

ADMINISTRATIVE REGULATION

APPROVED: September 13, 2016

REVISED:

CENTENNIAL SCHOOL DISTRICT

123-AR-0. STUDENT/PARENT ACKNOWLEDGEMENT FORM

Each student member of an interscholastic athletic program in the School District will be notified, at the time s/he joins the team, that Board policy and administrative regulations will be made available to students, parents/guardians, staff and administrators on the District website.

In addition, information regarding pertinent Board policy and administrative regulations will be presented to all students and advisors annually during grade level orientation assemblies at the onset of each school year.

Each student member must acknowledge that s/he has read, understands, and agrees to abide by the provisions of Board policy and administrative regulations by signing this form.



I, _____, as a member of the _____
_____ team, have read Board policy and administrative
regulations governing interscholastic athletics.

I understand and agree to abide by the provisions of Board policy and administrative regulations
and understand that if I violate those provisions, I may lose my right to participate in
interscholastic athletics.

Student Signature

Date

Parent Signature

Date

ADMINISTRATIVE REGULATION

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CENTENNIAL SCHOOL DISTRICT

123-AR-1. STUDENT ELIGIBILITY

The following administrative regulations will be in effect for students participating in interscholastic athletics. All staff members, students and parents/guardians must be informed of these regulations. Coaches must follow these requirements for eligibility as they pertain to the participation of students in the various athletic programs.

The opportunity to try out for the athletic teams is open to all students if they meet applicable Pennsylvania Interscholastic Athletic Association (P.I.A.A.) requirements. Eligibility to play on a team is governed by the P.I.A.A. eligibility standards and those of William Tennent High School, as follows:

General

Pennsylvania Interscholastic Athletic Association regulations state that a student shall not play more than four (4) seasons beyond the eighth grade in any one (1) sport. In addition, a student may not represent his/her school in interscholastic athletics if s/he has been in attendance more than eight (8) semesters beyond the eighth grade.

The eligibility standards are administered by a faculty eligibility committee under the supervision of the Assistant Principal in Charge of Athletics. Decisions about eligibility, probation, suspension, and removal are made by this committee.

In order to determine the academic achievement of each student athlete, the entire faculty is surveyed weekly.

Student athletes are entitled to due process before any sanctions are applied for failing to meet eligibility standards. It is intended that due process include, as a minimum:

- 1. A meeting for the student with the eligibility committee; and**
- 2. The opportunity for the student to present to the eligibility committee information and witnesses in his/her own behalf.**

The parent/guardian of a student athlete shall be notified when a student is removed from a team or is in danger of being declared ineligible.

Satisfactory Academic Progress

A student athlete must maintain satisfactory progress in all courses of study. Satisfactory progress is defined as passing all courses during the marking period.

If, in any week of a sport's season a student athlete has a failing grade in two (2) or more courses, s/he will be placed on probation for two (2) weeks. The two-week probation begins at 7:35 a.m. on Monday and ends at 7:35 a.m. on Monday at the end of the two (2) weeks. While on probation the student athlete may continue to practice and play with the team; however, the student athlete must arrange his/her priorities so that course work in the subjects being failed is first. The student athlete should seek academic assistance from his/her teachers in accordance with the school's After School Academic Assistance Program.

If after a two-week probation the student athlete has a passing grade in the courses which s/he was failing and from which s/he was placed on probation and, if the student athlete is achieving a failing grade in no more than one (1) other course, the student will be reinstated to full status with the team.

If, after a student athlete has served at least one (1) two-week probation during a sport's season and s/he has a failing grade in two (2) or more courses at any time during the remainder of the sport's season, the student will immediately be placed on a two-week suspension:

- 1. During the suspension, the student athlete may not practice with any school team or play in any contest of any sport.**
- 2. S/He is also expected to seek academic assistance from his/her teachers in accordance with the school's After School Academic Assistance Program.**

If, after a two-week suspension the student athlete has a passing grade in the courses which s/he was failing and for which s/he was placed on suspension and, if the student athlete has a failing grade in no more than one (1) other course, the student will be reinstated to full status with the team.

If, at the end of the two-week suspension the student athlete has a failing grade in two (2) or more courses or, if s/he has a failing grade in two (2) or more courses at any time during the remainder of the sport's season, the student will be removed from the team for the remainder of the sport's season.

