

**THOMAS JEFFERSON
HIGH SCHOOL**



**STUDENT
ATHLETIC
HANDBOOK
2010-2011**

MISSION STATEMENT

THE DISTRICT'S STATEMENT OF ITS PURPOSE

STUDENTS ARE THE PRIMARY FOCUS OF THE WEST JEFFERSON HILLS SCHOOL DISTRICT WHERE, IN PARTNERSHIP WITH FAMILIES AND COMMUNITY, THE MISSION IS TO EDUCATE AND PREPARE STUDENTS TO BECOME ACTIVE, CONTRIBUTING MEMBERS OF SOCIETY BY PROVIDING A CHALLENGING, INNOVATIVE, EDUCATIONAL PROGRAM GUIDED BY AN EXCEPTIONAL STAFF IN A SAFE, POSITIVE, CARING ENVIRONMENT, ALL OF WHICH PROMOTE EXCELLENCE.

The interscholastic Athletic Program at Thomas Jefferson High School is an integral part of the total school program, and is designed to help our students become better citizens.

While academics have always been the primary focus of our school system, we believe that participation in athletics provide many opportunities, training and experiences not available in the classroom.

Participation in athletics is entirely voluntary. All students are encouraged to participate but no one is ever required to do so. Since participation is voluntary, any student who desires to participate must be prepared to follow all rules and regulations governing athletics. Those who do not comply will not be permitted to participate.

Thomas Jefferson High School is a member of the Western Pennsylvania Interscholastic Athletic League (WPIAL) and the Pennsylvania Interscholastic Athletic Association (PIAA). WPIAL and PIAA rules must be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc. You are required to remove, sign and submit the last page verifying that you have read, understand and agree to abide by the rules and regulations governing participation in the athletics program at Thomas Jefferson High School.

The following are certain rules and procedures as well as standards of conduct and athletic achievement with which one should be familiar. Many of these rules and regulations have been set by the WPIAL and PIAA. Failure to comply may cause you to lose your eligibility to participate. It is important that you be aware of the requirements. Please read them and share them with your parents.

AGE

To participate on a high school team (grade 9-12) you must not have reached your 19th birthday by the June 30th immediately preceding the school year. To participate on a junior high team (grades 7-9 or 9th only) you must not have reached your 16th birthday by the June 30th immediately preceding the school year.

AMATEUR STATUS

To be eligible for an interscholastic sport you must be an amateur in that sport. You will lose your amateur status in a sport for at least one year if:

1. You or your school or an organization which you represent, or your parent or guardian, receive money or property for or related to your athletic ability performance, participation or service.
2. You accept compensation for teaching, training or coaching a sport. You may receive normal and customary compensation for acting as an instructor in or officiating recreational activities, or for serving as a lifeguard at swimming areas.

You may receive awards only from your school, the sponsor of an athletic event, the news media or a non-profit organization approved by your principal. Permissible awards are a sweater, jacket, blazer, blanket, shirt, jersey, watch, ring, scroll, photograph, medal, plaque or similar trophy.

INJURIES

Any athlete who is treated by a physician for an injury or illness during or prior to a sport season is required to obtain a physician's release before they are permitted to participate in practices or contests. The release must be from a licensed medical physician who is the attending physician of record. A medical release from a chiropractor will not be accepted. All student-athletes must have completed a pre-participation physical (CIPPE) prior to the start of their sport season. Physicals are good for one school calendar year from June 1 – May 31.

TRANSPORTATION

Athletes must travel to and from away contests in transportation provided by the school district. At no time will athletes be permitted to drive on their own nor ride to or from away contests with a friend. Situations may occur where, through no attempt to circumvent this rule, an athlete must be driven by a parent. This is acceptable, provided the parent notifies the athletic office or the coach in writing in advance. Athletes may be permitted to ride home from away contests with their parents with prior approval by the coach.

EQUIPMENT

You are responsible for all equipment issued including uniforms and practice clothing. You will be expected to return all equipment/uniforms at the end of the season. You will be required to pay replacement costs for any items that you do not return or which you return in unsatisfactory condition. Issued equipment is not to be used for any activity outside of the school district practice and competitions. **You are not to use athletic equipment or clothing for gym classes or for participation on teams outside of school. All uniforms and equipment must be returned to your coach, not the athletic office. Students will not be permitted to participate in athletics until they have met all debt obligations to the district.**

Within one week after the close of a season the coach and/or equipment manager will conduct a uniform return. Failure to return equipment or uniforms will result in the following:

1. Notification to athlete and parent as to what is owed and the replacement cost of the items.
2. Withholding of report card or awards until uniform/equipment return obligation is met.
3. Students will not be permitted to participate in subsequent sports seasons until all equipment or uniform debts from previous seasons are collected or reimbursement is made.

