

MIFFLIN COUNTY HIGH SCHOOL



2025-2026

STUDENT-ATHLETE and PARENT/GUARDIAN HANDBOOK

Varsity Fall Sports

Cheerleading
Football
Golf
Field Hockey
Cross Country
Soccer
Girls Volleyball
Girls Tennis

Varsity Winter Sports

Cheerleading
Basketball
Indoor Track
Wrestling
Bowling
Swimming
Unified Bocce

Varsity Spring Sports

Baseball
Softball
Boys Tennis
Track and Field
Lacrosse

Jr. High Fall Sports

Football – JH and 9th
Field Hockey
Softball
Cross Country
Cheerleading

Jr. High Winter Sports

Basketball
Wrestling
Cheerleading

Jr. High Spring Sports

Girls Volleyball
Soccer

STUDENT-ATHLETES and PARENT(S)/GUARDIAN(S):

This handbook has been put together to assist your understanding of the rules, regulations and responsibilities of being a student-athlete at Mifflin County. In the MCSD, we believe that participation in athletics, when administered properly, can be a very beneficial experience in the maturation process. Participation in athletics is an earned privilege, not an entitled right, and we want to thank you in advance for giving us the opportunity to work with you during the 2025-2026 school year.

This handbook is to be read by the student-athlete and their parent(s)/guardian(s) and retained for future reference. After reading the information, please sign and date all sections of the **PARENT/GUARDIAN & STUDENT-ATHLETE SIGNATURE PAGE**. This page will be completed online and retained electronically.

PIAA Regulations

1. **Age Rule:** An athlete may not turn 19 before July 1, of the preceding school year. For junior high sports the athlete may not turn 16 before July 1.
2. **Semesters:** Once an athlete enters ninth Grade, he/she has eight semesters to participate in athletics.
3. **Seasons:** Once an athlete enters seventh grade, he/she has six seasons to participate in a sport.
4. **Attendance:** If an athlete is absent for 20 days in a semester, he/she is ineligible until he/she is in attendance for 45 school days following the 20th day of absence. The 45 days need not be consecutive, just cumulative. The MCSD requires athletes in school no later than 9:30 AM to be eligible for practice or competition on that day. If the student has a doctor's appointment during the school day and cannot come to school before 9:30am, they need to inform a principal or athletic director and bring in a doctor's excuse to be permitted to practice or play. (Reminder) If a MCSD athlete is not to school by 10:30 a.m. on a two-hour delayed start or by 11:30 a.m. on a three-hour delayed start, and did not have prior principal permission, that MCSD athlete is ineligible to participate that day.

Late arrival students that come in for third period, may NOT be late. If they arrive late, they will NOT be permitted to participate that day.

Hybrid-Alpha students who begin their day online, and do not report to their building classes on time, will be ineligible to participate that day.

Students who are sent home by a school nurse due to illness will not be eligible to participate that day unless they report back for the beginning of 7th period and are approved to return by the school nurse.

Students who leave school early for appointments or PA Driver's Test or Instruction, will not be permitted to participate that day, unless documentation is provided by a licensed medical professional or the PA Driver's Testing Facility or Instructor.

5. **Academic Eligibility:** A student-athlete must be passing (**cumulative**) four full credits per week to maintain eligibility. Any class that meets everyday in a marking period is considered to be a full credit for athletic eligibility requirements.
 - a. Weekly checks are conducted by the athletic department every Friday. The athletic director will notify the head coach when an athlete is ineligible. The athlete is then ineligible from Sunday through and including the following Saturday. They may practice, but cannot play in an athletic event or wear a uniform. If a student is ineligible, they should not be permitted to travel to away events.
 - b. If a student-athlete is ineligible to begin the school year based on final credits from the previous year, the student is ineligible for 15 school

days and at the end of 15 school days must be passing four or more credits.

- c. If a student-athlete becomes ineligible on the day report cards are issued by not passing at least 4 credits, the student-athlete is ineligible from the date of issue for 15 school days.
6. **Physical:** The PIAA form Comprehensive Initial Pre-Participation Physical Exam (CIPPE) must be completed and signed by every student-athlete and their parent/guardian prior to trying out for a sport at Mifflin County. Physical exams must be dated on or after May 1st. Physicals are not offered by the Mifflin County School District and are the responsibility of each student-athlete. Sections 1-5 of the CIPPE are to be completed by the student-athlete and their parent/guardian online. Section 6 will be completed by a physician. One physical will cover the entire school year providing the student-athlete is not injured, or absent for 20 or more days.
7. **Recertification:** Each athlete must complete the online registration for **EACH** sport season.
8. **Transfer Rule:** Please check with the athletic director on all transfers prior to the start of the season. Transfer paperwork is part of the online registration process.

