

GREATER LATROBE



STUDENT ATHLETE HANDBOOK

**LATROBE WILDCATS
HANDBOOK**

ALMA MATER

**Oh, dear Latrobe High School to you
We pledge to be loyal and true
And while we're at work or at play
We'll honor and love Thee for aye.**

**Dear old Latrobe High!
Dear old Latrobe High!
Thy sons and Thy daughters
From far and from near,
We'll love Thee forever
Thy name will reverere!
To the skies on high
Dear old Latrobe High
We'll sing loud Thy praises
Thy honor proclaim
Dear old Latrobe High.**

Dear Parent, Guardian, Student Athlete, Band Member, Cheerleader:

Please be certain to read all the information in this packet. We have worked to review the packet this summer and update it with the most up to date information. It is important that you understand the limitations of the insurance policy provided by the Greater Latrobe School District and those policies that govern the use of our insurance program. Please be aware that all injuries or medical expenses may not be covered by this policy and parents/guardians must assume financial responsibility for these bills.

I would also ask you to pay special attention to the Transportation section as we have updated this policy this summer.

If you have any questions or concerns, please contact me at (724) 539-4236.

Sincerely,

Mark Mears
Director of Athletics/Transportation
Student Activities

GREATER LATROBE SCHOOL DISTRICT

DEPARTMENT OF ATHLETICS

ATHLETIC PROGRAMS

FALL SPORTS

SENIOR HIGH

CHEERLEADING (9-12)
CROSS COUNTRY, BOYS' (9-12)
CROSS COUNTRY, GIRLS'(9-12)
DANCE
GOLF, BOYS' (9-12)
GIRLS' FIELD HOCKEY (9-12)
FOOTBALL, VARSITY/JR. VARSITY (9-12)
SOCCER, BOYS' VARSITY/JR. VARSITY (9-12)
SOCCER, GIRLS' VARSITY/JR. VARSITY (9-12)
TENNIS, GIRLS' VARSITY/JR. VARSITY (9-12)
VOLLEYBALL, GIRLS' VARSITY/JR. VARSITY (9-12)

JUNIOR HIGH

BASKETBALL, GIRLS' GRADE 8
BASKETBALL, GIRLS' GRADE 7
CHEERLEADING, GRADES 8
CROSS COUNTRY, GRADES 7-8
DANCE
FOOTBALL, GRADE 7
FOOTBALL, GRADE 8
SOCCER, BOYS' GRADES 7-8
SOCCER, GIRLS' GRADES 7-8

WINTER SPORTS

SENIOR HIGH

BASKETBALL, BOYS' VARSITY/ JR.VARSITY (10-12)
BASKETBALL, GIRLS' VARSITY/JR. VARSITY (9-12)
HOCKEY, VARSITY/JR. VARSITY
SWIMMING, BOYS' (9-12)
SWIMMING, GIRLS' (9-12)
WRESTLING (9-12)

JUNIOR HIGH

BASKETBALL, BOYS' GRADE 9
BASKETBALL, BOYS' GRADE 8
BASKETBALL, BOYS' GRADE 7
WRESTLING, GRADES 7-8-9

SPRING SPORTS

SENIOR HIGH

BASEBALL, VARSITY/JR. VARSITY (9-12)
SOFTBALL, VARSITY/JR. VARSITY (9-12)
TENNIS, BOYS' (9-12)
TRACK, BOYS' (9-12)
TRACK, GIRLS' (9-12)
VOLLEYBALL, BOYS' VARSITY/JR. VARSITY (9-12)
LACROSSE, GIRLS' VARSITY/JR. VARSITY (9-12)
LACROSSE, BOYS' VARSITY/JR. VARSITY (9-12)

JUNIOR HIGH

TRACK, BOYS' GRADES 7-8
TRACK, GIRLS' GRADES 7-8
VOLLEYBALL, GIRLS' GRADES 7-8

STUDENT ATHLETE GUIDELINES

EXTRACURRICULAR ACTIVITIES

Participation in extracurricular activities is a privilege extended to the student body. Students participating in these activities are held to high standards of citizenship and must represent the school in a positive manner. Failure to comply with school rules and policies may result in dismissal from extracurricular activities. Building administrators have the discretion to dismiss students from extracurricular activities for a specified period of time depending on the nature and severity of the infraction.