If a student athlete is on probation at the end of a sport's season, s/he may not try out for or join another sport until the end of the two-week period until s/he has a passing grade in all of his/her courses.

Satisfactory Attendance

A student athlete must maintain a satisfactory attendance record.

If the absences of the student athlete become excessive, as determined by the eligibility committee, the probation and suspension procedures outlined above will be instituted.

In addition, P.I.A.A. regulations state that a student who has been absent from school during a semester for a total of twenty (20) or more days shall not be eligible to participate in any athletic contest until s/he has been in attendance for a total of sixty (60) school days following his/her twentieth day of absence.

If a student athlete is absent from school for one-half of a school day or more, s/he may not practice or play in any interscholastic athletic contest on that day. Exceptions to this rule must be approved by the Assistant Principal in Charge of Athletics and will be given for emergency reasons only.

Satisfactory Class Attendance And Punctuality

A student athlete must maintain a satisfactory record of class attendance and punctuality.

If a student's record is less than satisfactory, as determined by the eligibility committee, the probation and suspension procedures outlined above will be instituted.

Satisfactory Behavior And Citizenship

A student athlete must maintain a satisfactory record of school behavior and citizenship.

A student athlete who is suspended from school is suspended automatically from all activities for the duration of the suspension.

If a student's behavior and citizenship record is less than satisfactory, as determined by the eligibility committee, the probation and suspension procedures outlined above will be instituted.

If a student's behavior and citizenship record indicates that the student is bringing discredit to him/herself, his/her team, and/or school, the student may be barred permanently from participation in any athletic activity of the school.

Responsible Care Of Uniform And Equipment

The student athlete is responsible for the care and security of all uniforms and equipment issued to him/her.

School uniforms and equipment is issued for use in activities of the school only. Uniforms and equipment, including team jersey, school-owned warm-up clothing, etc., may not be worn in or out of school except for school-sanctioned activities.

The student athlete is responsible for any loss, damage, or negligent handling of school uniforms and equipment. The student will be charged for the cost of repairs or the actual cost of replacement for any lost or damaged uniforms or equipment. If a student athlete fails to make the required payment, s/he will not be permitted to participate in any athletic activities.

Excessive abuse of uniforms or equipment may result in suspension from a team.

Compliance With Team And Training Rules

A team coach may establish, with the approval and consent of the principal, reasonable rules for participation on the team and for training of athletes. A copy of such rules will be distributed to all team participants at the beginning of a sport's season.

If a student athlete violated team or training rules, the coach may impose reasonable disciplinary measures. Such measures may include, with the consent of the Assistant Principal in Charge of Athletics, probation, suspension, or removal from the team.

If parents/guardians have questions about training rules, they should refer those questions to the Assistant Principal in Charge of Athletics.

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123-AR-2. CODE OF CONDUCT FOR INTERSCHOLASTIC ATHLETICS

The goal of the interscholastic athletic programs is to provide opportunities for students to pursue interests and develop life skills beyond the classroom.

Coaches will create a roster of students who are members or participants on the team and will maintain attendance records.

This Code of Conduct applies to all students participating in interscholastic athletic programs as defined in Board policy.

Students must conduct themselves at all times, including after school and on days school is not in session, as good citizens and representatives of their school; they must behave in ways that are consistent with good sportsmanship, leadership, and appropriate moral conduct. Students are expected to demonstrate good citizenship and exemplary conduct in the classroom, in the community, and during all facets of an interscholastic athletic event.

The Code of Conduct describes the expectations and goals of the interscholastic athletic programs. This Code does not contain a complete list of inappropriate behaviors for students in interscholastic athletics. This Code of Conduct will be enforced 365 days a year, twenty-four (24) hours a day. A student may be excluded from activities or competition while the school is conducting an investigation regarding that student's conduct.

Students and their parents/guardians are encouraged to seek assistance from the Student Assistance Program regarding alcohol or other drug problems. Family referrals or self-referrals will be taken into consideration when determining consequences for Code of Conduct violations.

Code Of Conduct

A student participating in interscholastic athletics will be subject to disciplinary action if s/he violates this Code of Conduct for Interscholastic Athletics. Violations will be treated cumulatively, with disciplinary penalties increasing with subsequent violations.

Students will not:

1. Violate Board policies or administrative regulations related to student discipline.
2. Consume or be under the influence of a beverage containing alcohol.

