

**Pasco High School
Athletic Department
2022
Student-Athlete Handbook**



ATHLETICS

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A Message to the Parents of Student Athletes

It is our intent as a school to maintain a program that is sound in purpose and will further each student's educational maturity. A student who elects to participate in athletics is voluntarily making a choice of self-discipline and self-responsibility. These are the reasons we stress good training habits and preparations for athletic events. Attaining this goal should be a cooperative effort by all involved.

Any parent that chooses to interfere with game play in a derogatory manner through verbal or physical contact with a game official, coach, or student athlete will be asked to leave the area of competition immediately. All concerns/complaints shall be done so through written contract to the school's athletic director and/or school principal. We expect all parents to exercise the same level of sportsmanship as our student-athletes. Remember, a parent's behavior, home or away, reflects Pasco High School and sends a message we do not condone.

Parents who interfere with game-play risk game cancellation by the game officials. Proper authorities (i.e. police) will be called by on-site Pasco staff. A first-time offense will result in a one-game suspension followed by a school-year ban for the second offense. Violators will be subject to host school's procedures/policies for actions at away games/matches.

Vision

Preparing all children for challenging opportunities.

Mission

The mission of Pasco High School is to create a collaborative environment that nurtures learning, mutual respect, and a strong work ethic thereby helping to develop future citizens for the challenges that lie ahead.

PHS Administration

High School Principal	Kari Kadlub	352-524-5501
High School Assistant Principal	Catalina Fernandez	352-524-5525
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Philosophy of Athletics for Pasco High School

Athletics at Pasco High School are viewed as an integral part of the total educational process. Participation in extracurricular activities is encouraged and strictly voluntary, yet a privilege to be cherished by the student-athlete and parent. Every member of our athletic department will be treated with respect and in return we expect the same level of respect towards those who choose to lead and educate our student-athletes. Pasco believes lessons learned from participation in athletics greatly contribute to the student's ability to be successful while in school and after graduation.

Objectives

Physical

- To provide opportunities for students to reach improved fitness levels.
- To provide opportunities for students to further enhance skill level development.

Social

- To provide opportunities for positive interactions in a fun-filled environment wherein leadership, sportsmanship and fair play can be developed.
- To develop a better cooperative and harmonious relationship among students regardless of race, ethnicity or gender.

Emotional

- To provide students a healthy, emotional setting where self-image can be enhanced, and stress can be released in a positive manner. Good sportsmanship will be stressed.

Mental

- To increase student knowledge of rules, terminology, strategies and basic tournament organization.

Educational

- To promote teamwork, self-discipline, dedication, commitment and self-determination.

Rules and Regulations

Student Insurance and Safety

Students participating in all athletics MUST provide proof of insurance before participating. Students not covered by their family's insurance plan will not be eligible for participation. Students will NOT be allowed to participate in athletics until they have completed all facets of the FHSAA mandated waiver, physical form and completed all paperwork on Athletic Clearance. Any form other than the FHSAA document, such as a Florida Department of Health form, will NOT be accepted.

Families in need of student accident insurance are encouraged to visit www.healthykids.org to fulfill the requirement.

FHSAA Eligibility: The following includes a list of FHSAA district athletics eligibility criteria, including but not limited to:

- 2.0 GPA required for academic eligibility. A middle/junior high student must have a 2.0 GPA, or the equivalent of a 2.0 GPA based on a 4.0 scale, at the conclusion of each semester. A high school student must have a cumulative 2.0 GPA on a 4.0 unweighted scale, or its equivalent, at the conclusion of each semester to be academically eligible during the next semester (1006.15).
- Athlete cannot turn nineteen (19) before September 1st of the current year.
- Four-year eligibility limit.
- Any other district or FHSAA policy that would remove or prevent a student from participating. Good Cause Participation
- A student who transfers schools and wishes to continue participating in the same sport at the new school may seek good cause authorization.
- The following includes a list of examples, such as, but not limited to, which may be considered for “good cause authority.” [Move to a new residence that make it necessary to attend a different school, Reassignment by school board or charter school board, Transfer of school within the first twenty (20) days] (i.e., acceptance into a previously applied for magnet program or career academy).

Student Eligibility

All students are held to eligibility standards created by the FHSAA. Pasco High School has the right to enhance but not diminish the current FHSAA eligibility requirements.

