

**POPE JOHN PAUL II HIGH SCHOOL
ATHLETIC DEPARTMENT**



2025-2026 ATHLETIC HANDBOOK

**PJP High School
Athletic Handbook**

SPORTS TEAMS

FALL

Cheer
Cross Country
Football
Field Hockey
Boys Golf
Boys Soccer
Girls Soccer
Girls Tennis
Girls Volleyball

Girls Golf

WINTER

Cheer
Girls Basketball
Boys Basketball
Swimming
Wrestling

SPRING

Baseball
Softball
Girls Lacrosse
Boys Lacrosse
Track & Field
Boys Tennis
Girls Flag Football

Pope John Paul II High School Athletic Department Staff

Tracey Rarich – Athletic Director

Kyle McCarney– Head Athletic Trainer/Assistant Athletic
Director

Varsity Head Coaches

Baseball – Chuck Deluzio
(baseball@pjphs.org)
Girls Basketball – Jack Flanagan
(girlsbasketball@pjphs.org)
Boys Basketball – Earl Wise
(boysbasketball@pjphs.org)
Cheer – Erin Tolan (cheer@pjphs.org)
Cross Country – Lisa Cagliola
(crosscountry@pjphs.org)
Field Hockey – Sabrina Roberto (field
Hockey@pjphs.org)
Flag Football- Dave Nelligan
(flagfootball@pjphs.org)
Football – Darrell Scott
(football@pjphs.org)
Golf – John Miles (golf@pjphs.org)
Girls Golf- Dave Torres
(Girlsgolf@pjphs.org)
Boys Lacrosse – Colin Sloat
(boyslacrosse@pjphs.org)

Girls Lacrosse – Lauren Hughs
(girlslacrosse@pjphs.org)
Boys Soccer – Adam Childers
(boyssoccer@pjphs.org)
Girls Soccer – David Nelligan
(girlssoccer@pjphs.org)
Softball – (softball@pjphs.org)
Swimming – Emily Thomas
(swim@pjphs.org)
Girls Tennis – Sue McDonough
(girlstennis@pjphs.org)
Boys Tennis – Sue McDonough
(boystennis@pjphs.org)
Track & Field – Lisa Gagliola
(trackandfield@pjphs.org)
Girls Volleyball – Ryan Sell
(volleyball@pjphs.org)
Wrestling – TBA
(wrestling@pjphs.org)

Schedules and Results

Information can be found on the Athletics page of the PJP website. For information about specific sports, choose the Athletic Teams tab and click on the sport. Information regarding try-outs, practices, schedules and weather-related updates can be found on <https://pjphsathletics.bigteams.com/>.

POLICIES OF THE PROGRAM

Privilege to Compete

Participation in athletics at Pope John Paul II High School is a privilege. With this privilege come high expectations of our coaches, and the student-athletes that comprise our teams. We expect student-athletes to meet high standards, both on and off the court/field, with regard to academics, character, sportsmanship and leadership. Student-athletes and their parents are expected to agree to and adhere to the expectations set forth in this Athletic Handbook. Those student-athletes whose behavior or conduct does not meet the expected standard may lose the privilege of participating in athletic programs.

Student-Athlete Expectations

Athletic success at Pope John Paul II High School is defined in several ways. Student-athletes are students first and athletes second. Our primary commitment is to academic success and adherence to behavior guidelines. With this privilege come high expectations. Student-athletes should:

- **Represent Pope John Paul II High School with class, dignity and sportsmanship at all times.** PJP II is bigger than any one individual or team and any unsportsmanlike behavior reflects negatively on the entire school. Our student-athletes are expected to promote a positive image of the school, at all times, through their actions in both victory and defeat.
- **Attend daily practice.** In-season, practices are mandatory and should not be missed except for an academic commitment, illness or family emergency. Unexcused missed practice time will have consequences. If you are missing a practice that should be communicated with the coach.
- **Participate in off-season and summer workout programs when conflicts do not exist.** Participation in off-season or summer programs is not mandatory and does not guarantee that a student-athlete will make a team when try-outs occur. These workouts are meant to improve the skills of those involved and offer them a better chance of making a team. **There are no expectations for participation if the student-athlete is involved in another, in season school sponsored sport.**

- **Follow all PIAA, school, athletic department and team rules.** The PIAA, PJP II and the Athletic Department policies are equally important. In addition, each team may develop its own set of rules that student-athletes are expected to follow. Violations of these rules and policies will result in consequences as outlined in the PIAA bylaws, the Pope John Paul II High School Student Handbook, and the Panther Athletic Handbook.