LETTER AWARDS

Requirements for earning a varsity letter are established by each coach with the approval of the Athletic Department. Each Coach will determine more specific criteria for earning a letter.

SCHOOL/PRACTICE ATTENDANCE

A student must be in school by **10:00 A.M.** in order to participate in a contest or practice session. A student may not practice or play if he/she is absent from school the day of practice or contest unless approved by the Athletic Director or Principal. A student is ineligible to participate throughout the duration of their absence. Also, any student on suspension is not eligible to attend practice or contests throughout the duration of the suspension. Frequent tardiness to school may result in cancellation of participation privileges. Students with early dismissals must return to school following their appointment to be eligible to participate in a contest or practice that day. If a student is absent from school on a Friday, they are not permitted to attend practice or contests over the weekend.

A student who has been absent from school during a semester for a total of 20 or more school days shall not be eligible to participate in any athletic contest until he/she has been in attendance for a total of 45 days following his/her 20th day of absence. If the absences occurred in the final semester, the student must be present for 45 days of the following school year before they are eligible. The exception is where there is a consecutive absence of 5 or more school days due to confining illness, injury or quarantine with a physician's excuse. Attendance at summer schools does not count toward the 45 days. (PIAA Rule).

Any student-athlete guilty of cutting class will be dealt with in the same manner as a non-athlete cutting class. School policy will prevail.

Attendance at practices during the participation season is mandatory and under the discretion of the coach and Athletic Director. Failure to comply with the attendance policies of the coach can result in dismissal from the team.

In the event a student-athlete is suspended from school, they are unable to practice, play or attend contests throughout the duration of the suspension. In school suspension is complete at the end of the day on the last day of suspension. Out of school suspension is complete when the student returns to school following the suspension. All class work must be kept current during suspensions.

DRESS CODE

When traveling to different schools with an athletic team, you are representing the community and Thomas Jefferson High School. The way you look and dress is a direct reflection on the district and your family. As such, you are expected to wear clothes that are clean and appropriate. Coaches have the right to set more specific standards than outlined above.

QUITTING A TEAM

No athlete may quit one sport and turn out for another after the season has begun without mutual consent of both coaches and the Athletic Director.

INITIATIONS/HAZING

Under no circumstances will initiations and/or hazing of any kind be tolerated. Any student involved in hazing or initiation of another student will be dismissed from the team and appropriately dealt with under the West Jefferson Hills School District discipline policy.

PERIOD OF PARTICIPATION

A pupil shall not represent his/her school in interscholastic athletics if they have surpassed any of the following prior to this year.

1. Been in attendance more than 6 semesters beyond the 8th grade.
2. Played six seasons beyond the sixth grade in any sport.
3. Played four seasons beyond the eighth grade in any sport
4. Completed the work of grade nine, ten, eleven and twelve inclusive.

ACADEMIC ELIGIBILITY

The athletic office will conduct a weekly grade check. In order to be eligible for interscholastic athletics and cheerleading, a student must have passed or be passing at least four full credit subjects, or the equivalent. Back work may be made up providing it is in accordance with the regular rules of the district. Student-athletes who attend Steel Center Vo-Tech must have passed or be passing two full credit classes at Thomas Jefferson High School and be passing their classes at Steel Center. In the event the student is not passing four credits, they are ineligible to practice or play in contests until the next grade check.

In cases where a student's work in any preceding grading period does not meet the standards above, the student shall be ineligible to participate in interscholastic athletics or cheerleading for fifteen (15) school days of the next grading period.

At the end of the school year, the student's final credits in his/her subjects rather than his credits for the last grading period shall be used to determine his eligibility for the next grading period.

The approved grading scale of the West Jefferson Hills School District will be used in determining academic eligibility. An "I" grade and/or an "F" grade will be considered not passing.

The Athletic Director will inform the player and the coach if they are ineligible to participate.