- For extracurricular competition, a high school student may be in any grade level 9 through 12.
- Students must tryout during the preseason tryout schedule before participating in athletic competition.
- Students occupied by a previous season’s sport schedule must make their intentions to try out for a following season’s sports schedule known through written notification to the head coach and Athletic Director prior to the conclusion of the tryout schedule or three school days, whichever is the latter of the two.
- No students may be added to a competitive roster once the final roster has been posted (subject to an administrative review).
- Students who have been internally or externally suspended or expelled from school are prohibited from extracurricular participation during the period of the suspension.
- Dependent upon infraction, the student may/may not be admitted back to their team upon completion of the suspension. The decision will be made by the coach and administration. The decision will be final.
- Students must maintain a minimum cumulative grade point average of 2.0 or better to remain eligible for athletic participation during the current and following sport seasons.
 - A student, who begins the sport season ineligible, will remain ineligible throughout that entire sport’s season. A student MAY lose their eligibility at any time during a season should their grade point average fall below the FHSAA required 2.0 mark.

- Incoming 9th grade students will receive a one-semester GPA grace period during their first semester as a student at Pasco High School.

Student Uniform, Attire and Equipment

Athletes and their parents/guardians are responsible for Pasco equipment that is not turned back into the coach at the end of the season. Coaches will take inventory at the beginning and end of their season. Athletes will turn in all equipment and uniforms or be subject to school “fees and fines” unless the missing items are paid for by the individual. Student Athletes will be expected to turn in their uniform fully cleaned within one week of the end of the season.

- The replacement fee for any damaged or lost items will be two times (double) the initial purchase amount.
- All participants will wear appropriate clothing for their sport. The individual uniform will be specified in the description for each sport. Appropriate footwear must be worn in every sport.
- Student athletes can wear a coordinated team t-shirt/spirit wear or jersey on **HOME GAMES ONLY/ONE GAME PER WEEK.**
- Full Team uniforms are never to be worn during school hours.
- Team t-shirts/spirit wear or jersey will be decided on by the head coach.

Attendance: Practice, Competition and School

Attendance at all scheduled practice sessions and competitions are mandatory, unless excused by the coach.

- Florida Law 1003.26(1)(b) provides that if a student has at least five (5) unexcused absences, or absences for which the reasons are unknown, within a calendar month or ten (10) unexcused absences, or absences for which the reasons are unknown, within a ninety (90) calendar day period, the school must take action. The school may require documented medical and legal excuses for a pattern of non-attendance.
- After three (3) unexcused absences the school shall contact the home (or work place) of the parent/guardian to determine the reason for the absence.
- **Athletics and Extracurricular Activities Students must be present for the majority of the school day to participate in extracurricular activities unless otherwise approved by school administration.** These include but are not limited to dances, special events, club activities and athletics.
- **FHSAA Attendance: 9.2.3 Attendance Within First 10 Days of Semester Required.** A student must attend classes within the first 10 school days of a semester. Otherwise, the student will not be eligible until: (a) The student has made up all class work missed during his/her absence; and (b) The student has attended one school day for each school day missed.

- The Athletic Director and/or Principal have the authority to overrule the above attendance policy given the circumstances special to each situation.
- Unexcused absences from practices or competition may lead to disciplinary measure or could lead to suspension/removal from the team which is determined by the Athletic Director and/or Head Coach.
- A late return to school from an away contest does not grant the student-athlete an excused absence from the following school day by the athletic department. Regardless of the late return, all student-athletes are expected to attend the following school day.
- Student-Athletes must achieve active participation throughout their daily academic schedule. This includes “dressing” for PE and remaining attentive during classroom instruction.

Unsportsmanlike Behavior

7.2 UNSPORTSMANLIKE CONDUCT 7.2.1 “Unsportsmanlike Conduct” Defined. A student who commits an act of malicious and hateful nature toward a contest official, an opponent or any other person attending an athletic contest shall be guilty of unsportsmanlike conduct. Such acts may include, but are not limited to, profanity, striking or threatening a contest official; physical contact with an opponent which is beyond the normal scope of competition; spitting on a contest official or opponent; directing gender, racial or ethnic slurs toward a contest official, an opponent or any other person attending an athletic contest; or other such acts deemed to be unacceptable conduct according to the principal of the member school the student attends or this Association. 7.2.1.1 Penalty for Students. Students who are found to have committed unsportsmanlike conduct will be ineligible to participate in interscholastic athletic competition for a penalty period up to one or more calendar years. 7.2.1.2 Restoring Eligibility. The Executive Director, the Sectional Appeals Committee, or the Board of Directors on appeal, may restore the student’s eligibility prior to the end of the penalty period, when in the discretion of the Executive Director, the student has been properly disciplined and the student signs a written statement of his/her intention to comply with these standards in the future.