Due to the competitive nature of our athletic programs, there are no guarantees as to playing time. **All playing time decisions are left to each team's coaches.** No factors determine playing time other than selecting student-athletes who will give the team the best chance of winning and who meet the coaches' expectations in terms of attitude, work ethic, and team work.

Success

There is no doubt that participation in athletics can enhance the overall educational experience for all students. Participation in a sports program can provide future academic opportunities beyond high school. However, participation in athletics at Pope John Paul II High School is strictly voluntary, and thus, it is a privilege not a right! Therefore, all student-athletes are expected to abide by the **Golden Panther Athletic Handbook** and exhibit these five basic traits at all times:

1. Good character at all times
2. Respect for self, teammates, coaches, and our opponents.
3. Confidence in self, team and coaching staff.
4. Commitment to your team and your coaches.
5. Good sportsmanship, which includes fair play, and civil treatment of teammates, opponents and officials, while representing the school and our community in a respectful manner.

As a result of their participation in interscholastic athletics, student-athletes will have an opportunity to:

- Demonstrate good sportsmanship and promote an ethos of competition.
- Respect the integrity and judgment of officials, coaches and school personnel.
- Develop healthy habits that help them make good decisions.
- Demonstrate mastery of basic fundamentals to complex motor skills in their related activity.
- Identify and apply strategies necessary to successfully compete at their desired level of competition in their sport of choice.
- Demonstrate the ability to work with others toward common goals and objectives.
- Demonstrate high levels of skill and health related fitness appropriate to their developmental stage.

- Most importantly, enjoy the involvement and participation in high school sports at a high level.

ACADEMIC ELIGIBILITY

In compliance with the PIAA, we reserve the right to conduct weekly grade reviews. Any student-athlete with two or more failing grades in a week may be subject to academic intervention. The week begins on the Thursday immediately following the review and runs through the next Wednesday. Academic Intervention requires a mandated study hall at the end of the day, or during a student athlete's lunch period. If a student becomes academically ineligible, she/he will not be permitted to play until the review of grades. When a student-athlete is ineligible, the student athlete will be notified by the athletic director, coach or Director of Academic Support.

At the end of a quarter if a student-athlete has received a failure in two or more classes, that student-athlete will be played on Academic Probation and removed from athletic participation. The student-athlete will remain on Academic Probation for no less than two weeks. At the end of the two-week period, if the student-athlete has grades above a 70 in the failed classes, and is not failing any other class, the student athlete will be removed from academic probation. However, if at any time during the time before progress reports are submitted, that student-athlete starts to fail a class they will again be placed on academic probation and removed from competition.

SCHOOL ATTENDANCE

As a PIAA and general policy, a student must be in attendance for at least 4 periods (not including lunch) to be eligible to participate in a competition on that given day.

***If a student misses school because he/she is suspended, he/she cannot practice or compete for the length of the suspension.**

***College Visits are not considered an excused absence. Therefore if a student athlete misses school for a college visit, they are ineligible to participate in practice/game that day.**

HAZING POLICY

Definition: "Hazing." Any action or situation which recklessly or intentionally endangers the mental or physical health or safety of [a student] a person or which willfully destroys or removes public or private property for the purpose of initiation or admission into or affiliation with, or as a condition for continued membership in, any organization [operating under the sanction of or recognized as an organization by an institution of higher education]. The term shall include, but not be limited to, any brutality of a physical nature, such as whipping, beating, branding, forced calisthenics, exposure to the elements, forced consumption of any food, liquor, drug or

other substance, or any other forced physical activity which could adversely affect the physical health and safety of the individual, and shall include any activity which would subject the individual to extreme mental stress, such as sleep deprivation, forced exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual, or any willful destruction or removal of public or private property. For purposes of this definition, any activity as described in this definition upon which the initiation or admission into or affiliation with or continued membership in an organization is directly or indirectly conditioned shall be presumed to be "forced" activity, the willingness of an individual to participate in such activity notwithstanding (Anti-Hazing Act of 1986, Enforcement Amendment, 2016).

