

Moshannon Valley High School



2021-2022

STUDENT-ATHLETE and PARENT/GUARDIAN HANDBOOK

Varsity Fall Sports

Football
Girls Soccer
Girls Volleyball
Cheerleading
Cross Country (Boys & Girls)

Varsity Winter Sports

Boys & Girls Basketball
Wrestling
Cheerleading
Bocce

Varsity Spring Sports

Baseball
Girls Softball

Jr. High Fall Sports

Football
Girls Soccer
Cheerleading

Jr. High Winter Sports

Boys & Girls Basketball
Wrestling
Cheerleading

Jr. High Spring Sports

Boys Baseball
Girls Softball

STUDENT-ATHLETES and PARENT(S)/GUARDIAN(S):

This handbook has been put together to assist your understanding of the rules, regulations and responsibilities of being a student-athlete at Moshannon Valley Jr/Sr. High School. We believe that participation in athletics, when administered properly, can be a very beneficial experience in many ways. Participation in athletics is a privilege that you earn, not a right you are entitled to, and we want to thank you in advance for giving us the opportunity to work with you during the 2020-2021 school year.

This handbook is to be read by the student-athlete and their parent(s)/guardian(s) and retained for future reference. After reading the information, please sign and date all four sections of the **PARENT/GUARDIAN & STUDENT-ATHLETE SIGNATURE PAGE**. This page **MUST** then be removed from the handbook and returned to the respective Head Coach.

School Board Approved July 2021

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ATHLETIC OFFICE (814) 378-7616

MAIN OFFICE (814) 378-7616

Moshannon Valley School District Board of Directors

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Mr. Albert Adams

Mrs. Stacey Warrick-Williams

Mr. Don Wonderling

Dr. Dan Perna

Mr. Nathan Dotts

Mr. Kris Bacher

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Mr. David Consiglio, Solicitor

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Dr. John W. Zesiger..... Superintendent
 Mrs. Tracie Tomasko..... Elementary Principal
 Mrs. Wendy Payne..... Director of Special Education
 Mr. Kris Albright Jr/Sr. High Principal
 Mr. Darin Ricciotti..... Assistant Principal
 Mr. Tom Webb Athletic Director

Coaching Staff

Mr. Tom Webb..... Athletic Director
 Mr. Alan Wonderling Weight Lifting Advisor
 Mrs. Joan Kephart..... Game Manager

Football

Mr. Michael Keith..... Varsity Head Coach
 Mr. Brett Kephart..... Varsity Assistant Coach
 Mr. Zach Zapsky..... Varsity Assistant Coach
 Mr. James Keith..... Junior Varsity Head Coach
 Mr. Joe Cervenak..... Junior High Head Coach
 Mr. Kris Albright Junior High Assistant Coach
 Mr. Thad Walstrom..... 8th Grade Assistant Coach
 Mr. Derick Jones..... 8th Grade Assistant Coach

Volleyball

Ms. Samantha Herto..... Varsity Head Coach
 TBD Varsity Assistant Coach

Girls' Basketball

Ms. Jillian Kane Varsity High Head Coach
 Mr. Jim Stodart Varsity Assistant Coach
 Mrs. Korinn Clarkson Junior High Head Coach
 Ms. Samantha Herto..... Junior High Assistant Coach

Boys' Basketball

Mr. Justin Rydbom..... Varsity Head Coach
 Mr. Ryan Cornelius..... Varsity Assistant Coach
 Mr. Kevin Howard..... Junior High Head Coach
 Mr. Joe Cervenak..... Junior High Assistant Coach

Wrestling

Mr. Thad Walstrom..... Varsity Head Coach
 Mr. Tim Tekley..... Varsity Assistant Coach

Mr. Jason Shoff.....Junior High Head Coach
 Mr. Kris Albright Junior High Assistant Coach

Baseball

Mr. Ryan Cornelius.....Varsity Head Coach
 Mr. Richard BallVarsity Assistant Coach
 Mr. Bernie Kephart.....Junior High Head Coach

Softball

Mr. Gary Godin.....Varsity Head Coach
 Mr. Mark Rice and Mr. Chris Anderson.....Varsity Assistant Coach
 Mrs. Kyersten Whetstone.....Junior High Head Coach
 Ms. Aubrey Dotts..... Junior High Assistant Coach

Soccer

Joceny Benjamin.....Varsity Head Coach
 Ms. Autumn Adams.....Varsity Assistant Coach
 Mr. Scott McClellandJunior High Head Coach
 Mrs. Rachel Perea..... Junior High Assistant Coach