CODE OF CONDUCT

Participation in athletic activities requires that student athletes have guidelines and training rules to follow so they can realize their fullest potential. Failure on the part of the student athlete to follow these guidelines and adhere to these training rules will be interpreted to mean that he/she no longer wishes to pursue the athletic activity in which they are participating. Following are guidelines, training rules, and other information relative to participation in the Greater Latrobe School District's athletic program.

1. A student athlete is expected to be the best student he/she can be with consideration for his/her academic abilities.
2. A student athlete is expected to attend every practice, team meeting, or contest.
3. A student athlete is expected to show respect for all other players, coaches, managers, and adults at all times.
4. A student athlete is expected to be attentive and well behaved student at all times.
5. A student athlete is expected to give 100% effort at all times while attending team functions. A student athlete will not allow personal issues to effect his/her ability to contribute to the team.
6. A student athlete will represent this school and their program in a positive way at all times. They are expected to be role models in the school community and should conduct themselves accordingly.
7. A student athlete will accept any consequences from coaches or other adults for any action that cause a negative impact or image on this school district or their program.
8. A student athlete must display a positive attitude toward the activity, his/her teammates, and the coach. The team and its success shall have preference over personal wishes and desires at all times.

ELIGIBILITY

1. The Director of Athletics is responsible for checking the weekly eligibility of athletes at the senior high level. Any athlete who is listed on two or more eligibility lists is declared ineligible the following week at which time the eligibility will be rechecked. The coach will then be notified of athletes who are ineligible. Senior high students' grades will also be checked at the end of each quarter. If an athlete is failing two or more classes at the conclusion of a quarter, they shall be ineligible to participate for a period of (15) school days of the next grading period. At the end of the school year, the student's final grades in the subjects shall be used rather than the last grading period.
2. The junior high principal is responsible for checking the scholastic eligibility of athletes at the junior high level. Junior high students are held responsible for their grades both at mid-quarter and at the end of a quarter. Any student with two or more F's at mid-quarter is considered temporarily ineligible until the student improves his/her grade status. Athletes with two F's at the end of the quarter are automatically ineligible for (15) school days into the next grading period. Only at the mid-quarter can a student change his/her grade status without delay. The quarter grade is an official grade while the mid-quarter is an unofficial gauge designed to renew student effort. If the mid-quarter grade is improved quickly and is no longer an F, then the student must obtain a note from his/her teacher and give it to his/her coach. The coach then must confirm the change in status by submitting the note to the principal. The principals will continue to monitor grade eligibility and continue to apprise coaches of athletes with grade problems.
3. Practices, meetings, contest attendance:
 - a. A student athlete shall attend all team functions (practices, meetings, contests) unless ill, injured, an emergency situation develops at home or excused by a coach or doctor.
 - b. If a student athlete is in attendance at school, he/she shall attend team functions unless one of the previously noted circumstances exists. However, in all cases when in attendance, he/she shall confer with the head coach concerning the need to miss a team function when possible/reasonable.
 - c. Any team function missed without notifying the coach when possible/reasonable may result in suspension or dismissal from the squad at the discretion of the head coach.
 - d. Doctor, dentist, and other similar appointments should be made during a time which will not interfere with the student's participation in a team function when possible/reasonable.
 - e. In order to be eligible to participate in an event or contest, a student who participates on a varsity or junior varsity sport must be in attendance during the school day no later than **9:00 AM/SENIOR HIGH AND JUNIOR HIGH STUDENTS OF VARSITY TEAMS 10:00 A.M/JUNIOR HIGH**, this will include all club sports as well. If the student reports to school between the commencement of the school day and the times previously listed, a valid excuse for the student's tardiness must be presented. Exceptions to this policy may be made on a case-by-case basis at the discretion of the building administrator.
4. **Suspended Students** -- students that have in-school suspension are not permitted to participate in any school activity until dismissal time on the last day of the suspension. Students that are suspended out-of-school are not permitted to practice or participate in any school activity until they return to school.
5. All athletes must adhere to the Greater Latrobe Senior High School Guidelines for Student Discipline which is distributed to each student at the beginning of the year. Failure to do so could result in the coach and principal revoking the privilege of a student to participate on an athletic team temporarily or permanently.