All members of the PJP community have the right to protection against bullying and hazing behaviors and the right to file a complaint if they believe they have been a victim of bullying or hazing behavior. School administrators are responsible for investigating each complaint, determining if the complaint is legitimate in accordance with the above definition, and taking appropriate corrective action.

Any student victim or bystander, parent, coach, or other adult may **initiate a complaint by completing a confidential reporting form and returning it to the Assistant Principal of Student Services**. Reports of bullying and hazing are taken seriously and shall be dealt with quickly and effectively. If a student or team is found guilty of bullying or hazing behavior the consequences shall depend on the results of the investigation and the severity of the incident.

Consequences may include but are not limited to: a parent conference, counseling, demerits, detention, dismissal from team or activity, disbandment of team for remainder of season, suspension, expulsion, or referral to a local law enforcement agency.

Violations Related to Social Media

Student-athletes are responsible for their actions on all social media accounts, including but not limited to, Facebook, Snapchat, Twitter, Instagram and YouTube. Any photos, comments, posts or other evidence that suggests a violation of the **Golden Panther Athletic Handbook** will be handled on an individual basis by the Assistant Principal and/or the Athletic Director. Inappropriate postings include, but are not limited to: obscene language; graphic images or videos; sexually explicit language, imagery or videos; threats; unkind or inflammatory remarks about Pope John Paul High School, its faculty, staff, administrators, coaches and students; or unkind or inflammatory remarks about other high schools, their coaches and student athletes.

Harassment

Harassment in any form is unacceptable and will not be tolerated. Any persuasive, unwelcomed action (physical/verbal/written), which disrupts the normal activities of a teacher, student, or staff member is prohibited.

Harassment because of a person's race, sex, origin, orientation or disability is particularly egregious. Accusations of such harassment will be thoroughly investigated and appropriate sanctions will be imposed on the individuals found to have violated this policy.

Sexual harassment can result from unwanted sexual attention, sexual advances, and comments or request for sexual favors. Examples include:

- **Threatening adverse action if sexual favors are not granted.**
- **Promising preferential treatment for sexual favors.**
- **Unwanted physical contact.**
- **A pattern of offensive remarks such as unwelcome comments.**
- **Display of sexually suggestive pictures or objects.**
- **Unwelcomed sexually suggestive note or emails**

If the unwanted behavior in question does not fit into the above categories but is the inappropriate sexualization of an otherwise nonsexual relationship, it will be considered sexual harassment.

A hostile environment may include:

- Sexual pictures, calendars, graffiti, or objects.
- Offensive language, stories, jokes, gestures, noises, or comments.

Procedure for reporting violations:

1. Violations involving a student shall be reported immediately to the Assistant Principle for Student Services.
2. Violations involving an employee shall be reported immediately to the Principal.
3. Sanctions for violations may be progressive in nature and may include: Referral to counseling, roster reassignment, demerits, suspension, or expulsion/termination. The local authorities will be contacted if a sex crime is alleged to have occurred.

All allegations of harassment will be investigated promptly and will be confidential in nature. Retaliation in any form against anyone for making a complaint is prohibited. Any retaliation should also be reported pursuant to this policy and is itself a cause for disciplinary action.

Mutual Respect Policy

Pope John Paul II's Mutual Respect Policy exists to maintain a learning and working environment which promotes respects for each of its members, and is free from harassment and intimidation of a verbal or physical nature. It is the responsibility of all community members to maintain acceptable standards of personal behavior. This policy covers mutual respect in general but also includes offensive behaviors and sexual harassment. It is the PJP II's policy that mutual respect violations are strictly prohibited.

Definition: A mutual respect violation is defined as verbal, physical, or visual conduct that interferes with work performance or creates an intimidating, hostile or offensive environment.

A mutual respect violation may include offensive or unprofessional language, stories, jokes or derogatory written material directed at another person's age, religion, national origin, sexual orientation, or other protected status. While these statements, remarks, or written materials are often not intended to be harmful, their effects can be detrimental.

