

YORK COUNTRY DAY SCHOOL



ATHLETICS HANDBOOK

ATHLETIC PHILOSOPHY

York Country Day School athletics is about more than wins and losses. When one becomes a Greyhound, one joins a community of athletes who share an unshakable bond. And, under the careful mentorship of our experienced and passionate coaches, one learns important life lessons that transcend sport. Our varsity teams routinely compete against the best local independent and public schools. Whether one plays for the love of the game or is bound for college competition, YCDS has a team for you!

York Country Day School Athletics embodies the following principles:

TEAMWORK

We are better together.

CHARACTER

The final score does not define us.

COMPETITION

We measure ourselves against the very best.

FUN

They call it playing for a reason.

HEALTH

You only get one body. Take care of it.

As a member of the Pennsylvania Interscholastic Athletic Association (PIAA), YCDS routinely competes against some of the best independent and public schools. In recent years, YCDS has brought home several PIAA District III awards in boys' basketball. We have graduated a number of student athletes who have reached incredible heights, competing in Division I, II or III athletics in soccer, basketball, and football.

GENERAL GUIDELINES

ATTENDANCE

All student-athletes must be in school by 11:00 AM in order to compete in athletic practices or contests that day. Students are expected to attend every scheduled practice. If a player misses practice, it will affect their participation in games.

TRANSPORTATION

York Country Day School provides transportation to and from athletic events; student-athletes are required to ride that transportation. The members of the coaching staff feel it is in the best interest of team unity that everyone travel together and share the game experience. As the guardian during these trips, the coaching staff must be able to account for the whereabouts of all the student-athletes and ensure their safety. It is expected that our student-athletes will conduct themselves appropriately while on bus transportation. Any misconduct will result in a penalty including and up to dismissal if warranted. Student-athletes will be responsible for any damages to bus property and subsequent costs to repair or replace. In the event that there are extenuating personal circumstances, a parent/guardian can take responsibility for the transportation of his/her son/daughter. A parent/guardian must present themselves to a member of the coaching staff following the contest informing the coach that his/her child is leaving with him/her. A note must be provided to the coach by the parent/guardian.

DECLARATION OF SPORT

If a player desires to change sports during the season, they must submit a request in writing with their parent/guardian signature to the Director of Athletics by the first week of official practices. The coaches, Director of Athletics, and Upper and Middle School Head must agree to the change prior to participating with the new team.

PARTICIPATION AGREEMENT

When athletes decide to play a sport, they make a commitment to every athlete on the team. It is the responsibility of every member of the team to help the other players get better and to hold each other accountable both on and off the playing field. Athletes are expected to be at every practice and every contest on the schedule. It is the athlete's responsibility to communicate with the coach in advance of any potential conflicts. It is left to the coaches' discretion for the consequences for unexcused absences. The coaches may apply up to a one game suspension for each unexcused practice missed. Examples of excused absences are illness, college visits, religious holiday and school activities. Athletes who violate any of York Country Day School's policies concerning immoral or illegal behavior (ie. tobacco, alcohol, and drugs) may be immediately suspended from the sport/activity in which they are participating. The school administration makes the decision concerning the student's involvement in the school's athletic program. If a student has an "Out of School" or "In School suspension" the student-athlete is exempt from participating in that days practices or contests. Furthermore, any athlete suspended or found to be in violation of said policies during an "off season" may participate in the ensuing sports season only with the approval of the administration.

CO-CURRICULAR ACADEMIC POLICY

A student whose grade point average is below a 2.0 will be ineligible to participate in co-curricular activities until the grades are raised above the minimum 2.0. The Director of Athletics checks grades on a weekly basis. If an athlete falls below the minimum 2.0, the student will be placed on academic probation and an improvement plan will be put in place with his/her advisor. Once a student is placed on probation, he/she is ineligible to participate in practices or games from Sunday through Saturday of the following week. The student-athlete should use this time to schedule tutoring to catch up on any missing assignments from class. Students who fail one of the first three quarters are ineligible to participate in practices and games for the first 15 school days at the start of the following marking period.

CITIZENSHIP AND SPORTSMANSHIP

Any act of unsportsmanlike conduct in practice or during games may lead to immediate disciplinary action, which may include suspension or dismissal from the team. All York Country Day School athletes not only represent themselves, but also their teammates, families, community and our school. Athletes are expected to display appropriate behavior on and off the field and in and out of school.