ALCOHOL AND OTHER DRUGS

(Board Policy 227)

The School Board recognizes that use, possession, and distribution of alcohol and other drugs is a serious problem, carrying with it legal, physical, and social implications for the entire school community. Accordingly, the District and its employees should strive to prevent the use of drugs. The school district board policy on alcohol and drugs is #227 and can be found on the school district website. The initial response for an alcohol or drug violation is summarized below. For a complete explanation of the policy visit the school website at glatrobe.k12.pa.us

Violation of this section for the first time will result in a minimum of a ten-day suspension and dismissal from all extracurricular activities for a minimum of 60 consecutive school days which carries over to the next school term if not completed during the current school term. Nothing in this policy prevents a coach or club sponsor from implementing a more severe disciplinary action for his or her activity. The administration has the discretion to implement more severe disciplinary action including the recommendation for expulsion depending upon the following factors: the type and quantity of the drug involved; whether or not the violation involved possession as opposed to delivery or sale; whether the evidence indicates the violation may have been an ongoing course of conduct or a single occurrence; whether the violation involved violence or threat of violence; relevant prior record of the student; age of the student; whether the student and his/her parents have cooperated in drug treatment and rehabilitation programs recommended by the District and, other relevant and material facts existing on a case-by-case basis.

PROHIBITION OF ANABOLIC STEROIDS

The use of steroids by students involved in athletics is prohibited. In addition to the prohibition of use, the Board directs the administration to develop education plans regarding the use of anabolic steroids.

The Principal shall prescribe, implement, and enforce rules and regulation to prohibit the use of anabolic steroids, except for a valid medical purpose, by any student involved in school-related athletics. Body building and muscle enhancement of athletic ability are not valid medical purposes. Human Growth Hormone (HGH) shall not be included as an anabolic steroid under the provisions of the law.

Education regarding the dangers of anabolic steroids shall be provided in other District drug and alcohol programs. The disciplinary response for use of possession of anabolic steroids falls under the same guidelines for drugs and alcohol.

HAZING

(BOARD POLICY 247)

The purpose of this policy is to maintain a safe, positive environment for students and staff that is free from hazing. Hazing activities of any type are inconsistent with the educational goals of the district and are prohibited at all times. The school district hazing policy is covered completely under Board Policy #247. A summary of the policy is provided below. For complete information visit the school district website at glatrobe.k12.pa.us

For purposes of this policy **hazing** is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student for the purpose of initiation or membership in or affiliation with any organization recognized by the Board. Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.

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

The district will investigate all complaints of hazing and will administer appropriate discipline to any individual who violates this policy. The Board encourages students who have been subjected to hazing to promptly report such incidents to the building principal.

COACHING PREROGATIVES

In all activities the coach alone has certain prerogatives. They are as follows:

1. **Selection, placement, and play of athletes and personnel.**
2. Practice times, dates, and procedures with consideration for school regulations and policies.
3. Event strategies.
4. Establishing and enforcing all guidelines and training rules related to their activity.