All members of the Pope John Paul II community should understand that this policy applies to all community members. Violation of this policy will not be tolerated and such offensive behavior will be cause for swift and strict disciplinary action.

Archdiocese of Philadelphia Policy Against Threats, Bullying, Intimidation, Hazing, and/or Initiation Ceremonies

The Office of Catholic Education, the Board of Governors and the Board of Directors firmly believe that students must be protected from threats, bullying, intimidation, hazing and/or initiation ceremonies. All verbal, written, electronic and physical conduct that harasses, humiliates, or persecutes students, or disrupts or interferes with any student's curricular or extracurricular experiences will not be tolerated. This policy applies to hazing behavior that occurs on or off school property and before, during and after school hours.

No coach, sponsor, volunteer or diocesan employee shall plan, permit, direct, assist or engage, condone or tolerate any of the above stated activities.

Any apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy. Any student found, after investigation, to have engaged in any forms of this misconduct would be subject to disciplinary actions as defined by the member schools.

Furthermore, any coach and/or student who witnesses or has knowledge of such misconduct activities and fails to report such actions will also be subject to appropriate disciplinary actions as defined by the member schools.

SUBSTANCE ABUSE POLICY

Purpose: Recognizing the physical and psychological dangers caused by drug and alcohol use, the substance abuse policy is a concerted effort to respond effectively to the current and potential uses of drugs, alcohol and mood altering substances. It is the intent of this policy to support the concept of drug free schools. Along with discipline, the policy outlines a process to help the student, mindful also of the school's commitment to protect the health, safety, and welfare of the entire student body.

Procedure: All employees and persons responsible for the health and welfare of students while on school property or while involved in any school related activity shall follow these procedures and guidelines.

Violation of Policy: The policy is violated when any student or visitor unlawfully uses, possesses, distributes, or attempts to distribute drugs, drug paraphernalia, alcohol, or any mood altering substance on school premises or at any school activity or while traveling to and from any school or school related activity. The school reserves the right to conduct a reasonable search whenever the school suspects an individual in in possession of drugs, alcohol, or mood altering substances while on school premises. A school administrator, in the presence of a school witness, may conduct such a search. Should the search result in evidence that the drug policy has been violated, the appropriate law enforcement agencies will be notified of the results of the search. A mandatory drug test may be required is a student is found to be in possession or appears to be under the influence of a controlled substance.

Student Assistance Program: In instances where a student is seeking help voluntarily (and who is not under the influence or in possession of an illegal substance), discipline is not applicable. Rather, in such instances, an intervention plan will be developed and implemented at the administrator's discretion and in conjunction with the intervention specialist.

Disciplinary Procedures: Any employee who suspects a student of being in violation of the drug and alcohol policy has the responsibility of immediately notifying and/or taking the student to a senior administrator. If it is a school related activity off campus, the employee will ensure that the student is taken to the staff member supervising the activity and that administrator will notify the principle immediately. All school personnel involved will keep knowledge of this investigation confidential.

The administrator may arrange for an examination by police and/or medical staff to determine whether the student is under the influence of either drugs or alcohol.

After an investigation, the parents or guardians will be notified of the situation and medical assistance will be provided if necessary. Upon confirmation that the policy has been violated, the following procedures will take place:

1. The student will be referred to the building student intervention specialist and the Student Assistance Team. The student will be required to have an assessment completed by the school drug and alcohol consultant or a licensed substance abuse counselor. The student may be required to complete a treatment program designated by the assessor and confirmation of that will be provided to the school. School based support group participation may also be part of the intervention plan.
2. Any violation of the drug policy will result in suspension. A second violation will result in an expulsion. The school's decision to either offense is final and not subject to an appeal.

3. Any student who is found to be in possession of drugs, alcohol, or tobacco products by a teacher, administrator, or coach from a competing school will also be immediately dismissed from her/his respective team. This decision also is final and not subject to appeal.

