.
4. At the bottom of the screen, you can add a cell phone number for notification via text message as well as additional e-mail addresses for family, friends, etc. you would also like to know this information.

This method of finding out about athletic changes will be the quickest and most efficient method available to you, much quicker than voice mails!

APPENDIX 4.

WHITEHALL HIGH SCHOOL EXTRACURRICULAR ACTIVITIES CONDUCT CODE (Revised July 27, 2000)

PHILOSOPHY STATEMENT:

The extracurricular activities program of the Whitehall-Coplay School District is designed to promote the growth and development of our students. Since these programs are an integral part of the school's educational philosophy, participation in extracurricular activities is a privilege contingent upon compliance with established rules. The regulations set forth in this code are designed to positively promote the growth, development, and team spirit orientation of our students. The success of our programs will therefore, depend upon each participating student developing himself/herself to the fullest extent and accepting his/her responsibility to the activity, while exercising the ability to develop and fulfill all classroom responsibilities.

I. Definition of a Participant in a Whitehall High School Extracurricular Activity:

Any student whose name appears on the athletic academic eligibility checklist; on any musical organization roster; club or school organization including intramural activities during the previous or current school year.

II. Period of Applicability:

The regulations set forth in this code are in effect from the first legal practice date for fall extracurricular activities (or the first day of school for all other students) until the last day of the school year. In the event that an individual or school sponsored team/organization continues to participate beyond the last day of school, the student will be expected to adhere to all rules until the completion of the last event.

III. Extracurricular Goals and Objectives:

The ultimate goal of extracurricular offerings is to encourage each participant to become an effective citizen in a competitive, democratic society through the accomplishment of specific objectives:

- A. To provide opportunities for lasting friendships, not only within the Whitehall community, but other communities as well.
- B. To give students an early understanding that participation in extracurricular activities is a privilege not a right which carries responsibilities with it.
- C. To teach that a penalty follows the violation of a rule.
- D. To provide students the opportunity to participate and to develop a desire to excel to the best of their ability.
- E. To provide students the opportunity to practice good citizenship, by developing emotional control, cooperation, and dependability.
- F. To develop self-discipline, respect for authority, and the spirit of hard work; to place the organization and its objectives higher than any personal desires.
- G. To enjoy extracurricular activities by acknowledging the personal rewards derived from extracurricular programs and to give sufficiently of oneself in order to preserve and improve all school programs.
- H. To promote morale, school spirit and loyalty by providing activities which the whole community can support.
- I. To continue to improve by establishing a goal and diligently practicing skills while adhering to desirable habits and characteristics necessary to develop the individual.

Any student participating in Whitehall High School extracurricular activities, any club, musical or school sponsored organization will be required to abide by the rules listed in the Whitehall High School Key and Whitehall-Coplay District Policy Manual. Any major violation or repeated minor violation of the policies listed in the Whitehall-Coplay District Policy Manual will result in the penalties described below.

IV. Extracurricular Activity Eligibility:

To be eligible to participate in extracurricular activities at Whitehall High School, all students will be required to meet the following eligibility standards:

- A. Appropriate School Behavior
 1. Appropriate Student Behavior as determined by the Extracurricular Conduct Code, The Whitehall High School Key and the Whitehall-Coplay District Policy Manual.
- B. Attendance in School

1. To participate in any extracurricular activity a student must be in attendance at school before 11:05 AM, excused, and 8:30 AM unexcused on the day of the activity.
2. Exceptions to the above rule would be a doctor appointment, a family or medical emergency, or extenuating circumstances. These exceptions would require a note from the student's parent/guardian and would be reviewed by the administration and the coach/advisor. They would determine the eligibility of the student to participate.
3. Normal detention procedure applies for accumulation of lates and will be enforced during practice, games, or extracurricular activities on detention days as is applied to the rest of the student body.
4. Students who are suspended from school or have multiple days of in-school may not participate until the suspension has been completed.

NOTE: All students participating in PIAA sanctioned events are subject to PIAA regulations for eligibility.

C. Suspension/Resignation:

1. Should a participant athlete/student be suspended from an activity, he/she may not join another activity during that athletic season or semester extracurricular activity.
2. Should a participant be cut or choose not to participate on one team, he/she may try-out for another team before that sport/activity season has ended.