PARENT-COACH COMMUNICATION

As a school district we encourage appropriate parent-coach communication for all of our athletic teams. It is important to understand each of us has a role in an effective communication plan. We have attached a copy of our Parent-Coach Communication Plan for each of you. If a situation develops resulting in a parent wishing to have a conference with a coach it will be held at a time mutually agreeable to both parties. All situations necessitating a discussion can be resolved much more amicably with such a conference. Discussing them in the community or bypassing the coach in an attempt to solve them is neither ethical nor effective.

The Director of Athletics generally will become involved in such conferences only at the request of the coach. However, there may be exceptions to this at the discretion of the Director of Athletics.

GENERAL INFORMATION

The school district does not distribute any equipment or supplies for permanent possession. Each student athlete is required to return all issued equipment within two days of the last game or practice of the season. Lost or stolen equipment must be paid for by the student athlete. We are certain that you as responsible parents will be sure that your son/daughter does not keep in his/her possession any jerseys, warm-ups, shoes, etc., which are not rightfully theirs.

PRACTICE STARTING DATES

Any sport not having a starting and closing date established by the PIAA will be permitted to start three (3) weeks prior to the first scheduled contest.

TRANSPORTATION

Transportation to and from PIAA/WPIAL athletic events will be provided by the Greater Latrobe School District. Buses will be chartered for all games and practice sessions when appropriate. If a student-athlete wishes to leave an athletic contest with their parent, this will be permitted only by the following process: advanced notice must be given to the head coach, approval must be granted by the head coach, and the parent/guardian must sign the permission slip at the contest in the presence of the head coach. The parent/guardian is only permitted to take home their child. No student-athletes will be released to anyone other than the identified parent/guardian of the child.

CRITERIA IN MEETING THE REQUIREMENTS FOR A LETTER

Due to the individuality of each sport, the criteria for earning a letter will vary from sport to sport. The criteria will be established by the head coach and approved by the Director of Athletics. The lettering requirements will be distributed and reviewed with the athletes prior to the start of the season. Any questions on the policy for lettering in a specific sport should be addressed prior to the start of a competitive season.

LETTERMEN AWARD JACKET

All lettermen are entitled to purchase an award jacket at the Latrobe News and Sport Shop and receive reimbursement under the following procedures:

1. Head coach submits the names of Lettermen to the Athletic Office at the conclusion of each sport season.
2. Lettermen must obtain an award card from the athletic office and have head coach's signature.
3. Jackets are purchased at the Latrobe News Stand with the athlete paying full price.
4. Lettermen will be partially reimbursed in their senior year at the conclusion of the lettered sport if they have maintained continuous eligibility and participation and have earned 30 points. Points may be earned by volunteering for numerous services in the athletic program and may be awarded by any member of the athletic staff. Such services are selling programs, working concession stands, etc.
5. Questions concerning procedure may be directed to the Athletic Office.

PREPARATION BEFORE THE FIRST PRACTICE

Coaches will hold a meeting for all students trying out for his/her sport in accordance with PIAA regulations. At this time, the coach will discuss and explain:

1. What is expected and required of the athlete who plans to participate.
2. The lettering policy for that sport.
3. That according to Article IV, Section I, of the PIAA By-Laws, the consent of parents or guardians is necessary before any pupil begins practice.
4. That according to Article V, Section I, of the PIAA By-Laws, a physical examination by a medical doctor is necessary before a pupil begins practice.
5. The athletic insurance and injury policy of the school district.

At this meeting, the following forms will be given to each candidate:

1. Student Athlete Guidelines, last page of which is to be signed by parent/guardian and returned to the coach. The coach will then submit the signed forms to the director of athletics. Athletes are not permitted to participate until the signed form is submitted.
2. Athletic Health Examination/Parental Consent Form.
3. Section V of the Physical Exam form for a multiple sport athlete who has already had a physical for another sport in the same school year.