PARENTAL BEHAVIOR

Parents and supporters of YCDS's athletes and teams must realize that any interference with a game or participants of a game (athletes, officials, and coaches) can result in disciplinary action taken by York Country Day School and/or the Pennsylvania Interscholastic Athletic Association (PIAA). Such actions may be taken against our teams, athletes, and parent-spectators. Acceptable and appropriate sportsmanship is a fundamental component of our athletic program, and we will help ensure that our athletes and spectators always exhibit exemplary conduct. Parents are advised to direct questions/concerns about their student/athlete to the following individuals in their listed order: team head coach, YCDS Director of Athletics, Upper School Head and then Head of School. Please do not approach coaches during or after any practice or team competitions to discuss concerns. To meet with a coach, please schedule an appointment by contacting the coach; if unsuccessful, contact the Director of Athletics.

MIDDLE SCHOOL SPORTS

In keeping with the Pennsylvania Interscholastic Athletic Association (PIAA) rules, all teams are grouped by ability in grades 6th thru 8th. The actual number of teams varies each season depending upon the numbers of students who wish to participate in the sport of their choice. Each sport has set a minimum number of students necessary to warrant an additional team. The goal at this level is to play competitively while focusing on the development of individual, game, and team skills. All players who attend and work hard in practice will have an opportunity to play.

UPPER SCHOOL SPORTS

Upper School sports are offered at various levels on a sport-by-sport basis. Some sports only have a varsity level, while others may offer a junior varsity level. The program, space availability, staff availability, and student interest determine this. The goal at this level is to train athletes for maximum performance. Every game is played to win using team strategies. Those athletes, who are most skilled, have the best attitude, have committed themselves to attend and be diligent at practices, receive the majority of the playing time.

PROPER DRESS

All team members are to follow the coach's guidelines on expected dress code for game day attire. Team members will follow the YCDS Dress Code on all other occasions as outlined on pages 21-25 in the Upper and Middle School Dress Code.

POSTPONMENTS DUE TO WEATHER

We will make every attempt to monitor adverse weather conditions and postpone events if necessary. Given the size of the geographic area in which our students live, weather conditions may vary greatly. In the event that you feel it is unsafe for your student to travel to a game or practice that has not been postponed, please use your best judgment. Students will be excused from practice or games where parents feel travel is unsafe. All scheduling updates will be posted at www.ycds.org and www.ycdsathletics.org. An email will also be sent to the community from the Director of Communications.

COOPERATIVE SPONSORSHIP AGREEMENT

York Country Day School and York County School of Technology agreed to a cooperative sponsorship agreement allowing each respective school's students to participate in sports hosted by the agreeing school. A list of the hosting schools sports can be found at www.ycds.org/athletics.

RELIGIOUS HOLIDAYS

Games are not scheduled on the first day of Rosh Hashanah, Yom Kippur, Good Friday, and Christmas. Students are always excused from school, games, or practice for religious commitments.

SPORTS INJURIES

York Country Day School has a Licensed Athletic Trainer (LAT) on staff through WellSpan Sports Medicine. The LAT will also serve as a resource for the complete treatment and rehabilitation of sports injuries.

The YCDS LAT will handle injuries occurring at home games. A communications system using walkie-talkies and/or a cellular phone will allow the trainer to be notified immediately in case of a serious injury.

The staff of the opposing school will handle injuries at away games. If a serious injury occurs, the coach and/or the LAT will notify parents as soon as possible.

SPORTS PHYSICALS

No Upper or Middle School student may participate in practices or games without a completed PIAA physical. Only one physical is required for the current academic school year. The parents of the athlete must fill out a recertification form for each season following the initial physical to participate in that season's sport. The comprehensive physical form and recertification form (section 5 of physical form) are available online at www.ycds.org/athletics.

POST-SEASON PLAY

York Country Day School is a member of the Pennsylvania Interscholastic Athletic Association (PIAA) and is eligible to participate in their state tournaments at the varsity competition level.

FUNDRAISING

Coaches, players, parents, and friends of individual teams may not hold fundraisers or solicit money without prior approval of the Director of Athletics, Director of Development, and Head of School.

INTERCOLLEGIATE ATHLETICS

Many students would like to pursue their athletic interests in college. Varsity coaches, the Director of Athletics, and/or the College Counselor can provide information and advice in this area. Athletes who are interested in scholarships or financial aid for sports should speak with their coaches about the various college programs, the recruiting process, and their chance for success. The NCAA publishes a pamphlet called "Guide for the College Bound Student Athlete," which is available through the Athletic and College Counseling offices.

DRUGS AND ALCOHOL POLICY

The use, dispensing, or possession of drugs, drug paraphernalia, alcohol, or mood-altering substances on school property or at school-sponsored events will not be tolerated and may result in expulsion from school. Any student suspected of possession or use of drugs, tobacco, or alcohol will be immediately sent to the Director of Athletics or Head of Middle and Upper School. A student will face expulsion if he/she is under the influence of any of these substances, or if he/she provides any of these substances to an individual who then attends school or a school-sponsored event while under the influence.