3. Use tobacco, tobacco products and/or vapor products, in any form.
4. Use, be under the influence, possess, buy, sell, barter, or distribute any controlled substance or paraphernalia.
5. Use or possess any object that is or could be considered a weapon or any item that is a look-alike weapon. This prohibition does not prohibit legal use of weapons in cooking and in sports, such as archery, martial arts practice, target shooting, hunting, and skeet.
6. Attend a party or other gathering and/or ride in a vehicle where alcoholic beverages and/or controlled substances are being consumed by minors.
7. Act in an unsportsmanlike manner.
8. Vandalize or steal.
9. Haze or harass other students.
10. Violate the written rules for the interscholastic athletic program.
11. Behave in a manner that is detrimental to the good of the group or school.
12. Be insubordinate or disrespectful toward the sport's coaches.
13. Falsify any information contained on any permit or permission form required by the program.

All students remain subject to the Board's student discipline policies, administrative regulations and/or the school's student handbook and the disciplinary measures listed in them.

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123-AR-3. P.I.A.A. FORMS

INITIAL EVALUATION: Prior to any student participating in Practices, Inter-School Practices, Scrimmages, and/or Contests, at any P.I.A.A. member school in any school year, the student is required to:

1. Complete a Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE); and
2. Have the appropriate person(s) complete the first six (6) Sections of the CIPPE Form.

Upon completion of Sections 1 and 2 by the parent/guardian; Sections 3, 4 and 5 by the student and parent/guardian; and Section 6 by an Authorized Medical Examiner (AME), those Sections must be turned in to the principal, or the principal's designee, of the student's school for retention by the school. The CIPPE may not be performed earlier than June 1st and shall be effective, regardless of when performed during a school year, until the next May 31st.

SUBSEQUENT SPORT(S) IN THE SAME SCHOOL YEAR: Following completion of a CIPPE, the same student seeking to participate in Practices, Inter-School Practices, Scrimmages, and/or Contests in subsequent sport(s) in the same school year, must complete Section 7 of this form and must turn in that Section to the principal, or principal's designee, of his/her school. The principal, or the principal's designee, will then determine whether Section 8 need be completed.

The link below accesses the list of P.I.A.A. forms, including the CIPPE form with the following sections:

Personal and Emergency Information.

Certification of Parent/Guardian.

Understanding of Risk of Concussion and Traumatic Brain Injury.

Understanding of Sudden Cardiac Arrest Symptoms and Warning Signs.

Health History.

P.I.A.A. Comprehensive Initial Pre-Participation Physical Evaluation and Certification of Authorized Medical Examiner.

Re-Certification by Parent/Guardian.

Re-Certification by Licensed Physician of Medicine or Osteopathic Medicine.

CIPPE Minimum Wrestling Weight.

<http://www.piaa.org/resources/forms/default.aspx>

SECTION 3: UNDERSTANDING OF RISK OF CONCUSSION AND TRAUMATIC BRAIN INJURY

What is a concussion?

A concussion is a brain injury that:

- Is caused by a bump, blow, or jolt to the head or body.
- Can change the way a student's brain normally works.
- Can occur during Practices and/or Contests in any sport.
- Can happen even if a student has not lost consciousness.
- Can be serious even if a student has just been "dinged" or "had their bell rung."

All concussions are serious. A concussion can affect a student's ability to do schoolwork and other activities (such as playing video games, working on a computer, studying, driving, or exercising). Most students with a concussion get better, but it is important to give the concussed student's brain time to heal.

What are the symptoms of a concussion?

Concussions cannot be seen; however, in a potentially concussed student, **one or more** of the symptoms listed below may become apparent and/or that the student "doesn't feel right" soon after, a few days after, or even weeks after the injury.

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Difficulty paying attention
- Memory problems
- Confusion

What should students do if they believe that they or someone else may have a concussion?

- **Students feeling any of the symptoms set forth above should immediately tell their Coach and their parents.** Also, if they notice any teammate evidencing such symptoms, they should immediately tell their Coach.
- **The student should be evaluated.** A licensed physician of medicine or osteopathic medicine (MD or DO), sufficiently familiar with current concussion management, should examine the student, determine whether the student has a concussion, and determine when the student is cleared to return to participate in interscholastic athletics.
- **Concussed students should give themselves time to get better.** If a student has sustained a concussion, the student's brain needs time to heal. While a concussed student's brain is still healing, that student is much more likely to have another concussion. Repeat concussions can increase the time it takes for an already concussed student to recover and may cause more damage to that student's brain. Such damage can have long term consequences. It is important that a concussed student rest and not return to play until the student receives permission from an MD or DO, sufficiently familiar with current concussion management, that the student is symptom-free.