The coach will consult with the director of athletics as to when physical examinations will be given. The director of athletics is responsible for setting the examination schedule after consulting with the school physician and nurse. The School Physician will only perform physicals on scheduled dates. If a student is unable to attend the school-scheduled exam dates, they may have the physical performed by a private physician at their own expense. Students are not permitted to practice without a physical exam. The physical exam card must be submitted to the Athletic Office before they are permitted to participate. If an athlete had a junior class physical by the School Physician, the Athletic Health Examination/Parental Consent Form must be signed by parent/guardian and then approved by the School Physician. The coach will show students where practice equipment is stored after each practice.

TRAINING ROOM AND WEIGHT ROOM

A coach/teacher must be in the training room and weight room at all times when students are using these

facilities. The following rules have been established to protect the students, coaches, and school district. These rules have been approved by the director of athletics, principal, and Superintendent of Schools.

1. No horseplay in weight room for any reason. This includes running, wrestling, bouncing balls, or throwing objects.
2. Proper weight training attire is required--court type shoes that are properly laced and tied, shorts, sweat clothes, and shirt.
3. All equipment, benches, stands, bars, loose weights are to be replaced when finished lifting.
4. No food or drink is permitted.
5. Always use spotters when lifting. Proper spotting techniques should be used at all times.
6. No use of foul language.
7. On heavy squats, cleans, and dead lifts as well as other heavy duty exercises (80% of maximum) wear a spotting belt.
8. Use safety collars on all bars.
9. Use only equipment and exercises that the instructor has permitted and given demonstration of its use. Do not attempt new exercises until instruction has been given.
10. Students are not permitted access to the stereo system. Any adjustments to the system are to be made through the coach or teacher.

ANY VIOLATION OF THESE RULES MAY RESULT IN DISMISSAL FROM THE WEIGHT ROOM.

VALUABLES UNATTENDED IN ATHLETIC FACILITIES

Student athletes are not to leave valuables unsecured in the locker rooms or any athletic facility at any time. Valuable items should be given to the coach so they can be secured in the office. The school will not be responsible for lost possessions.

VOCATIONAL-TECHNICAL SCHOOL

If driving privilege is necessary, the student must request permission from Career and Technology Center a day in advance.

COLLEGE-BOUND STUDENT-ATHLETE

If you want to practice and play your freshman year at an NCAA Division I or Division II school, you must meet the requirements of NCAA. These requirements are available both in the Athletic Office and in the Guidance Office of the Senior High. To be eligible as a freshman you will need to register with the NCAA Eligibility Center which can be found at the following website: ncaa.org

IS COLLEGE IN YOUR FUTURE?

TO STUDENT ATHLETES AND THEIR PARENTS:

Many high school athletes look forward to a continuation of their sports in college. In many instances, these expectations can be very realistic; in others, they are not. When the time comes, be sure to talk to your coach about college sports. He or she will be able to give you all the help you need to make that important transition in your life. In the meantime, if a college sport is what you want, keep the following pointers in mind:

1. *Search out the right academic program.* Talk to your counselor about interest inventories, career searches, and the college exploration process. You may not end up with a definite career focus, but the process will introduce you to several very important considerations about your future. It will also provide the academic orientation you need when you go to college to hit the books and to realize success in your studies.
2. *Find the best schools for you.* When you have completed the process, you probably will have developed a list of colleges that meet your academic, career, and personal requirements. You'll be surprised at some of the things your counselor tells you about the college selection process. It's an eye-opening experience!
3. *Visit several schools.* After you have developed a list of schools that are just right for you, visit several of them. Everything else being equal, a visit to a college campus is the best way to determine if that school is what you want. If it doesn't result in a decision, at least it will give you the information you need to eventually make that decision.
4. *Apply to two or three schools early in your senior year.* We don't want to jinx you with this memo, but sports in college are not a sure thing for you. You may get injured between now and then, or you may discover a sudden disinterest from college recruiters. Even if you are highly recruited, the work you do to select the right college program will make the recruiting process a whole lot easier.

SEE YOUR COUNSELOR AND YOUR COACH FOR ADDITIONAL INFORMATION ABOUT THIS BIG STEP YOU ARE PLANNING!