DRUGS, ALCOHOL AND TOBACCO

The possession, use, furnishing or transmission of narcotics, stimulant drugs, alcoholic beverages, steroids or other unauthorized substances and the use of any tobacco products by student-athletes is strictly prohibited. The West Jefferson Hills School District discipline policy will be applied where there is an infraction dealing with drug, alcohol and tobacco use.

SUMMARY

This handbook is intended to inform athletes and parents of rules and regulations governing our interscholastic programs. This handbook is not all-inclusive. There are many rules and regulations that are not included. Each coach, however, has the right to make reasonable rules more stringent than those listed in this book. Any rules not addressed in this handbook will revert to the student handbook for clarification.

Please do not hesitate to contact your coach or Athletic Director for any questions or clarification of a rule regarding your participation in our interscholastic athletic programs.

The West Jefferson Hills School District hopes you enjoy your participation in the athletic programs at Thomas Jefferson High School. We are proud of our Jaguar teams and all those student-athletes representing our district. Please remember that what you do and how you act is a direct reflection on your family, school and community.

TO: WPIAL Member School

FROM: David G. McBain
Chair WPIAL Sports Medicine Committee

DATE: November 7, 2007

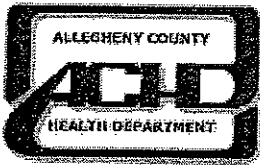
RE: MRSA Issue

With the increasing notoriety and presence of Methicillin-Resistant Staphylococcus Aureus or MRSA infection in our general population and now emerging more into the athletic area, the WPIAL Sports Medicine Advisory Committee wanted to put some general information into the hands of school Athletic Administrators.

There are two distinct types of MRSA HA-MRSA ("hospital acquired") and CA-MRSA ("community acquired"). Hospital acquired occurs more frequently with patients who are more acutely ill and have weakened immune systems. Community acquired, which we are seeing an increase in, is finding itself in the general population of young children and athletes due in part to the close environments they may be subject to.

Education is the key to combating this aggressive form of staph. The attached handouts deal directly with the history, identification and disposition of persons with MRSA. Listed immediately below is a summary of preventative measures school districts may wish to consider in being proactive in combating this bacterium.

1. Recommend that all athletes shower at the school immediately after practices, using clean towels; the towels should be washed afterwards in HOT water, and dried in high heat until completely dry. Eliminate canvas laundry containers and bags. Make sure all gear is allowed to thorough dry in between using—shoes, pads, helmets, etc. They cannot be left in bags or in piles on the floor.
2. Mount liquid soap dispenses in all showers. Bar soap should be allowed in the showers due to the chance of sharing.
3. Athletes should take all practice clothing home daily and football should take ALL gear home weekly, with instructions to wash and clean everything before returning. Clorox wipes are a great item to use.
4. Mount liquid hand sanitizer dispensers in the doorway to every locker room, the weight rooms and the Athletic Training room, and encourage their regular use by athletes, coaches and managers.
5. Every locker room, coach's office, Athletic Training room and weight room should have disinfectant spray readily available for spraying off any/all surfaces on demand. (Make sure the spray is effective against MRSA)
6. All athletic department personnel should be instructed NOT to use the same towel for multiple athletes.
7. All suspicious lesions are to be made known to the Certified Athletic Trainer (ATC) and/or school nurse immediately and managed aggressively. Athletes are held out until cleared by then attending physician. Any suspicious lesions should be cultured.
8. Athletes are encouraged to get any and all abrasions covered before every practice. Athletes with active MRSA infections are required to keep covered at all times.



MRSA : A Fact Sheet

What is MRSA?

Methicillin-Resistant *Staphylococcus Aureus* is a type of bacteria that is resistant to certain antibiotics. It is commonly found in the nose and on the skin. An estimated 20% - 30% of the general population are "colonized" and have *Staph* present on or in the body without causing illness. Infections may occur when *Staph* penetrates the skin.

What are the symptoms?

Skin infections may result in redness, warmth, pimples or boils, sometimes with or without pus. Bacteria rarely get into the bloodstream and other body sites, causing pneumonia or more severe illness.

How does MRSA spread?

Close skin-to-skin contact, openings in the skin such as cuts and abrasions, close contact with bacteria-contaminated items and surfaces, crowded living conditions and poor hygiene and the main causes for spreading the disease.

How can I prevent MRSA skin infections?