How can students prevent a concussion? Every sport is different, but there are steps students can take to protect themselves.

- Use the proper sports equipment, including personal protective equipment. For equipment to properly protect a student, it must be:
 - The right equipment for the sport, position, or activity;
 - Worn correctly and the correct size and fit; and
 - Used every time the student Practices and/or competes.
- Follow the Coach's rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If a student believes they may have a concussion: Don't hide it. Report it. Take time to recover.

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Student's Signature _____ Date ____/____/____

I hereby acknowledge that I am familiar with the nature and risk of concussion and traumatic brain injury while participating in interscholastic athletics, including the risks associated with continuing to compete after a concussion or traumatic brain injury.

Parent's/Guardian's Signature _____ Date ____/____/____

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123-AR-5. ATHLETIC SAFETY

School administrators and coaches shall take appropriate measures to provide a safe, healthy experience for participants in the athletic program to minimize the number and degree of serious athletic injuries. The following safety regulations shall be implemented:

General Safety Procedures For Athletics	
	Safety is always emphasized.
	Head coach/coaching staff has completed first aid training.
	Head coach/coaching staff is qualified to render CPR.
	Head coach/coaching staff has completed concussion management training by an approved provider.
	Head coach/coaching staff has completed training for sudden cardiac arrest by an approved provider.
	Players warm up thoroughly before participating and cool down thoroughly after participating.
	Safety is emphasized when teaching techniques and elements of play.
	Thorough, preseason medical examination required for each athlete who tries out for and/or participates on an athletic team.
	Injuries are inspected thoroughly and treated seriously.
	Injuries are analyzed to determine cause and to attempt to prevent in the future.
	Tactics and techniques that lead to injuries are discouraged.
	Practice sessions are planned/scheduled carefully and are of appropriate length.
	Adequate protective equipment is provided.
	Careful attention is given to proper fit and adjustment of equipment.
	Equipment is properly maintained.
	Players and coaches are knowledgeable of game rules.
	Participants inform the coach of any injury(ies).
	Coach emphasizes fair play, self-control, consideration for others and proper conduct in all situations.
	Adequate paramedic coverage is available at each home contest, as necessary.
	Coach is informed of paramedic coverage provided by host schools at away contests.
Athletic Practices And Contests During Extreme Heat	
	Precautions are taken for excessive heat during practices and contests.
	Coaches are aware of and take measures to prevent heat exhaustion, heat stroke and other injuries.
	Players are aware of signs and symptoms of heat exhaustion and instructed to notify the coach immediately when certain signs and symptoms of heat exhaustion occur.

	Coaches immediately remove players from practice/contests and administer first aid upon appearance of heat-related symptoms.
	Players are acclimated slowly to heat.
	Unlimited water is available at practices/games.
	Water breaks are taken during hot weather or long practices.
	Coaching staff checks humidity levels on practice days during periods of extreme heat.
	During hot weather, weight loss is monitored.
	All heat-related injuries are treated seriously.
	Pre-game warm-ups are shortened to include only stretching exercise when the heat level is excessive.
	Extra water/ice provided by school for team use.
	During extreme heat, players are permitted to remove head coverings when not participating.

Participation After Injury

When a player has sustained serious injury that may be aggravated by continued participation in the game or practice, the coach shall receive permission from a physician before the player re-enters the game or participates in practice.

NOTE: See 123.1-AR-0. Sports-Related Concussion/Mild Traumatic Brain Injury.

ADMINISTRATIVE REGULATION

APPROVED: September 13, 2016

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CENTENNIAL SCHOOL DISTRICT

123-AR-6. COACH/ASSISTANT COACH PERFORMANCE EVALUATION FORM

PENNSYLVANIA STATE ATHLETIC DIRECTORS ASSOCIATION ATHLETIC COACH/ASSISTANT COACH PERFORMANCE APPRAISAL FORM

Coach _____ Date _____

School _____ Sport/Position _____

Time in Present Position _____

MISSION STATEMENT:

The success or failure of athletic programs has a direct bearing on how community members view the entire school system. Community and parental pressure must be balanced with the objectives of good sportsmanship and good mental health. Coaches continually face risks, such as, player injury and legal predicaments. It is imperative that these are weighed against the pressures of winning or losing. Exercising common sense and good judgment are pre-requisites to final decisions. There are those who do not fit the model of a successful coach and the successful coach is not always the one who wins every game. A successful coach needs a broad spectrum of behavioral competencies and should be judged accordingly.