We are looking forward to having your son/daughter in our athletic program. He/she will experience growth in many ways as a result of participation.

If you should have any questions or concerns, please feel free to contact the athletic department at 724-539-4236.

PLEASE COMPLETE AND RETURN THE TWO FORMS ATTACHED AT YOUR EARLIEST CONVENIENCE. YOU WILL NOT BE ABLE TO PARTICIPATE OR PRACTICE UNTIL THESE FORMS ARE COMPLETED AND RETURNED.

If there are any questions regarding the rules and regulations of the PIAA they should be brought to the attention of the Athletic Director. The PIAA handbook is available in the Athletic Office for reference or online at piaa.org or via the school district website following the links under athletics.

A student who participates in interscholastic athletics at a school which is a member of the Pennsylvania Interscholastic Athletic Association, Inc., (P.I.A.A.) must adhere to the P.I.A.A. eligibility rules for student athletes. If a student fails to comply with the P.I.A.A. rules, he/she will lose his/her eligibility to represent his/her school in interscholastic athletics. If a student participates while ineligible, his/her school or team may be penalized. It is therefore important for all athletes to be aware of the requirements to which they are subject.

The principal of the school is responsible for certifying the eligibility of all students representing the school in interscholastic athletics. Questions concerning athletic eligibility should be directed to either the principal or the director of athletics who have available a complete copy of all the P.I.A.A. eligibility rules.

SCHOLASTIC ATHLETIC INSURANCE PROGRAM

The Greater Latrobe Board of Education has recently renewed an insurance policy for all participants in Interscholastic Athletics plus members of the Band, Cheerleaders, and Majorettes. This policy is written by Monumental Life Insurance Company.

This insurance program, briefly stated, includes the following:

1. \$5,000,000 Maximum Benefit Blanket Athletic Coverage including all Interscholastic sports and Football.
\$100 Excess Plan with a 10 year benefit period
\$1,500,000 Disability Plan for all Athletes
-0- Deductible / 80% Co-Insurance
2. Medical Expense, Physical Therapy, Dr, Hospital,- Usual and Customary up to \$5,000,000
Dental Expense - Usual and Customary up to \$10,000
3. Coverage for supervised travel to and from a school sponsored activity.
4. The athletic insurance policy covers all members of the varsity, junior varsity, and junior high athletic teams, including band members and cheerleaders, intramural sports, physical education classes, off-season conditioning, weight training, field trips, extra-curricular activities and Lacrosse.
5. This is an excess plan and parents are to use their personal Health Ins/hospitalization initially.
6. The first \$100 of covered charges are paid without regard to any other coverage. Then expenses which are not covered by personal health insurance are eligible for coverage.

In order to establish a common procedure for the treatment of athletic injuries, the following guidelines will be followed.

1. If an injury occurs during a practice session or during an athletic event, it is the responsibility of the coach to see that the student athlete is in contact with the Athletic Trainer.
2. In case a specialist is needed, the school physician will recommend one after consulting with the parents. If the parents feel the need to see another physician without consulting the school's physician, the student athlete may not participate in practices and/or contests until a written release is received in the Athletic Office from the attending physician.
3. At no time will the school district pay a doctor bill unless permission has been granted by the School Physician or the Director of Athletics to use the doctor's services.
5. It is the responsibility of the coach in conjunction with the Athletic Trainer to have a notification of injury claim form completed by the parent and Director of Athletics immediately following the accident. It is important that the claim form be submitted to the insurance agent within 60 days of injury so that whatever bills are not covered by the parent's personal insurance plan can be submitted for payment through the school's insurance.
6. In the event of an injury to an athlete, the parent must submit claims through his/her own hospitalization plan; then, any bills not covered are to be submitted to the athletic director to be submitted through the school's athletic insurance program along with proof that these bills were denied by their hospitalization plan.