Mifflin County School District Policy

1. **Health Insurance:** Proof of insurance coverage must be provided during the online registration process, as required by PIAA. All student-athletes, except for football players, may purchase School Insurance. Information is available by contacting the Athletic Director.
2. **Transportation:** If a student is transported home after an away competition by their parent/guardian, the parent/guardian must sign the **Mifflin County School District Parental Transportation Request Form. Under no circumstances will a coach release a student to anyone else without a signed release by the Principal and Athletic Director.**

Organization and Administration

1. **Team Rules & Practice Schedules:** A written copy of all individual team rules and regulations, a practice and game schedule, and varsity letter requirements will be given to all student-athletes and/or their parents.
2. **Injuries:** All injuries should be reported to a Certified Athletic Trainer who will complete an injury form.
3. **Team Clubs:** All individual team club fund raising is the responsibility of the head coach and must be accounted for and funds channeled through the Main Office. No “Student Club” should ever have funds in a private account outside of Mifflin County School District. This does not apply to

Parent/Guardian Run Groups that are part of the Husky Foundation and/or have 501(c)3 Status.

4. **Postseason Awards and Banquets:** At the end of the season each coach will submit a list of letter winners to the Athletic Director. Letters will be given at the Husky Club awards ceremony. Any team banquets are the responsibility of each individual sport.
5. **Letter of Intent Signings:** Will be scheduled with the Athletic Director and will be held for all Division One or Two athletic scholarship student-athletes. An effort will be made to also recognize all Division III student-athletes.

NCAA Eligibility Center Information

Student athletes interested in playing sports at a Division I or Division II college or university must be cleared in their academics as well as in their sports participation by the NCAA Eligibility Center. Student athletes, in conjunction with their parents and school counselor, should start as early as 8th grade to plan their coursework to be certain they will be eligible academically. To ensure student athletes are eligible to practice, compete, and possibly receive athletic scholarships during their first year of college, they must be certified by the NCAA Eligibility Center through the courses they take, grades earned in their courses, and sports participation. Information regarding core course and grade requirements for Division I or Division II athletes are listed below:

Division I*
English: 4 years (Level II English or higher)
Math: 3 years (Algebra I or higher)
Natural/Physical Science: 2 years (one year of lab science)
Extra credit from above subjects: 1 year
Social Science: 2 years
Extra courses from above or foreign language: 4 years
*Division I student athletes will be required to complete 16 core courses (10 of which must be completed before the seventh semester and seven must be in English, math, or science), maintain a minimum 2.3 GPA in the core courses and graduate from high school if they want to be full qualifiers.

Division II*
English: 3 years (Level II English or higher)
Math: 2 years (Algebra I or higher)
Natural/Physical Science: 2 years (one year of lab science)
Extra credit from above subjects: 3 years
Social Science: 2 years
Extra courses from above or foreign language: 4 years
*Division II student athletes must complete 16 core courses, earn a core course GPA of at least 2.2 and graduate from high school if they want to be full qualifiers.

Courses that have been approved by the NCAA Eligibility Center can be found in the Mifflin County School District Program of Studies in the course descriptions. They can also be found on the Eligibility Center website by searching for Mifflin County High School (CEEB code: 392-263).

Student athletes can create a profile page, amateurism-only certification account (typically for international students), or an academic and amateurism certification account through the NCAA Eligibility Center website either at the end of their sophomore year or beginning of their junior year of high school. If student athletes are unsure which division they will play in or if they will play Division III, they should create a profile page. Student athletes who are definitely planning to play at a Division I or II college should create an academic and amateurism certification account. Information regarding these accounts can be found at <https://web3.ncaa.org/ecwr3>.

Students and parents are encouraged to check the NCAA Eligibility Center website regularly as information can change.

SECTION ONE

Mifflin County School District Rules & Regulations

Athletic Regulations of the Mifflin County School District

These rules apply during each season, from the start of practice until the final game, including the playoffs.