GOAL STATEMENT:

To improve the fundamental skills, team strategy and physical fitness that are needed to achieve a degree of individual and team success. These, in turn, should lead to the formulation of normal and ethical values, pride of accomplishment, acceptable social behavior, self-discipline and individual self-confidence.

This instrument may be used to evaluate the head coach of an athletic activity. The form is to be completed by the supervisor in charge (usually the athletic director) who, in turn, submits a copy to the principal of the building where the coach performs his/her duties. Appeal and legal procedures of points in question are to be conducted according to School Board Policy. It is recommended that this evaluation be conducted twice during the season, if time permits - mid-season and the final review..

**PENNSYLVANIA STATE ATHLETIC DIRECTORS ASSOCIATION ATHLETIC
COACH/ASSISTANT COACH PERFORMANCE APPRAISAL FORM**

Coach _____ Date _____ Evaluator _____

PERFORMANCE CRITERIA	PERFORMANCE STANDARD	SCORE
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5 = High, 1 = Low, (Circle One)

A. SKILLS, KNOWLEDGE, PERFORMANCE STANDARDS

1. Possesses knowledge of sport that he/she coaches	5 4 3 2 1 =	_____
2. Understands the fundamentals of the sport	5 4 3 2 1 =	_____
3. Understands the legal duties of coaching	5 4 3 2 1 =	_____
4. Demonstrates sound sport strategies for competition	5 4 3 2 1 =	_____
5. Knows the strengths and opportunities of each player	5 4 3 2 1 =	_____
6. Implements an appropriate conditioning program to promote sport specific fitness	5 4 3 2 1 =	_____
7. Sets challenging performance standards for the team	5 4 3 2 1 =	_____
8. Encourages each player to achieve his/her goals	5 4 3 2 1 =	_____
9. Requires players to work hard and hustle during practice	5 4 3 2 1 =	_____
10. Teaches positive sportsmanship and to be proud but humble in victory	5 4 3 2 1 =	_____
11. Understands basic principles of sport psychology and applies where and when appropriate	5 4 3 2 1 =	_____
12. Teaches persistence in the face of adversity	5 4 3 2 1 =	_____

Sub-total _____

Coach _____ Date _____

Evaluator _____

PERFORMANCE CRITERIA	PERFORMANCE STANDARD							SCORE
	5 = High, 1 = Low, (Circle One)							

B. SELF AND TEAM MANAGEMENT

1. Maintains self and team discipline	5	4	3	2	1	=	_____
2. Conducts well planned and organized practices	5	4	3	2	1	=	_____
3. Develops and implements effective game plans	5	4	3	2	1	=	_____
4. Keeps team focused during practices and games	5	4	3	2	1	=	_____
5. Encourages the team to work together	5	4	3	2	1	=	_____
6. Emphasizes the team approach - T ogether E veryone A chieves M ore!	5	4	3	2	1	=	_____
7. Creates a positive learning environment for players to learn from their mistakes	5	4	3	2	1	=	_____
8. Manages conflict in a positive manner	5	4	3	2	1	=	_____
9. Enforces rules and regulations for the team	5	4	3	2	1	=	_____
10. Evaluates team personnel and gives constructive feedback	5	4	3	2	1	=	_____
11. Develops a positive attitude with team	5	4	3	2	1	=	_____
12. Manages time spent with family, sport and profession	5	4	3	2	1	=	_____
13. Delegates authority with responsibility but remains responsible	5	4	3	2	1	=	_____
14. Commands respect by example	5	4	3	2	1	=	_____

Sub-total _____

PENNSYLVANIA STATE ATHLETIC DIRECTORS ASSOCIATION
ATHLETIC COACH/ASSISTANT COACH PERFORMANCE APPRAISAL FORM

PERFORMANCE CRITERIA PERFORMANCE STANDARD SCORE
5 = High, 1 = Low, (Circle One)