Wash hands thoroughly with soap and hot water or use an alcohol-based sanitizer. Keep cuts and scrapes clean and covered with bandages until healed. Avoid contact with other people's wounds or bandages. Avoid sharing personal items such as towels and razors.

Are there other ways to prevent MRSA infections?

Wash soiled sheets, towels and clothes with water and laundry detergent and dry the laundry in a hot dryer. Use a barrier between skin and shared athletic equipment. Wipe surfaces of athletic equipment before and after each use. Inform health care providers who treat you that you may have an MRSA infection.

Are *staph* and MRSA infections treatable?

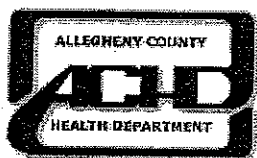
Yes. See your doctor. Most infections can be treated with antibiotics. Tell others with an infection to see their doctor.

How prevalent is MRSA?

Only one percent of the population carry MRSA. Most MRSA infections occur in hospitals or other health care settings. MRSA is becoming more common in community settings.

Need more information?

Call the Health Department at 412-687-ACHD.



Community Associated Methicillin Resistant Staphylococcus aureus in Athletes

Questions and Answers About MRSA for Athletes

What is Community Associated Methicillin Resistant Staphylococcus aureus (CAMRSA)?

CA-MRSA is caused by the bacteria *Staphylococcus aureus*. Infection with MRSA means that some antibiotics will not work against these bacteria. Many people carry Staphylococcal organisms in their nasal cavity, but do not have an active infection. Those people are called "carriers". Most people who get an infection with CA-MRSA often think they have a spider bite because of a reddened area on the skin that may drain pus or form an abscess.

How do athletes get CA-MRSA?

Athletes can contract CA-MRSA by close skin to skin contact, sharing athletic equipment, sharing towels, razors, or other personal items with someone who has an active infection or who is a carrier. Athletes may get abrasions from artificial turf; these abrasions may serve as an entry point for CA-MRSA. The turf is no more likely to harbor the MRSA bacteria than any other surface.

How do we prevent CA-MRSA in athletes?

Handwashing is the best way to prevent infection. Avoid sharing towels, razors, and other personal items. Wash hands with antibacterial soap and use disposable paper towels. Athletes should shower with soap after each practice or game. Shared athletic equipment should be cleaned with bleach-water solution (1:10 dilution of sodium hypochlorite, which is approximately ¼ cup of 5.25% household chlorine bleach to 1 gallon of water) on a regularly scheduled basis. Athletic team members and trainers should also practice hand hygiene in between contact with athletes by using a hand sanitizer when soap and disposable paper towels are not available.



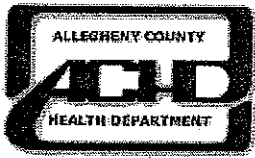
CDC Public Health Image Library

What should I do if I think I have CA-MRSA?

The best thing is to visit your health care provider. They will culture your wound to see if it is a bacterial infection, and then treat you with the appropriate antibiotics. It is important to keep your wound clean and dry and properly bandaged or protected, especially if it is draining pus. Wash your hands thoroughly after handling soiled bandages.

Can I still play sports if I have CA-MRSA?

A student could be allowed to participate if the wound can be properly protected, and at the discretion of the coach and physician. Having an infection with CA-MRSA is not reason to exclude a child from playing in a sport or other school activity, except as outlined on page 33 of Section VI "Sports Medicine Guidelines, Skin Infections in Wrestling" of the Pennsylvania Interscholastic Athletic Association (PIAA) handbook, which states that: "Open wounds and infectious skin conditions that cannot be adequately protected should be considered cause for medical disqualification from [wrestling] practice or competition...". Community Associated Methicillin Resistant *Staphylococcus aureus* in Athletes CDC Public Health Image Library.



Recommendations for Children with Methicillin-Resistant Staphylococcus aureus (MRSA) in School Settings

Information About MRSA for Schools

Staphylococcus aureus ("staph") are bacteria commonly found in the noses and on the skin of healthy people. Staph with resistance to the antibiotic methicillin (and other related antibiotics) are known as methicillin-resistant Staphylococcus aureus or "MRSA." Resistance means that a particular antibiotic will not work against those bacteria.

When staph are present on or in the body without causing illness it is called "colonization." At any given time, from 20% to 50% of the general population is colonized with staph bacteria; some may be MRSA while others are not antibiotic-resistant.