Bocce

Mrs. Erin Hall and Mrs. Wendy Payne.....Co-Head Coach

Cross Country

Miss Abigail HoustonHead Coach
 Mr. Brandon Owens.....Assistant Coach

Cheerleading

Mrs. Denise Kephart.....Varsity Head Coach
 Mrs. Brandy Evans..... Junior High Coach

PIAA Regulations

1. **Age Rule:** An athlete may not turn 19 before July 1, of the preceding school year. For junior high sports the athlete may not turn 16 before July 1.
2. **Semesters:** Once an athlete enters 9th Grade, he/she has eight semesters to participate in athletics.
3. **Seasons:** Once an athlete enters sixth grade, he/she has six seasons to participate in a sport.
4. **Attendance:** If an athlete is absent for 20 days in a semester, he/she is ineligible until he/she is in attendance for 45 school days following the 20th day of absence. The 45 days need not be consecutive, just cumulative. The MVSD requires athletes in school no later than 9:30 AM to be eligible for practice or competition on that day. If the student has a doctor’s appointment during the school day and do not attend school before 9:30am, they need to bring in a doctor’s excuse to be permitted to practice or play.
5. **Academic Eligibility:** The grades for core courses, (Mathematics, English, Science, Social Studies and CCCTC programs) will be reviewed weekly by the high school principal and

athletic director. A student must be passing **all four** core courses to maintain athletic and extra-curricular eligibility. This is in addition to the application of the PIAA eligibility rules on all participating students on a regular basis.

- a. Weekly grade reviews will be conducted by the athletic director and administration every Wednesday and Friday. On Friday of each week, academic eligibility will run through our Skyward Grading System. If a student has below a 70% in any of their four core courses, the athletic director will notify the head coach that an athlete is ineligible. The athlete is then ineligible from Sunday through and including the following Saturday. They may practice, but will not be eligible to play in an athletic event.
 - b. If a student-athlete is ineligible to begin the school year based on final credits from the previous year, the student is ineligible for 15 school days and at the end of 15 school days must be passing four or more credits.
 - c. If a student-athlete becomes ineligible on the day report cards are issued by not passing at least 4 credits, the student-athlete is ineligible from the date of issue for 15 days.
 - d. Mandatory Study Tables will be conducted for all sports/athletes on a weekly basis during each designated season. Study Tables will take place from 2:40-3:10 in the Collaboration Center. Each team will be assigned one (1) day each week for all participants to attend. Coaches/Administration can request student-athletes to attend more than one session per week.
- 6. Physical:** The PIAA form Comprehensive Initial Pre-Participation Physical Exam (CIPPE) must be completed and signed by every student-athlete and their parent/guardian prior to trying out for a sport at Moshannon Valley. Physical exams must be dated on or after June 1st. Sections 1-5 of the CIPPE are to be completed by the student-athlete and their parent/guardian. Section 6 will be completed by your physician. One physical will cover the entire school year providing the student-athlete is not injured, or absent for 20 or more days.
- 7. Recertification:** If a student-athlete goes out for 2 or more sports seasons they need to be recertified. Sections 7 and 8 of the CIPPE are your recertification papers. Section 7 is required for each subsequent sport season, and Section 8 is only required if the student-athlete answers YES to specific questions on Section 7. (Section 9 of the CIPPE is only for wrestlers.)
- 8. Transfer Rule:** Please check with the athletic director on **all transfers** prior to the start of the season.

Moshannon Valley School District Policy

- 1. Health Insurance:** The Moshannon Valley School District (MVSD) does not provide health insurance coverage for student activities, including athletics. Proof of insurance coverage must be provided on Section 1 of the PIAA CIPPE packet. All student-athletes, except for football players, may purchase School Insurance. Forms are available in the main office.
- 2. Post Season Competition:** To be eligible for the post-season a team must have a .500 or better record by the cut-off date. All games yet to be played will be assumed as wins in determining a potential .500 record.
- 3. Meal Money:** Is limited to state tournament play and special events approved by the principal.
- 4. Transportation:** If a student is transported home after an away competition by their parent/guardian, the parent/guardian must sign the **Moshannon Valley High School Parental Transportation Request Form**. **Under no circumstances will a coach release a**

student to anyone other than a parent without a signed release by the principal and/or athletic director.

5. **League Affiliation:** Moshannon Valley High School is in the ICC All-Sports Conference.