B. ADMINISTRATION

1. Enforces and complies with PIAA and school athletic policies, rules and regulations	5	4	3	2	1	=	_____
2. Emphasizes academic success with players	5	4	3	2	1	=	_____
3. Submits athletic award winners for season	5	4	3	2	1	=	_____
4. Monitors student athlete academic performance	5	4	3	2	1	=	_____
5. Counsels coaches, student athletes and parents about NCAA Eligibility Regulations	5	4	3	2	1	=	_____
6. Supervises distribution, collection and inventory of all athletic supplies and equipment throughout season	5	4	3	2	1	=	_____
7. Conducts pre-season meeting with coaches, student athletes and parents to communicate philosophy and seasonal expectations	5	4	3	2	1	=	_____
8. Submits athletic budget as requested	5	4	3	2	1	=	_____
9. Submits written reports as requested	5	4	3	2	1	=	_____
10. Informs coaches, student athletes and parents, of school district insurance policies and procedures	5	4	3	2	1	=	_____
11. Attends and participates in coaching meetings, clinics and professional development programs	5	4	3	2	1	=	_____
12. Attends PIAA mandatory rules interpretation meetings each year	5	4	3	2	1	=	_____
Sub-total							_____

PENNSYLVANIA STATE ATHLETIC DIRECTORS ASSOCIATION
 ATHLETIC COACH/ASSISTANT COACH PERFORMANCE APPRAISAL FORM

PERFORMANCE CRITERIA	PERFORMANCE STANDARD						SCORE
	5 = High,	4	3	2	1 = Low,	(Circle One)	
C. LEADERSHIP and COMMUNICATION SKILLS							
1. Exhibits qualities of leadership	5	4	3	2	1	=	_____
2. Establishes realistic, achievable goals for the team	5	4	3	2	1	=	_____
3. Communicates the expectations for the team	5	4	3	2	1	=	_____
4. Uses praise and encouragement to influence players behavior	5	4	3	2	1	=	_____
5. Exhibits enthusiasm during practices and games	5	4	3	2	1	=	_____
6. Conducts self in a professional manner with players, parents, officials, media and public	5	4	3	2	1	=	_____
7. Exemplifies integrity throughout the program with all personnel	5	4	3	2	1	=	_____
8. Keeps athletic director informed	5	4	3	2	1	=	_____
9. Communicates effectively with staff, faculty, administration, parents and media	5	4	3	2	1	=	_____
10. Values the contributions of all players and game personnel	5	4	3	2	1	=	_____
11. Cares about his/her players and believes in them	5	4	3	2	1	=	_____
12. Motivates players in an ethical manner	5	4	3	2	1	=	_____
13. Treats players, officials with respect and dignity	5	4	3	2	1	=	_____
14. Promotes players for appropriate recognition during and after the season	5	4	3	2	1	=	_____
15. Maintains effective rapport with parent/booster club	5	4	3	2	1	=	_____

Sub-total _____

TOTAL NUMERICAL VALUE	SCORE
A. Skills, Knowledge, Performance Standards	_____
B. Self and Team Management	_____
C. Administrative Duties	_____
D. Leadership and Communication Skills	_____

TOTAL _____

PENNSYLVANIA STATE ATHLETIC DIRECTORS ASSOCIATION
ATHLETIC COACH/ASSISTANT COACH PERFORMANCE APPRAISAL FORM

EXPLANATION and COMMENTS

Indicate the major strengths of the contract holder. (Be specific.) Must be completed by evaluator and by self.

Indicate the major areas in need of improvement. (Be specific.) Must be completed by the evaluator.

OVERALL RATING:

TOTAL POINTS = _____ SATISFACTORY
UNSATISFACTORY

PENNSYLVANIA STATE ATHLETIC DIRECTORS ASSOCIATION
ATHLETIC COACH/ASSISTANT COACH PERFORMANCE APPRAISAL FORM

Coach _____ Position _____

INITIAL REVIEW

The performance criteria and position description have been reviewed with the coach at the beginning of the appraisal period:

Date	Evaluator Initials	Coach Initials
_____	_____	_____

PROGRESS REVIEW

() Mid-year () Annual

Dates of appraisal Period:

From: _____ To: _____

SIGNATURES

This report reflects my appraisal of this coach's performance in relation to the performance criteria in effect for the appraisal period. I have completed this appraisal in accordance with school district policies and procedures, and I have discussed it with the coach and my immediate supervisor.

Evaluator's Signature	Date	Position
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This appraisal has been completed in accordance with school district policies and procedures. I have reviewed this appraisal and I _____ **concur** _____ **do not concur** with it. If I have comments, they are attached to this page.