Most people with staph are colonized only. These bacteria can occasionally get through the skin barrier and cause superficial infections (most such infections are not severe). Symptoms of infection vary depending on the part of body that is infected. Skin infections (the most common site of staph infections) typically result in local redness and warmth of the infected area, with or without pus. Localized infections include boils, impetigo and wound infections. Rarely, the bacteria get into the bloodstream and other body sites and can cause more severe illness.

HOSPITAL versus COMMUNITY-ACQUIRED MRSA

MRSA was first identified in the United States in the late 1960s. In past decades MRSA was primarily seen in the hospital setting among older and sicker people. These hospital strains are usually resistant to multiple other antibiotics. Most people with MRSA have a history of recent hospitalization, surgery or dialysis, residence in a long-term care facility or an implanted medical device (such as a catheter).

Since the late 1990s, a number of studies have demonstrated that MRSA colonization and infection are now being seen among healthy children and adults who do not have these healthcare-associated risk factors. It appears that these people have acquired MRSA in the community, rather than in a healthcare setting. Compared to typical hospital-acquired MRSA infections, these community-acquired MRSA (CA-MRSA) infections tend to occur among younger people, and often involve less serious skin and soft tissue infections. Additionally, these CA-MRSA strains are usually susceptible to many other antibiotics besides penicillins and related antibiotics.

SPREAD

Staph bacteria are spread by contact with the hands, wound drainage, or nasal secretions of a person who is infected or colonized. Persons who have draining wounds are shedding more bacteria and are more infectious than persons who are colonized only. The role of environmental surfaces is less clear but is probably less important than direct person-to-person spread.

TREATMENT

Infections caused by MRSA may be more difficult to treat than those caused by non-resistant staph because there are fewer antibiotic choices. Antibiotics typically prescribed for healthy persons without known MRSA risk factors are often not effective for a MRSA infection, and effective antibiotics may not be prescribed until the results of culture and antibiotic susceptibility tests are known. This delay can allow the infection to progress.

PREVENTION and CONTROL

Hand washing is the most effective method of preventing the spread of staph. Persons should wash hands thoroughly with soap and warm running water after having contact with secretions from the nose, tracheostomies, or skin drainage of an infected or colonized person.

GENERAL RECOMMENDATIONS FOR SCHOOLS

Skin Infections in the Classroom, Including MRSA

Any infection or draining wound could pose a threat to others. When a student with a MRSA infection is in the classroom, certain infection control measures should be in place. These measures include, but may not be limited to:

- Keep infections, particularly those that produce pus or drainage, covered with clean, dry bandages. The student should follow the healthcare provider's instructions on proper care of the wound. Pus from infected wounds can contain bacteria, including MRSA, and spread the bacteria to others. Bandages should be disposed of in a manner such that other people cannot have contact with the drainage (e.g., in a closed plastic bag).
- Advise those who may have contact with the infected wound to wash their hands thoroughly with soap

and warm water. Persons who expect to have contact with the infected wound should wear disposable gloves, and wash their hands after removing the gloves. Hand washing is the single most important measure to prevent MRSA transmission.

- Avoid sharing personal items (e.g., towels, washcloths, clothing) that may have come in contact with the infected wound. Wash soiled linens and clothes with hot water and laundry detergent. Drying clothes in a hot dryer, rather than air-drying, also helps kill bacteria.
- Clean potentially contaminated surfaces carefully with a disinfectant or a bleach-water solution (1:10 dilution of sodium hypochlorite, which is approximately 1 cup of 5.25% household chlorine bleach to 1 gallon of water) after caring for the wound.

Schools should continue to provide general cleaning on a regular schedule. Students who are infected with MRSA should follow the healthcare provider's treatment plan, including completion of any antibiotics prescribed.

Children with wounds that cannot be covered and/or who are classmates of severely immunocompromised children may present additional risks. Complex situations should be assessed on a case-by-case basis in conjunction with the local or state health department and pediatric infection control specialists.

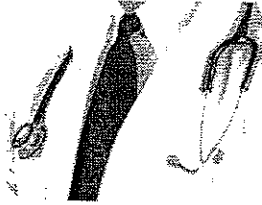
CONSULTATION

Please call the Allegheny County Health Department, or 412-687-ACHD (2243).

The above was adapted from documents developed by the [Colorado Department of Health](#) and the [Indiana Department of Health](#).