**GREATER LATROBE SCHOOL DISTRICT
DEPARTMENT OF ATHLETICS/STUDENT ACTIVITIES
GUIDELINES FOR STUDENT ATHLETES/BAND MEMBERS**

| |
|--|
| PLEASE PRINT STUDENT _____ |
| GRADE _____ MALE _____ FEMALE _____ |
| FALL SPORT _____ |
| WINTER SPORT _____ |
| SPRING SPORT _____ |

PLEASE INDICATE THAT YOU HAVE READ THE INFORMATION GIVEN TO YOU ON GUIDELINES FOR STUDENT ATHLETES/BAND MEMBERS AND YOU UNDERSTAND THE OBLIGATIONS BY SIGNING BELOW.

PARENT/GUARDIAN SIGNATURE

DATE

I HAVE INSURANCE WHICH WILL PROVIDE COVERAGE FOR MY CHILD AND GUARANTEE TO USE THIS COVERAGE IF NECESSARY AND WILL ASSUME THE FINANCIAL RESPONSIBILITIES IF NOT COVERED BY MY INSURANCE OR BY THE GREATER LATROBE SCHOOL DISTRICT STUDENT ATHLETE ACCIDENT POLICY.

PARENT/GUARDIAN SIGNATURE

DATE

I DO NOT HAVE INSURANCE WHICH WILL PROVIDE COVERAGE FOR MY CHILD BUT WILL ASSUME THE FINANCIAL RESPONSIBILITIES IF NOT COVERED BY THE GREATER LATROBE SCHOOL DISTRICT STUDENT ATHLETE ACCIDENT POLICY.

PARENT/GUARDIAN SIGNATURE

DATE _____

PARENT/COACH COMMUNICATION PLAN



Greater Latrobe School District

Senior High Principal: Mr. Steven LoCascio

Junior High Principal: Mr. Chad Krehlik

Athletic Director: Mr. Mark Mears

PARENT/COACH COMMUNICATION PLAN

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 benefits to children. As parents, when your children become involved in our athletic program(s), you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect From Your Child's Coach:

1. Expectations the coach has for your child as well as all the players on the team.
2. Locations and times of all practices and contests.
3. Team requirements, i.e., practices, special equipment, out-of-season conditioning.
4. Disciplinary actions that may result in the denial of your child's participation.

Communication Coaches Should Expect From Parents:

1. Concerns expressed directly to the coach.
2. Advance notice of any situations that may hinder participation in practice and/or games.

As your child becomes involved in the programs of the Greater Latrobe 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.

Appropriate Concerns To Discuss With Coaches:

1. The treatment of your child.
2. Improving your child's athletic performance.

At times it may be difficult to accept your child's limited playing opportunities. Please remember that coaches are professionals. They make decisions based on what they believe to be the best for all students involved. As 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 The Coaches:

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

Sometimes there are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote a resolution to the issue of concern.

If There Is A Concern To Discuss With A Coach:

1. Please encourage your child to speak directly with the coach.
2. Call to set up an appointment.
3. If the coach cannot be reached, call the athletic office to assist you in arranging a meeting.
4. 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 rarely promote resolution.
5. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with the athletic director to discuss the situation.

EXPECTATIONS OF PARENT/GUARDIAN

1. Support your student athlete's efforts towards success.
2. Work to promote a positive environment that is conducive to the development of the student athlete.
3. Become familiar with, and review the rules and regulations with your student athlete.
4. Communicate any concerns in a timely manner, according to district protocol.
5. Treat all coaching personnel with courtesy and respect, and insist your student athlete do the same.

Research indicates a student involved in co-curricular activities has a greater chance for success during adulthood. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school. We hope the information provided in this pamphlet makes both your child's and your experience with the Greater Latrobe School District athletic program truly rewarding and enjoyable.

Mark Mears
Athletic Director

GOOD LUCK TO ALL OF OUR ATHLETES!!!