Reviewer's Signature - Supervisor	Date	Position
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My signature indicates that the evaluator has discussed this appraisal with me. My signature does not imply agreement or disagreement with the ratings. If I have comments about the appraisal, they are attached to this page.

Coach's Signature	Date	Position
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CENTENNIAL SCHOOL DISTRICT

123-AR-7. PROPOSAL FOR ATHLETIC PROGRAM

A written request for the establishment or expansion of an athletic program will be submitted to the Athletic Director for review and recommendation to the Superintendent.

The request must include, but is not limited to, the following:

1. Title and description of program being requested.
2. Evidence that the administration of the school(s) affected has been involved in the development of the proposal. The recommendation of the administrators must be included.
3. Approximate number of students to be served.
4. Statement of how the proposed program relates to existing athletic programs of the District – complimentary, new, competitive, etc.
5. Cost projection – resources required; finances; facilities; personnel, including scheduled season, practices, etc.

The request must be filed prior to January 2 of the school year preceding the year for which implementation is proposed.

The decision of the Board will be announced on or before June 30 of the fiscal year in which the request was made.

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CENTENNIAL SCHOOL DISTRICT

123-AR-8. PROPOSAL FOR ATHLETIC PROGRAM FORM

1. Title and description of the program being requested:

2. Evidence that the administration of the school(s) affected has been involved in the development of the proposal. The recommendation of the administrators must be included.

3. Approximate number of students to be served: _____

4. Statement of how the proposed program relates to existing athletic programs of the District (complimentary, new, competitive, etc.).

5. Cost projection – resources required; finances; facilities; personnel, including scheduled season, practices, etc.

<u>Required Resource</u>	<u>Amount</u>
Finances	_____
Facilities	_____
Personnel	_____
Practices	_____
Equipment	_____
Other _____	_____
Other _____	_____
Other _____	_____
Estimated Total	_____

ADMINISTRATIVE REGULATION

APPROVED: September 13, 2016

REVISED:

CENTENNIAL SCHOOL DISTRICT

123-AR-9. SUDDEN CARDIAC ARREST INFORMATION SHEET



Athlete/Parent/Guardian Sudden Cardiac Arrest Symptoms and Warning Signs Information Sheet and Acknowledgement of Receipt and Review Form

What is sudden cardiac arrest?

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

How common is sudden cardiac arrest in the United States?

There are about 300,000 cardiac arrests outside hospitals each year. About 2,000 patients under 25 die of SCA each year.

Are there warning signs?

Although SCA happens unexpectedly, some people may have signs or symptoms, such as:

- dizziness
- lightheadedness
- shortness of breath
- difficulty breathing
- racing or fluttering heartbeat (palpitations)
- syncope (fainting)
- fatigue (extreme tiredness)
- weakness
- nausea
- vomiting
- chest pains

These symptoms can be unclear and confusing in athletes. Often, people confuse these warning signs with physical exhaustion. SCA can be prevented if the underlying causes can be diagnosed and treated.

What are the risks of practicing or playing after experiencing these symptoms?

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or

123-AR-9. SUDDEN CARDIAC ARREST INFORMATION SHEET

permanent brain damage can occur in just a few minutes. Most people who have SCA die from it.

Act 59 – the Sudden Cardiac Arrest Prevention Act (the Act)

The Act is intended to keep student-athletes safe while practicing or playing. The requirements of the Act are:

Information about SCA symptoms and warning signs.

- Every student-athlete and their parent or guardian must read and sign this form. It must be returned to the school before participation in any athletic activity. A new form must be signed and returned each school year.
- Schools may *also* hold informational meetings. The meetings can occur before each athletic season. Meetings may include student-athletes, parents, coaches and school officials. Schools may also want to include doctors, nurses and athletic trainers.

Removal from play/return to play

- Any student-athlete who has signs or symptoms of SCA must be removed from play. The symptoms can happen before, during or after activity. Play includes all athletic activity.
- Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed by a licensed physician, certified registered nurse practitioner or cardiologist (heart doctor). The licensed physician or certified registered nurse practitioner may consult any other licensed or certified medical professionals.

I have reviewed and understand the symptoms and warning signs of SCA.

Print Student-Athlete’s Name

Signature of Student-Athlete

Date

Print Parent/Guardian’s Name

Signature of Parent/Guardian

Date