D. Conduct of a Student Participant in Extracurricular Activities:

1. Ejection for misconduct during an extracurricular activity.
 - a. 1st offense – consequence at coach's and/or advisor's discretion
 - b. 2nd offense – suspension from one activity or competition
 - c. 3rd offense – administrative review
2. Profanity is unacceptable at any time. All offenses will be addressed by the coach and/or advisor.
3. Conduct unbecoming of a student participant during an activity or competition will be addressed by the coach/advisor.
4. An extracurricular participant shall abide by the Whitehall High School Extracurricular Activities Conduct Code as printed or explained. Any infraction by the participant will be handled by the administration and the coach or advisor:
 - a. if a violation involves an exclusion, in-school or out, the extracurricular participant will be suspended from extracurricular activities during the exclusionary period. He/she becomes eligible the next calendar day immediately following the last day of exclusion. If multiple days occur for an exclusion, the athlete is ineligible until the exclusion is completed.
 - b. if an extracurricular participant has detention, after serving the required time, he/she will report to the coach or advisor directly.
5. Tobacco: The following regulations have been developed by The Whitehall-Coplay School District in order to discourage our students from using, possessing, or distributing tobacco and tobacco products.
 - a. If the offense takes place on school property, administration will enforce the school code.
 - b. In addition, if the offense occurs on school property or at a school sponsored/approved function, and the school administration has verified the offense, it will be addressed by administration, and the result will be:
 - 1st offense – 3 week suspension from the sport or activity and will continue into the next sport or activity if the season and/or semester ends in less than 3 weeks
 - 2nd offense – will result in removal from the sport or activity for the rest of the athletic season or remainder of the semester for all extracurricular activities. In either case the removal should not be less than 6 weeks and will continue into the next sport or activity in which the student participates.
6. Alcohol and Other Drugs: The following regulations have been developed by the Whitehall-Coplay School District in order to discourage our students from using, possessing or distributing drugs and alcohol products.
 - a. No student shall use, possess, or distribute alcohol, drugs, steroids controlled substances, look-alikes, or possess drug-related paraphernalia on school property or during a school sponsored/approved activity.
 1. If the offense takes place on school property or during a school sponsored/approved activity, the following will apply:
 - a. 1st offense for use or possession
 - i. 3 to 10 day suspension from school
 - ii. dismissal from the team/activity for the remainder of the season for a sport or semester for activities
 - iii. 6 weeks will be the minimum amount of suspension time from an activity or sport and continue into the next sport or activity if the season or semester ends in less than 6 weeks.
 - iv. referral to SAP
 - v. referral for a drug and alcohol evaluation at the Lehigh County Drug and Alcohol

- Intake Unit and compliance with all recommendations
 - b. Distribution of alcohol, drugs, steroids, controlled substances, look-alikes or drug related paraphernalia:
 - i. 10 day suspension from school and possible recommendation for expulsion
 - ii. dismissal from the team/activity for the remainder of the season or semester (6 weeks will be the minimum amount of suspension time from an activity or sport)
 - iii. referral to SAP
 - iv. referral for a drug and alcohol evaluation at the Lehigh County Drug and Alcohol Intake Unit and compliance with all recommendations.
- 2. If the participant does not follow the procedure and recommendation in either a or b, he/she will not be permitted to participate in any future Whitehall extracurricular program until the student/athlete comes into compliance.
- b. Prior to any investigation or involvement, a student with a drug and alcohol problem may voluntarily come forward to request assistance without consequence. He/she will be evaluated by the Lehigh County Drug and Alcohol Intake Unit and must follow the recommendations they set forth. However, once a student participant has been properly evaluated and appropriate recommendations set forth, the student participant must cooperate with the recommendations to participate in extracurricular activities. If the participant does not follow the treatment, he/she will be dismissed from the current school activity and will not be permitted to participate in any future Whitehall extracurricular activities until the participant comes into compliance.

V. Removal or Dismissal From a Team/Activity

The removal or dismissal from a team/activity may be reduced to 3 weeks for violators in sections (IV 6A, 1a only) as per the following conditions:

- A. Student/parent must obtain prior approval (from the high school principal) for participation in a community service activity.
- B. Student and parent must submit documentation of completion of 15 hours/week for 3 weeks (total of 45 hours) of approved community service. Both student and parent must each meet this 45-hour requirement.
- C. Reduction in the length of removal from team/activity will only be considered for 1st offenses in sections (IVD 6A , 1a only)

VI. Due Process (The following format of Due Process will be, used in all extracurricular investigations to evaluate allegations of misconduct and behavior modification options.)

- A. All allegations will be investigated by the High School principal or his designee.
- B. If sufficient evidence is found to warrant a possible violation of the activities code, a student hearing shall ensue.
- C. Notify parents/coaches/and students in a meeting of the findings to discuss the ramifications of the offense.
- D. Review consequences, and discuss positive options to modify the behavior.

VII. Activities Conduct A parent or legal guardian and the student participant must sign the Extracurricular Code consent form and return it before the opening day of the season or the semester. This will assure the coach and/or advisor that the student and parent/guardian will agree to uphold its standards. Athletics and activities are a privilege and this form must be signed prior to any individual participating in athletics or extracurricular activities.

APPENDIX 5.

CONTACT INFORMATION

Whitehall High School		610-437-5081
Main Office		ext. 2800
Main Office Fax Number		610-820-7520
Whitehall – Coplay Middle School		610-439-1439
Whitehall Athletic Department		610-437-5081
Robert Hartman, Athletic Director	hartmanb@cliu.org	ext. 1816
Stacey Pitten Athletic Secretary	pittens@cliu.org.	ext. 1816
Athletic switchboard		ext. 3
From switchboard, cancellations and postponements		ext. 1
From switchboard, Athletic Office		ext. 2
Athletic Department Fax Number		610-435-3233
High School Training Room		ext. 8840
Boys’ Physical Education Office		ext. 8836
Girls’ Physical Education Office		ext. 8835
Field House, Training Room		610-439-7105

All head coaches can be reached indirectly by calling the Athletic Office.