- Student-Athletes may not be allowed to practice with the team during any coach/Athletic Director determined suspension and will not be granted access to the team bus, bench or uniform throughout said suspension.
- Student-Athletes removed by the coach, Athletic Director or Administration may not be granted access to any or all remaining team functions (i.e. practice, contests, ceremonies and/or assemblies).
- A student’s classroom behavior will be dealt with on a per incident basis by School Administration, and discipline received may or may not have an impact on student-athlete activities.
- Student-Athletes may or may not receive additional discipline from a coach if action from School Administration is assigned.

- Discipline may include additional team maintenance duties and/or the suspension from practice and/or scheduled contests.
- In the unfortunate event that a Pasco High School student-athlete receives an unsportsmanlike conduct behavior penalty/foul during a sanctioned contest to which Pasco High School is levied a fine from FHSA, **it is the responsibility of the student-athlete and/or his/her family to satisfy the payment of the imposed fine.**

Fulfilling a Commitment

If two sports should overlap (fall, winter or winter, spring), each student-athlete will be given the opportunity to participate in the sport tryout process. Coaches are to coordinate in order to allow the student-athlete to try out. However, the preceding sport must be completed prior to moving over to the second sport if selected for the second sport team.

QUITTING A SPORT

Although quitting is highly discouraged, Players are encouraged to announce their decision to leave the team to their coach as soon as possible.

Procedure

We advise our student-athletes to follow this procedure:

- Talk to your coaches in person to alert them to the possibility of quitting.
- Discuss any issues that may exist that could be resolved.
- Consult with AD to discuss details.

Revoking Resignation

Players may ask their coaches to revoke their resignation within the time period allotted, which is [48 hours.] The coach will decide whether or not to grant this request on a case-by-case basis. After that period, they cannot revoke their resignation. However, we advise against such decisions. If a student-athlete decides to quit, they should make sure their decision is final.

After Resignation

Players are to sign a resignation form with the coach or Athletic Director.

Rejoining the Team

Once a player has quit the team, the decision is final after the 48 hours. No player will be allowed to rejoin the team.

Playing Time

All coaches want their student-athletes to earn playing time in their team's athletic competitions. However, there is no guarantee of playing time in any competition with High School athletics for any student-athlete.

Any conversation about playing time should be held between the student-athlete and the coach. Any conversation initiated by the parent is inappropriate and should be reserved for the student-athlete to present to the Head Coach.

Varsity Letters

Each Head Coach will create the criteria specific to their team which is necessary for a student-athlete to acquire a varsity letter each season. These criteria may vary from team to team and season to season. Upon completion of a student-athlete's first varsity season, they shall receive a varsity "P" letter and sports specific pin, given all criteria created by the coach is met. Students participating on sub-varsity teams are not eligible for a varsity "P".

Varsity Letterman jackets can be purchased at Campus Gear or Herff Jones.

- First Varsity Sport: "P" Letter and sports specific pin.
- Second Varsity Sport: Sport specific pin.
- After the first Varsity season, student-athletes will receive a bar pin for any subsequent years in the sport.
- Students who do not finish a season, do not follow team rules/policies, or lose academic eligibility for a varsity letter, pin and/or bar at the end of the season.

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing and understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As a parent, when your child becomes involved in our program, you have a right to understand what expectations are placed on him/her. Clear communication from the coach is imperative. We look forward to partnering with you.

Communication Expectations from Coach to Parents

- Coaches' philosophy
- Expectations for your child as well as the entire team
- Locations and times of all practices and contests
- Team requirements (such as special equipment, off-season workouts, etc.)
- Procedures to follow in case of injury
- Discipline that will result in denial of participation

Communication Expectations from Parents to Coach

- Notification of any schedule conflicts well in advance (i.e. college visits)
- Specific concerns regarding expectations
- Specific concerns regarding your child's health

As your child becomes involved in the programs at Pasco High School, he/she will experience some the most rewarding moments in his/her life. It is important to

understand that there may be times when events, situations or rulings will not go the way you or your child wish. At these times, discussion with the coach is encouraged.

Appropriate Issues to Discuss with the Coach

- The treatment of your child either mentally and/or physically.
- Ways to help your child improve.
- Concerns about your child's behavior

It is very difficult to accept if your child does not play as much as you would like. Coaches are professionals. They make decisions based on what they believe is best for the team/program. The above list itemizes topics that can and should be discussed with coaches. Other items, such as those listed below, must be left to the coaches' discretion.

Issues NOT Appropriate to Discuss with the Coach

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

There are situations that may require a conference between the coach and the parent. Conferences are encouraged. It is important that both parties involved have a clear understanding of the other's position.