Moshannon Valley School District Rules & Regulations

Organization and Administration

1. **Team Rules & Practice Schedules:** A written copy of all individual team rules and regulations, a practice and game schedule, and varsity letter requirements will be given to all student-athletes and/or their parents at a preseason meeting.
2. **Injuries:** All injuries should be reported to the Certified Athletic Trainer who will complete an injury form and give the athletic director a copy. The athletic director will then give the principal and nurse a copy of the accident report.
3. **Team Booster Clubs:** Booster clubs will meet frequently during the school year – coaches are expected to attend. All individual team club fundraising is the responsibility of the head coach and must be accounted for and funds or financial records channeled through the Main Office.
4. **Postseason Awards and Banquets:** At the end of the season, each coach will submit a list of letter winners to the athletic director. The All-Sports Banquet is typically held in late May. Any individual team banquets or award ceremonies are the responsibility of each individual sport.
5. **Letter of Intent Signings:** Will be scheduled with the athletic director and will be held for all Division One or Two athletic scholarship student-athletes.

Athletic Regulations

These rules apply during each season, from the start of practice until the final game, including the playoffs.

1. Possession of alcohol, or illegal drugs on school property or at any school event, or proven or admitted use of alcohol or illegal drugs during a school function, warrants immediate dismissal from the team.
2. Possession of any tobacco product, electronic cigarette, or other nicotine dispensing device on school property or at any school event or proven or admitted use of tobacco will result in a one-week suspension for the first offense and dismissal from the team for the second offense. Any tobacco violation will be submitted to the District Magistrate who will determine the fine and court costs.
3. Abuse of early dismissals of even the slightest degree warrants the following discipline:
 - First infraction-one-week suspension, second infraction-two-week suspension, third infraction-dismissal from the team

Suspension is defined as no participation or attendance at any interscholastic athletic contests; however, the suspended athlete may practice. A “week” is defined as a seven-day period, and suspension begins the day immediately following the resolution of the infraction.

4. School problems are handled as follows:
 - a. Detention warrants the following discipline:
The first offense is a warning.

The second offense is a one-week suspension.

The third offense is a two-week suspension.

The fourth offense is dismissal from the team.

Detention is defined as a penalty for each separate incident, even though more than one detention might be issued for each incident.

- b. In-School and Out-of School Suspension warrants the following discipline
The first offense is a one-week suspension.
The second offense is a two-week suspension.
The third offense is dismissal from the team.
 - c. Unexcused tardies during an athletic season warrant the following discipline:
Three (3) unexcused tardies is a warning.
Four (4) unexcused tardies is a one-week suspension.
Five (5) unexcused tardies is a two-week suspension.
Six (6) unexcused tardies is dismissal from the team.
 - d. No participation in any way on days of In-School-Suspension or Out -of -School Suspension.
5. Stealing while representing the school warrants immediate dismissal from the team.
 6. Vandalism or destruction of any property while representing the school warrants immediate dismissal from the team, with reparations.
 7. Any obscene gesture during athletic competition warrants a one-week suspension with possible further review, which may result in dismissal from the team.
 8. Aggressive fighting while representing the school warrants review, which may result in a one-week suspension or possible dismissal from the team.
 9. Misconduct on athletic buses or abuse of bus privileges warrants the following discipline:
The first offense is a warning.
The second offense is a one-week suspension.
The third offense is a two-week suspension.
The fourth offense is dismissal from the team.
 10. Outbursts towards officials, game officials, fans, or another player warrants review, which may result in a one-week suspension or possible dismissal from the team.
 - Student-athletes involved with rule violations will also be disciplined according to the general rule and guidelines contained in the Student Handbook.
 - Parents and athletes should be aware of the inherent risks of athletic training and competition. Injury and possible death are risks faced in athletics. The athletic office and coaching staff will do everything within our means to minimize this risk, but we need to acknowledge this risk exists.

Drug Testing Policy

On June 23, 2014, the Board of School Directors of the Moshannon Valley School District adopted a random drug testing policy for athletes (Policies #227 & #227.1). This policy authorizes administration to request, at any time and without prior warning, drug testing of student-athletes. Once chosen, the student athlete must submit to a drug test by a laboratory facility selected by the district (and paid for by the district). The student athlete test results will be provided to the building principal. If the test results are negative, no further action will be taken. If the test results are positive, a second test of the sample retained by the original laboratory may be obtained (at the expense of the parents). If the second test is negative, no further action will be taken. If the second test is positive (or if the first test was positive and parents did not opt for a second test) then the following actions will be followed:

1. The principal or his/her designee will hold a parental conference to make the parent(s) or guardians aware of the results of the testing.

2. The principal will use the Moshannon Valley School District Drug & Alcohol Policy to outline the District's stance.
3. The student with a first offense, during his/her school career, will be suspended from athletics for the remainder of the current sports season.
4. The student will be required to be retested at his/her own expense to regain athletic privileges and must test negative prior to regaining athletic privileges.
5. The student who has two (2) offenses will be barred from athletic participation the remainder of his/her years in the Moshannon Valley School District.