YCDS reserves the right to search personal property, including but not limited to lockers, backpacks, personal technology devices, clothing, and cars on school property with probable cause.

Drug/mood-alerting substance/alcohol shall include any alcohol or malt beverage, any drug listed in Act 64, abused prescription medicine, or any substance intended to alter mood.

HAZING POLICY

Harassment in any form will not be tolerated. If a student feels harassed by another member of the community, he or she should bring the concern directly to the school. Likewise, intimidation, the deliberate attempt to isolate others by making them feel rejected by their peers, will not be tolerated. Whether direct or indirect, blatant or subtle, verbal or physical, any behavior that stigmatizes, victimizes, targets, or interferes with another member of the school community for any reason, including race, sex, religion, ethnic origin, physical attribute, or sexual orientation, is expressly forbidden. The response will be determined after a thorough investigation of the case, but may include detentions, suspension, probation or expulsion. Additionally, the response may involve a recommendation for counseling and/or other restorative steps.

Examples of intimidation and harassment include, but are not limited to:

- Electronic communication involving physical threats and/or malicious gossip and slander;
- Hit lists or polls naming specific students and/or teachers;
- Stealing passwords and misrepresenting oneself;
- Changing others' personal profiles;
- Making sexual advances;
- Visual conduct; e.g., leering, making sexual gestures, displaying sexually suggestive objects or pictures, cartoons, or posters;
- Taking and/or distributing inappropriate, humiliating, or explicit photos, images, or content of oneself or others;
- Verbal conduct; e.g., making derogatory comments, epithets, slurs, jokes, verbal sexual propositions, verbal abuse of a sexual nature, graphic verbal commentary about an individual's body, sexually degrading words used to describe an individual, suggestive or obscene language, letters, notes or invitations, malicious gossip and rumor spreading;
- Physical conduct; e.g., assault, touching, impeding, or blocking one's movement.

Hazing refers to any situation or action which endangers or has the potential to endanger the mental or physical health or safety of a person or which willfully destroys or removes public or private property for the purposes of becoming, remaining, or participating in any group. The fact that the person consented to participate in the activity is no defense. Any situation or activity that, for the purposes becoming, remaining, or participating in any group, produces or could be expected to produce mental, emotional or physical discomfort, fright, degradation, moral compromise, humiliation, embarrassment, harassment, or ridicule to the student is hazing. A person violates this policy whenever he or she engages, assists, or attempts to engage or assist in the planning or committing of any hazing activity, whether on or off campus or other School property. All members of our School community, including, students, faculty, and staff, are responsible for immediately reporting any hazing activity or plans for any hazing activity to the appropriate faculty member, Head of Upper & Middle School, Director of Athletics, or the Head of School. The failure to make such a report is also a violation of this policy. The School may sanction any athletic team/sport, club, association, organization, or other group who authorizes hazing. Such sanctions include, without limitation, fines, suspension of operation, loss of use of School facilities, loss of funding, and withdrawal of permission to operate. No adverse action will be taken against any person who makes a good faith report of hazing activity.

Hazing activities include, but are not limited to:

- Any brutality of a physical nature, such as whipping, paddling, kicking, striking, beating, branding, writing or marking on a person's skin or clothes, forced calisthenics, exposure to the elements or other physical abuse;
- Acts of personal servitude (i.e., forced labor or service);
- Sleep deprivation;
- Forced exclusion from social or verbal contact;
- Kidnapping or stranding
- Restrictions on personal hygiene;
- Yelling, swearing, insulting or demeaning verbal abuse;
- Being forced to wear embarrassing or humiliating attire;
- Consumption of any food, drug, vile or other non-food substances, or alcohol;
- Smearing of skin with vile substances;
- Performing sexual simulation or sexual acts;
- Stunts or dares, whether public or private, that could result in physical injury or harm to a person's mental, emotional or social well-being;
- Activities causing physical or mental fatigue;
- Physical or psychological shock;
- Placing any person in a situation of actual or simulated peril or jeopardy;
- Any theft/destruction/damage of public or private property; or
- Any act in violation of the law or School policy, and any other activity that could fall within the definition of hazing.

When the School administration becomes aware of any instance of intimidation, harassment or hazing, the situation will be promptly investigated. Any person found to have violated this policy would be subject to disciplinary action, including termination of employment or expulsion from the School, as applicable, for serious violations. Persons violating this policy may also be subject to civil liability or criminal liability under Pennsylvania law.

Complaint Procedures:

Students are expected to assist the school in preventing these types of behaviors by promptly reporting any instance of alleged or potential harassment, intimidation, hazing, or fighting.

All complaints will be investigated thoroughly by the administration at York Country Day School. Complaints will be processed in a manner, which protects the complainant and maintains the individual's confidentiality, to the greatest extent possible.