General information about community-acquired MRSA is available from the Centers for Disease Control and Prevention at www.cdc.gov/ncidod/hip/ARESIST/mrsa.htm

Information on MRSA specifically relating to sports is available via the website of the [National Collegiate Athletic Association](#) and from the [Centers for Disease Control and Prevention \(CDC\)](#).



An Important Message from The Hospital & Healthsystem Association of Pennsylvania: Community-associated MRSA Infection Poses Extra Threat to Students and Athletes



Given the recent media attention that methicillin-resistant *Staphylococcus aureus* or MRSA has received, The Hospital & Healthsystem Association of Pennsylvania (HAP) wanted to be sure to bring this issue to your attention. The hospital community is concerned about the spread of MRSA in and outside of the hospital setting. The incidence of Community-acquired (CA)-MRSA is increasing, especially among children and young people involved in athletics.

The following information is intended to raise awareness about (CA) MRSA but is not intended to provide a comprehensive medical explanation. For additional information, access the resources listed at the end of the document.

Methicillin-resistant *Staphylococcus aureus* (MRSA) is a type of staph infection that is resistant to certain antibiotics. There are two distinct types of MRSA. HA-MRSA (hospital-acquired) occurs most frequently among people in hospitals and health care facilities who are older, more acutely ill, and have weakened immune systems. CA-MRSA (community-acquired) has become responsible for most of the skin and soft tissue infections seen in healthy people during the past few years.

CA-MRSA infections generally start as small painful red bumps that resemble pimples or boils. These quickly can turn into deep, painful abscesses that require surgical drainage. CA-MRSA produces toxins that cause a great deal of redness, pain, and inflammation. It can be readily spread among healthy people and has caused recurring infections in some patients as well as outbreaks in families, households, sports teams, and living units.

Main risk factors for CA-MRSA:

- **Young age.** CA-MRSA is much more common in younger persons.
- **Participating in contact sports.** CA-MRSA affects both amateur and professional sports teams. The bacteria spread easily through cuts and abrasions and skin-to-skin contact.
- **Sharing towels or athletic equipment.** CA-MRSA has spread among athletes sharing razors, towels, uniforms, or equipment.
- **Living in crowded or unsanitary conditions.**

Awareness

Keep an eye on minor skin problems—pimples, insect bites, cuts, and scrapes—especially in children. If wounds become infected, tell the affected person and their family to see a doctor and have any skin infection cultured before starting antibiotic therapy. The wrong antibiotic can delay healing.

Preventing CA-MRSA

These common-sense precautions can help reduce the risk of contracting or spreading CA-MRSA. Remember that resistance to infection changes, so always take these precautions:

- **Wash your hands.** In or out of the hospital, careful hand washing remains the best defense against germs. Scrub hands briskly for at least 15 seconds, dry them with a disposable towel, and use another towel to turn off the faucet. Carry a small bottle of hand sanitizer containing at least 62 percent alcohol for times when you don't have access to soap and water.
- **Keep personal items personal.** Avoid sharing towels, sheets, razors, clothing, and athletic equipment as MRSA spreads on contaminated objects as well.
- **Keep wounds covered.** Keep cuts and abrasions clean and covered with sterile, dry bandages until they heal. The pus from infected sores contains MRSA, and keeping wounds covered will help keep the bacteria from spreading. Dispose of contaminated bandages so others do not come in contact with them, such as in a plastic bag.
- **Wear disposable gloves.** Persons who expect to have contact with an infected wound, should wear disposable gloves, and wash their hands before and after removing the gloves.
- **Sanitize linens.** If you have a cut or sore, wash towels and bed linens in hot water with added bleach and dry in a hot dryer. Wash gym and athletic clothes after each wearing.
- **Clean potentially contaminated surfaces** with a disinfectant or bleach-water solution after caring for a wound.
- **Get tested.** If you have a skin infection that requires treatment, ask your doctor to get a culture to check for MRSA first. Many doctors prescribe drugs that aren't effective against antibiotic-resistant staph, which delays treatment.
- **Never take anyone else's medication** to treat any suspected infection you may have.

Please share this information with your community contacts.