Athletes will be randomly selected to participate in the screening from a list of all student athletes. Should any athlete at any time refuse to submit a sample for testing, this shall result in disqualification from all athletic programs for the remainder of the school year.

No athlete will be added to the team roster until Section Two of the Parent/Guardian and Student-Athlete Signature Page has been signed and returned to the athletic office.

Compliance with HIPAA

In compliance with the Health Insurance Portability and Accountability Act (HIPAA) the Moshannon Valley School District (MVSD) asks for your consent to release medical information to the sports medicine team as assigned by the MVSD relating to your child. The sports medicine team is limited to the team physicians, certified athletic trainer, and assistant to the trainer, athletic director, school nurse and coaching staff. This information would include daily injury reports, practice or game status, and nature of the injury. Each member of the sports medicine team is familiar with and will be compliant with the rules and regulations of HIPAA.

No athlete will be added to the team roster until Section Three of the Parent/Guardian and Student-Athlete Signature Page has been signed and returned to the athletic office.

Parent/Guardian Pledge

Over the course of your child's athletic career at Moshannon Valley, we hope that they will have a very rewarding experience. During the season, there will be ups and downs that occur as an individual, and as a team; it's important to keep everything in perspective. When things do not go as planned or anticipated by student-athletes, parents, or coaches, it is important that certain guidelines are followed. In some instances, it is inappropriate for parents to become involved with coaches, while in other instances it is encouraged. If as a parent you feel a parent-coach conference is needed, do not contact the coach. Please contact the Athletic Director to arrange an appointment.

Parent Issues Appropriate to Discuss with the Coach

1. Concerns about your child's behavior
2. How to help your child improve their skill(s)
3. The health and safety of your child

Parent Issues NOT Appropriate to Discuss with the Coach

1. Playing time is not to be discussed. Parents must remember that coaches are professionals and make judgments based on attitude, performance at practice, effort, game situations, etc...
2. Playing time for any other team member
3. Personal feelings toward any other team member
4. Team philosophy and game strategy employed by the coach
5. **Under any circumstance, do not approach a coach immediately before, during or after a game.** This is an emotional and inappropriate time for many reasons.

6. **Under any circumstance, do not set foot on the playing field or gym floor** to confront a coach, official, or student-athlete. This will not be tolerated and strong consequences will result.

Guidelines for Parents to Help Your Child Enjoy Athletics
From the... Physician and Sports Journal

- 1- Make sure your child understands that win or lose, you love them!
- 2- Be REALISTIC about your child's athletic ability.
- 3- Help your child set realistic GOALS.
- 4- Emphasize improvement, not always winning.
- 5- Don't relive your own athletic past through your child. It's their time.
- 6- Control your emotions at games.
- 7- Cheer for your child and other children on the team.
- 8- Respect your child's coaches. Communicate with them in a positive way.
- 9- Be a positive role model.
- 10- Sportsmanship begins at home.

2020-2021

PARENT/GUARDIAN & STUDENT-ATHLETE SIGNATURE PAGE

Please read each of the following sections. They all must be signed by the student-athlete and parent/guardian. This back page should then be removed from the handbook and returned to the student-athlete's Head Coach.

Student-Athletes Name: (printed) _____ Date _____

SECTION ONE: Moshannon Valley Rules & Regulations

I/We have read the guidelines as stated in Section One of the Student-Athlete Handbook pertaining to Moshannon Valley School District athletic rules and regulations, and understand the procedures and consequences as outlined. It is also understood that individual coaches may add or make changes in writing that have increased severity than these minimum requirements.

X _____
(Parent/Guardian Signature/Date)

X _____
(Student-Athlete Signature/Date)

SECTION TWO: Moshannon Valley Drug Testing Policy

I/We have read the guidelines as stated in Section Two of the Student-Athlete Handbook pertaining to random drug testing, and both understand and agree to abide by all of the stipulations as outlined in the school board drug testing policy. We understand the process, procedures and consequences as outlined in the policy.

X _____
(Parent/Guardian Signature/Date)

X _____
(Student-Athlete Signature/Date)

SECTION THREE: HIPAA Regulations

I/We have read the guidelines as stated in Section Three of the Student-Athlete Handbook pertaining to HIPAA, and consent for the release of my son/daughter's medical information to the sports medicine team as assigned by the Moshannon Valley School District.

_____ YES

_____ NO

X _____
(Parent/Guardian Signature/Date)

X _____
(Student-Athlete Signature/Date)

SECTION FOUR: Parent/Guardian Pledge

I/We have read and agree to the conditions, expectations and consequences of the Moshannon Valley Parent/Guardian Pledge.

X _____
(Parent/Guardian Signature/Date)

X _____
(Student-Athlete Signature/Date)