Consequences of Violating these Policies

Student-athletes may be subject to disciplinary action for misconduct including, but not limited to, the following:

- During any season of practice or competition, a student-athlete must not, regardless of quantity, consume, possess, buy/sell or give away beverage containing alcohol, marijuana, performance enhancing drugs, or any controlled substance (including vaping). It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his own doctor, and on file with the school nurse. (The word *possess*, used in this handbook includes knowingly being in the presence of a product, even if it is not directly on your person.)
- Must not host a party or have participant's parent/guardian or family member host a party at which the following are permitted for minors: illegal consumptions of alcohol, use of controlled substances or any/all recreational drugs.
- Must practice good citizenship in all environments by respecting the property and rights of others. (Poor citizenship includes actions such as vandalism, stealing and other illegal activity).
- Must display proper sportsmanship on and off the playing field/court.
- Must not utilize social media and websites in an inappropriate manner: one that embarrasses our school community.
- Must not engage in hazing, rites of initiation or bullying.

The consequences for violating the policies of this Handbook can impact the student-athlete's participation in sanctioned athletic activities throughout his four years of high school.

Offenses and their consequences may be carried over from one sport to the next and from one school year to the next until the entire penalty is served. Furthermore, the student must finish the season in good standing. A suspended student-athlete may practice with the team (as long as he is not suspended from school) but is not allowed to dress for any contests during his suspension. Coaches may set a stricter policy as long as it is clearly conveyed during the pre-season parent meeting or electronic communication with parents and student-athletes.

PARENT AND SPECTATOR EXPECTATIONS

Parents are expected to demonstrate good sportsmanship by displaying the following behaviors:

- Provide support for coaches and officials to foster a positive, enjoyable experience for all student-athletes, including yours.
- Understand the game is for the students, not the adults.
- Recognize that student participation is a privilege.
- Display good sportsmanship as spectators and conduct themselves in a manner that reflects well on both the team and the school.
- Promote the team by being supportive and helpful of the school program.
- Refrain from coaching their sons or daughters from the stands or sidelines.
- Expect consistent student attendance at practices and games.
- Remember that you are concerned with one child, while the coaching staff is concerned with every child.

Parents will create a positive and supportive environment by promoting the well-being of all student athletes:

- Promote good mental and physical conditioning and healthy lifestyle habits.
- Place the emotional and physical health of your child ahead of any personal desire to win.
- Expect their son or daughter to play in a safe and healthy environment.
- Support their child in managing academic responsibilities and the demands of practice and competition.
- Act as a role model for other parents by remaining positive at school sporting events.

PARENT/STUDENT-ATHLETE/COACH RELATIONSHIP

Both parenting and coaching can be challenging vocations. By respecting both roles, we can provide a greater experience for our student-athletes. When a student becomes involved in an athletic team, parents have the right to understand expectations placed on student-athletes. This begins with clear communication from the coach.

COACHES' COMMUNICATION RESPONSIBILITIES

Coaches are encouraged to have a preseason meeting where the following issues are discussed:

- Team rules.
- Coach's expectations of players.
- Location and times of practices and games.
- Website access for schedule updates and changes.

- Requirements such as fees, special equipment and off-season conditioning.
- Consequences of violating team rules/expectations.

PARENTS' COMMUNICATION RESPONSIBILITIES

- Advance notification of any schedule conflicts relayed from the student-athlete to the coach.
- Notice of any medical or injury issues that require monitoring.
- Appropriate concerns or questions should be communicated directly to coach (See below).

POLICY REGARDING INDIVIDUAL PLAYING TIME/PERFORMANCE

Involvement in Pope John Paul II High School's athletic programs will offer student-athletes some of the most rewarding moments of her/his life. Unfortunately, there will also be times when students are discouraged or disappointed with their experience. This is what makes the athletic arena a microcosm of the real world!! At these times, a discussion with the coach may clarify issues or concerns. In this instance, the following steps should be followed:

1. Student-athlete should request a meeting with his head coach.
2. If there is still no resolution, a parent/guardian can request a meeting with the head coach or varsity coach. **The student must attend this meeting.**
3. Should there still be concerns, the parent/guardian can request a meeting with the Athletic Director. **The head coach and student must attend this meeting.**

Please follow the above procedure as listed. A primary goal of Pope John Paul II High School encourages students to accept responsibility and advocate for themselves. Student-athletes should initiate communication with their coaches if they have a problem or concern. Parents and guardians should not call the coach, Athletic Director or any other school official as a first step. Neither the student-athlete nor a parent should ever approach a coach immediately after a game. This can result in emotions clouding rational discussion.