References on CA-MRSA include:

- **Centers for Disease Control and Prevention:** http://www.cdc.gov/ncidod/dhqp/ar_mrsa.html
- **Journal of the American Medical Association:** <http://jama.ama-assn.org/cgi/content/abstract/298/15/1763>
- **National Collegiate Athletic Association:** <http://www.ncaa.org/wps/portal> Search: "MRSA"
- **Mayo Clinic:** <http://www.mayoclinic.com/health/mrsa/DS00735>
- **American Hospital Association (AHA) Quality Center:** <http://www.ahaqualitycenter.org>



THE HOSPITAL & HEALTHSYSTEM
ASSOCIATION OF PENNSYLVANIA

PARENT/COACH COMMUNICATION

TOGETHER BUILDING BETTER PROGRAMS FOR THE STUDENTS OF WEST JEFFERSON HILLS SCHOOL DISTRICT

PARENT/COACH RELATIONSHIP

Both Parenting and Coaching are extremely difficult Vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our programs, 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. Philosophy of the coach
2. Expectations the coach has for your child, as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, I.E., fees, special equipment, off-season conditioning.
5. Procedure should your child be injured during practice or contests.
6. Discipline that results in the denial of your child to participate.

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to coach or assistant coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regards to a coach's expectation for your child.

As your children become involved in their programs at Thomas Jefferson High School, 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.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

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

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time.
2. Team Strategy
3. Play Calling
4. Other student-athletes

There are situations that may require a conference between a coach and the parent. These are to be encouraged. 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 YOU HAVE A CONCERN TO DISCUSS WITH A COACH, THE PROCEDURE YOU SHOULD FOLLOW:

1. Call to set up an appointment at (412) 655-8610 x6267.
2. If the coach cannot be reached, the Athletic Director will set up the meeting for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

Since research indicates a student involved in extra-curricular activities has a greater chance for success during adulthood, these programs have been established. 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 within this pamphlet makes both your child's and your experience with the Thomas Jefferson High School athletic program less stressful and more enjoyable.

PLEASE SIGN AND RETURN TO YOUR COACH

I HAVE READ THE ATHLETE'S HANDBOOK AND WILL UPHOLD THESE RULES AND REGULATIONS. I UNDERSTAND THE PENALTIES THAT HAVE BEEN ESTABLISHED FOR ABUSING THE PRIVILEGE OF BEING A PART OF THE ATHLETIC DEPARTMENT AT THOMAS JEFFERSON HIGH SCHOOL.

Student's Signature

Date

Parent's Signature

Date



THOMAS JEFFERSON HIGH SCHOOL
310 OLD CLAIRTON ROAD
JEFFERSON HILLS, PA 15025

Timothy Haselhoff, Principal
Paul Ware, Associate Principal
Keith Hartbauer, Vice Principal

Phone (412) 655-8610
Fax (412) 655-8618
www.wjhsd.net

**ABSENCE DUE TO APPROVED SCHOOL BUSINESS
THOMAS JEFFERSON HIGH SCHOOL**

The student is required to secure assignments from subject teachers and keep abreast of academic work during this absence. All assignments are due the day of return to school.

PARENTAL CONSENT FOR PUPIL PARTICIPATION IN SCHOOL TRIP OR TOUR:

MY CHILD _____ HAS MY PERMISSION TO PARTICIPATE

IN THE PROPOSED TRIP TO ANY SCHOOL RELATED ATHLETIC EVENT
(place to be visited)

ON 2010 -2011 SCHOOL YEAR
(dates)

PERMISSION IS ALSO GRANTED TO AUTHORIZE MEDICAL CARE IN THE EVENT OF A MEDICAL EMERGENCY WHEN PARENT(S)/GUARDIAN(S) CANNOT BE CONTACTED.

TRANSPORTION VIA (CHECK ONE):

SCHOOL BUS XX COMMERCIAL CARRIER XX PRIVATE VEHICLE XX

(signature of parent/guardian)

(date)

(home phone)

(cell phone)

(business phone)

NOTE: PUPILS ON FIELD TRIPS ARE REPRESENTING THE SCHOOL AND COMMUNITY. WITH THIS IN MIND, THEY ARE REQUIRED TO DRESS AND BEHAVE APPROPRIATELY. PARTICIPATION IN EXTRA-CURRICULAR ACTIVITIES AND TRAVEL TO ACTIVITIES IS A PRIVILEGE AND NOT A RIGHT. I FURTHER ACKNOWLEDGE THAT POSSESSIONS AND/OR VEHICLES ARE SUBJECT TO SURVEILLANCE AND POSSIBLE INSPECTION AT THE DISCRETION OF THE SCHOOL DISTRICT.