Guidelines for Requesting a Meeting

Email the Head Coach. Parents should always give the Head Coach an opportunity to address the concern before administration is contacted. Contacting the Assistant Coach will make your displeasure known but the ultimate chance at resolution lies with the head coach as all major team-related decisions are his/hers to make. If the coach does not return communication within twenty-four (24) hours, contact the Athletic Director. Please DO NOT attempt to confront the coach before or after a contest or a practice! Please make an appointment. These can be emotional for both the parent and coach. Meetings of this nature generally do not promote resolution.

Unsatisfactory Resolution

Please call up and set up an appointment with the Athletic Director to discuss the situation if it is not resolved with the coach. At this meeting, the appropriate next step can be determined. If the situation is still unresolved, a meeting can be arranged with the Principal, Athletic Director and Head Coach.

Transportation

Pasco County busses will be used to transport student-athletes to most home and away contests. Students are to maintain proper behavior while traveling to and from competition.

- All students are required to utilize school-provided bus transportation to all athletic contests per Pasco County Policy.
 - If a parent chooses to transport their own child home after the contest has concluded, it is MANDATORY, for the child's safety, that the parent have a

signed release note by administration twenty-four (24) hours prior to departure.

- Student-athletes who wish to transport themselves to and from athletic performances or contests, **MUST** have a Pasco Athletics Transportation Waiver signed by a parent/guardian before personal transportation is allowed.
- Notification is necessary when parents are transporting more than their own child home from an athletic competition.
- **Supervision of Students Before and After School** or During School Activities
School authorities are charged with the responsibility of supervising students no longer than thirty (30) minutes before or after school hours while such students are on campus, or thirty (30) minutes before or after an authorized school sponsored activity. Parents are not to rely on school supervision outside the time limits set forth above (F.S. 1003.31).
- It is vital that parents be on time when picking up their child from Pasco High School following an away competition and/or practice. Student-athletes are informed to contact parents in route to Pasco High School after a contest to ensure a quick departure for both coaches and athletes.
- Failure to pick up your child in a timely manner after two consecutive away competitions may result in a one-game suspension for the student-athlete during the next scheduled away contest.

Team Meals

All Team Meals will be eaten in the cafeteria. There are no exceptions. All teams must coordinate with the Plant Manager.

Tickets and Admission Information

- Tickets sold at the gate (CASH ONLY)
- Online at GoFan.com (Service charge will be included)
- \$6.00 admission for Varsity Football games and there is a charge for parking.
- \$5.00 admission for all other sport contests.
- Contact Athletic Director for Season Tickets.
- No charge for children 4 and under, but they **must** sit with a parent!
- No charge for senior citizens age 65 or above.

Volunteer Opportunities

Volunteer opportunities will not be granted at the gate. Parents are encouraged to contact their Head Coach or Athletic Director for volunteer opportunities. All volunteers must fill out a Volunteer Application Form for approval on Pasco County Schools website link, <https://apps.raptortech.com/Apply/MTU4OmVuLVVT>

Social Media

Coaches are not permitted to text message one on one with a student-athlete, and in return, a student-athlete should not be sending text messages to a coach. However, coaches may send text messages to a group of student-athletes to inform the “group” of last-minute changes and updates to practice schedules, bus departures, weather updates and pertinent game information.

All student-athletes will be held accountable for any inappropriate social media posts.

Athletic Clearance

The Pasco High School Athletic Department will be using online clearance website <https://athleticclearance.fhsaahome.org> to sign up for athletics starting July 1, 2022. Hard copies of documents will not be accepted.

Sports Physical Packet are required of all participants. No student will be able to participate in conditioning or tryouts without a fully completed packet. The packet can be found on the school website under the Athletics page.

<http://phs.pasco.k12.fl.us/athletics/sports-physical-packet/>

Participation fees are required of all student-athletes within three (3) days of being selected for any sport's program to be sent directly to the County in order to participate. \$70 first sport, \$40 second sport. Individual Cap of \$110 and Family Cap of \$180. Fees can be paid online at MyStudent.

3 online courses must be completed: Concussion in Sports, Heat Illness and Sudden Cardiac Arrest. Courses can be found on <https://nfhslearn.com/courses>

Athletic Programs Offered at Pasco High School

Fall Sports

Football
Girls Volleyball
Cross Country (both)
Golf (both)
Swimming (both)

Winter Sports

Girls Basketball
Boys Basketball
Competitive Cheerleading
Girls Soccer
Boys Soccer
Girls Weightlifting
Wrestling (both)

Spring Sports

Baseball
Lacrosse (both)
Softball
Tennis (both)
Track & Field (both)
Boys Weightlifting

After reading, agreeing to and signing (electronically) the Athletic Clearance information, you understand and agree to the rules and guidelines for athletic participation at Pasco High School.