Appropriate Topics for Parental Discussion with Coaches:

- The treatment of a student-athlete physically or mentally.
- Concerns about their child's behavior.
- Academic concerns regarding the student athlete

It can be difficult for both player and parent when an individual athlete's expectations are not being met (i.e. playing time). Coaches are professionals who make objective judgments based

on what they see as best for student-athletes and the team. Topics other than those listed above should be left to the discretion of the coach.

Inappropriate topics for discussion with coaches:

- Playing time
- Team strategy
- Play Calling
- Other student-athletes

Playing time is at the sole discretion of the coach. No parent should approach a coach with demands for more playing time. Rather, **student-athletes should initiate any/all questions regarding playing time**, perhaps asking the coach what improvement must be made to garner more playing time. Other student-athletes (teammates) will not be discussed during any individual meeting.

Many conflicts can be resolved by following the above procedures. Every step in communication involves the student-athlete. “Coach, Kelly doesn’t know I’m reaching out to you...” is never an acceptable mode of communication. **The only time a parent should not follow the aforementioned protocol is when there is a concern regarding abuse or inappropriate conduct by a coach.** This issue should be addressed immediately with the Athletic Director.

Violations Related to Sportsmanship

All Pope John Paul II High School student-athletes are expected to display good sportsmanship and respect for their school, coaches, teammates, opponents, officials, facilities and equipment at all times. Any examples of poor sportsmanship will be handled by the Head Coach, Athletic Director or Vice Principal on an individual basis, based on the expectations and guidelines set forth by the team rules, the Pope John Paul II High School Athletic Handbook and the Pope John Paul II High School Student Handbook.

Any student-athlete that is ejected from a contest will, at a minimum, be subject to PIAA by-laws, which render the athlete ineligible for contests for the remainder of that day and the next contest date. There are **NO EXCEPTIONS** to this rule. All ejections are reported to the Athletic Director by the coaching staff. The Principal, Athletic Director and/or Head Coach have the discretion to impose additional penalties, including, but not limited to, a potentially longer suspension or dismissal from the team.

Additional Violations

Any inappropriate action that is not specifically listed above is still subject to discipline, up to and including suspension and/or dismissal. Disciplinary action for violation of school rules as described in the Pope John Paul II High School Student Handbook may also subject participants to disciplinary action under the Athletic Handbook. Conduct resulting in the

arrest or conviction of an ordinance violation or more serious crimes may result in disciplinary action. In these cases, the Principle and the School President will decide the consequences.

All coaches have team rules for their individual sports programs. The Head Coach who established those rules will handle any violation of team rules that is not covered by the Pope John Paul II High School Athletic Handbook.

Equipment

A significant amount of money is spent each year to maintain and upgrade facilities and to purchase and maintain equipment. Student-athletes, parents, friends and alumni all play a role in financing our programs in some way. Please take pride in the facilities and equipment and treat them with respect.

Student-athletes are responsible for all equipment and uniforms issued to them. Any lost or unreturned equipment/uniforms must be replaced at the expense of the student-athlete. Students will not be permitted to participate in another sport until all equipment is returned or fees are paid for lost equipment. Seniors may have their diplomas (and final transcripts) held until their equipment is returned or fees are paid.

Locker Room

Student-athletes are not allowed in the locker room without adult supervision. Moreover, the locker room should not be used as a hang out. Student-athletes should change for practice (or from practice) then exit the locker room. When applicable, students may only use lockers assigned by a designated coach. All belongings must be locked in lockers. Pope John Paul II High School is not responsible for lost or stolen items that are not properly secured in a locker. After each sport season, students are expected to clean out their lockers and remove their locks. Any items left in lockers after the announced deadline will be donated to charity.

Transportation

All student-athletes are required to ride school transportation (buses or vans) to and from all athletic contests when provided. Athletes may not participate in away contests if they drive themselves to an event or if they use alternate transportation without written permission from their parents and prior permission from their coach and Athletic Director. Athletes are expected to ride with the team back to school. In some circumstances, parents may need to drive their child home from a competition. Parents must communicate this need to coaches and athletic director prior to transporting their child home and have submitted the appropriate signed paperwork to the athletic director. **Athletes are not allowed to ride home with another student's parents.**

Athletic Trainer

Pope John Paul II High School employs a full-time, certified athletic trainer (who also serves as Assistant AD) who covers all home events, including practices and contests.

Injuries

Any student-athlete who is injured during a competition, practice, or workout at PJP II should immediately inform his/her coach and see the athletic trainer. It is important that the trainer and a member of the coaching staff are aware of any injury before a student-athlete leaves the school premises.

The Athletic Trainer will do her best to rehab an injured student-athlete back to health as quickly as possible. However, there are times when the trainer may refer an injured student-athlete to a doctor or therapist to aid in diagnosis or treatment.

Pope John Paul II High School carries supplemental insurance for all student-athletes. All injuries that occur during participation in school sanctioned athletic events are covered. The school policy covers what is not covered by the family's own insurance company. Families must first submit all claims to their own insurance company before the school can submit a claim through the supplemental insurance policy. Forms are available in the Athletic Office.

Return to Participation

Return to play can only be determined by our athletic trainer and, when appropriate, in consultation with the student's physician. If a student-athlete suffers a concussion, the student-athlete is able to participate in practice or competition only when she/he is symptom free and clears all concussion protocol. An athlete may not return to participation on the same day as a concussive event. Once the athlete receives clearance from a licensed physician and/or the Athletic Trainer, he/she may return to play. If an athlete receives clearance from a physician, the Athletic Trainer may still decide to hold the student-athlete from participation. **Parental consent is not sufficient to allow a student-athlete to return to participation.**

Pope John Paul II High School uses neuropsychological testing called Sway. This test can be used by a doctor to determine RTP. Just because an athlete passes the Sway test does not mean she/he will return to play without restrictions.

Athletes who are not cleared to participate cannot be in uniform for any practices or contests.

Multi-sport Athletes

We strongly encourage our student-athletes to participate in more than one sport. Participation in more than one sport is highly beneficial for the student-athlete and for the school's athletic programs. *In season* athletic commitments always supersede out of season activities. **An in-season athlete has zero obligation to attend workouts or activities for**

other sports teams of which he/she may be a member. Multi-sport athletes must possess excellent time management skills and be able to meet the demands of all sports in which they choose to participate. Multi-sport athletes must also be able to maintain good academic standing.

GENERAL ELIGIBILITY

To be eligible to participate in athletics at Pope John Paul II High School, students must meet all extracurricular eligibility requirements, including PIAA Certifications and Physical Examination Requirements. As per PIAA rules, no student athlete can turn 19 before June 30 of the current school year. Your years of high school eligibility begins in the fall after 7th grade. Therefore, if you repeat a 8th grade or after, then you are deemed ineligible to participate in athletics as a senior.

ALL STUDENT-ATHLETES AND THEIR PARENTS/GUARDIANS MUST SIGN AND RETURN THE SHEET AT THE END OF THIS HANDBOOK ACKNOWLEDGING THAT THEY HAVE READ THE POPE JOHN PAUL II HIGH SCHOOL ATHLETIC HANDBOOK AND THAT THEY AGREE TO THE POLICIES CONTAINED HEREIN. STUDENTS WILL NOT BE ELIGIBLE TO PARTICIPATE IN ATHLETICS UNTIL THIS SIGNATURE IS ON FILE IN THE ATHLETIC OFFICE.

PLEASE COMPLETE AND RETURN THIS FORM TO YOUR COACH

I have read the entire Student/Parent Handbook for Athletics and I understand what is expected of Pope John Paul II High School student-athletes. I agree to follow all policies in this handbook and I promise to always represent Pope John Paul II High School in a positive manner. I understand that any violation of the expectations set forth in this handbook will result in consequences, including a possible suspension from athletics.

Student Name (Print): _____ Grade: _____

Student Signature: _____ Date: _____

Parent/Guardian Name (Print) _____

Parent/Guardian Signature: _____ Date: _____

Pope John Paul II High School Protocol for Return to Play after a Head Injury

I, as a parent/guardian, assure that I have read, understand and will comply with the PJP II Return to Participation protocol if my child suffers a head injury while participating in Pope John Paul II Athletics.

Parent/Guardian Signature: _____ Date: _____