1. Possession of alcohol or illegal drugs on school property or at any school event, or proven or admitted use of alcohol or illegal drugs during a school function, warrants dismissal from athletics for the remainder of the school year.
2. Possession of any tobacco or vapor product, including e-cigarettes, on school property or at any school event or proven or admitted use of tobacco or vapor products during a school function will result in discipline in accordance with the Student Handbook. Students who violate this policy may result in disciplinary actions such as: assignment to detention, in-school suspension, out-of-school suspension, a schedule change, work assignments, removal of privileges, involvement in supportive service counseling, and other appropriate discipline. Students may also receive School Probation for Division Two Misconducts. For the purposes of this policy, tobacco includes a lighted or unlighted cigarette, cigar, pipe or any other smoking product or vapor material and smokeless tobacco or product in any form.
3. Stealing while representing the school warrants immediate dismissal from the team, with reparations.
4. Vandalism or destruction of any property while representing the school warrants immediate dismissal from the team, with reparations.
5. Any obscene gesture during an athletic competition warrants review, which may result in discipline according to the Student Handbook and the procedures outlined in item 8 below.
6. Fighting while representing the school warrants review, which may result in discipline according to the Student Handbook and the procedures outlined in item 8 below.
7. Outbursts toward school officials, game officials, fans, coaches, and players, warrants review, which may result in discipline according to the Student Handbook and the procedures outlined in item 8 below.
8. Student-athletes involved in rule violations in school or at school-sponsored events will be disciplined according to the general rules and guidelines contained in the Student Handbook. During an athletic season, the following athletic consequences will also apply:

The *first offense* is a warning.

The *second offense* is a one-week athletic suspension.

The *third offense* is a two-week athletic suspension.

The *fourth offense* is dismissal from the team.

“Offense” is defined as a penalty for each separate incident that results in detention(s) or in-school suspensions(s), even though more than one detention / in-school suspension might be assigned for each incident. *Any incident resulting in out-of-school suspension(s) or a citation shall constitute two offenses for the purposes of athletic discipline.*

“Athletic Suspension” is defined as no participation or attendance at any interscholastic athletic contest; however, the suspended athlete may practice. A “week” is defined as a seven-day period, and suspension begins the day immediately following the resolution of the infraction.

- ❖ There will be no participation in any way on days of in-school suspension or out-of-school suspension.
- ❖ Student-athletes may face additional discipline due to team rules, which are established by each coach.
- ❖ For security purposes, the Mifflin County School District uses comprehensive digital CCTV and camera systems for monitoring the interior and exterior of all school buildings and properties. There is no reasonable expectation to privacy for students while on school property in areas such as entrances, hallways, common areas, cafeterias, parking lots, bus loading areas, etc.

SECTION TWO

Cell Phone Use Policy

Presence/Possession/Use of Cell Phones

Cell phones are prohibited for use in locker rooms at any time. Locker rooms also include away locker rooms. Punishment for an infraction of this policy will be at the discretion of the Principal and the Athletic Director.

SECTION THREE

Compliance with HIPAA

In compliance with the Health Insurance Portability and Accountability Act (HIPAA) the Mifflin County School District (MCSD) asks for your consent to release medical information to the sports medicine team as assigned by the MCSD relating to your child. The sports medicine team is limited to the team physician, certified athletic trainers, assistants to the trainers, athletic director, school nurse and coaching staff. This information would include daily injury reports, practice or game status, and nature of the injury. Each member of the sports medicine team is familiar with and will be compliant with the rules and regulations of HIPAA.

No athlete will be added to the team roster until the Parent/Guardian and Student-Athlete Signature Page has been signed online.

SECTION FOUR

Mifflin County Hazing Policy

Hazing is defined as any activity that recklessly or intentionally endangers the mental health, physical health or safety of a student for the purpose of initiation or membership in or affiliation with any organization recognized by the board.

Endanger the physical health 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, alcoholic beverage, drug, or controlled substance; or other forced physical activity that could adversely affect the physical health or safety of the individual.

Endanger the mental health shall include any activity that would subject an individual to extreme mental stress, such as prolonged sleep deprivation, forced prolonged 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.

Any hazing activity, whether by an individual or a group, shall be presumed to be a forced activity, even if a student willingly participates.

No student shall plan, direct, encourage, assist or engage in any hazing activity.

The Board directs that no administrator, coach, sponsor, volunteer or district employee shall permit, condone or tolerate any form of hazing.

The district will investigate all complaints of hazing and will administer appropriate discipline to any individual who violate this policy.

Students shall be alert to incidents of hazing and shall report such conduct to the building principal.

SECTION FIVE

Social Media Guidelines for Student-Athletes

As a student-athlete, you are expected to portray yourself, your team, your school and the MCSD in a positive manner at all times. The Athletic Department recognizes and supports the student-athlete's rights of freedom of speech, expression and association, including the use of social media. In this context, each student athlete is a representative of not only himself/herself and his/her family but also an extension of the MCSD Athletic Department. We have established social media guidelines to help provide the following direction for social media site usage:

1. Student-Athletes should be aware that third parties, including the media, faculty, future employers and college officials, could easily access your profiles and view all personal information, including but not limited to pictures, videos, comments and/or posts. Once information is posted it is no longer your possession; rather, it becomes the possession of the site onto which it was posted.
2. Inappropriate material found by third parties affects the perception of the student-athlete, team and MCSD. Inappropriate material can also be detrimental to student-athletes' future options (college and/or professional). Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:
 - a. Photos, videos, comments and/or posts showing the personal use of alcohol, drugs or tobacco.
 - b. Incriminating photos or statements depicting violence, hazing, sexual harassment, full or partial nudity, inappropriate gestures, vandalism, stalking, underage drinking, profanity and any other inappropriate behavior
 - c. Pictures, videos, comments or posts that condone drug related activity, including but not limited to images that portray the personal use of drugs and drug paraphernalia.
 - d. Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity. Individuals include, but are not limited to, athletes and coaches from other teams as well as your teammates and coaches. Entities include, but are not limited to, opposing teams and representatives as well as MCSD teams and representatives.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as those of the MCSD. Remember, always present a positive image and do not do anything to embarrass yourself, the team, your family or Mifflin County.

Failure to adhere to these policies and guidelines may result in disciplinary action including temporary or permanent suspension from the team, as determined by the administration, athletic director and head coach.

SECTION SIX

Mifflin County Parent/Guardian Pledge

Over the course of your child's athletic career at Mifflin County High School we hope that they will have a very rewarding experience. During the season there will be ups and downs that occur as an individual, and as a team; it's important to keep everything in perspective. When things don't go as planned or anticipated by student-athletes, parents/guardians, or coaches, it is important that certain guidelines are followed. In some instances it is inappropriate for parents to become involved with coaches, while in other instances it is encouraged. If as a parent/guardian you feel a parent/coach conference is needed, please follow the chain of command.

Chain of Command

1. Coach
 - A. Student talks to the coach regarding the issue.
 - B. Parent/Guardian and athlete set up a meeting at the appropriate time with the coach. This meeting should include the coaching staff, athlete and parents/guardians.
2. Athletic Director
 - A. Call the athletic director to set up an appointment with the coach and athletic director present. The student-athlete should also be present.
3. Principal
 - A. Meeting will include the coach, athletic director, principal, parents/guardians and the student-athlete.
4. Chief Operations Officer
5. Superintendent

Issues Appropriate to Discuss with the Coach

1. Behavior management
2. Skill improvement and development
3. Health and safety issues

Issues NOT Appropriate to Discuss with the Coach

1. Playing time is not to be discussed. Parents/Guardians must remember that coaches are professionals and make judgments based on attitude, performance at practice, effort, game situations, etc. If an athlete has a question regarding playing time, please encourage the athlete to speak directly with the coach at an appropriate time.
2. Playing time for any other team member.
3. Personal feelings toward any other team member.
4. Team philosophy and game strategy employed by the coach.
5. **Under any circumstance do not approach a coach immediately before, during or after a game.** This is an emotional and inappropriate time for many reasons.
6. **Under any circumstance do not set foot on the playing field or gym floor** to confront a coach, official, or student-athlete. This will not be tolerated and strong consequences will result.

Guidelines for Parents/Guardians to Help Your Child Enjoy Athletics

From the... Physician and Sports Journal

- 1- Make sure your child understands that win or lose, you love them!
- 2- Be REALISTIC about your child's athletic ability.
- 3- Help your child set realistic GOALS.
- 4- Emphasize improvement, not winning.
- 5- Don't relive your own athletic past through your child. It's their time.
- 6- Control your emotions at games.
- 7- Cheer for your child and other children on the team.
- 8- Respect your child's coaches. Communicate with them in a positive way.
- 9- Be a positive role model.
- 10- Sportsmanship begins at home.

Mifflin County Parent/Guardian Pledge

Parents'/Guardians' Responsibilities as Fans:

1. Realize the participants are playing the game because of their love and enjoyment for the sport.
2. Realize these are youth or high school athletes. They will not be able to perform at the collegiate or professional level at which many are accustomed to watching on television or attending in person.
3. Athletes are trying to succeed and give their best effort every time. Fans should recognize and appreciate their successes and not criticize their failures. Their efforts are pure and genuine. Realize some athletes will have more advanced skills than others. Fans must be aware of the simple fact that even though our team may give a solid effort, they will not always win. Understand the coach. Coaches work and prepare to put forth the best game possible with the resources they have. They are interested in the success of the athlete and team and are working together toward common goals. They are also educators. Along the way, coaches may be forced to sideline a player for lack of effort or a violation of team rules. While people may not always know the whole story or agree with the decision, it is part of the coach's responsibility. The athletes may not always agree with these tough decisions either, but they will remember the reason a lot longer than they will remember the score of a game.
4. Remember the future of the participant. There is no need to dwell on the score, because a year from now, the score will not matter. What will matter is the impression left on everyone and how the school will be perceived in the future. How fans behave has a larger impact on the game than many may realize.
5. It is the responsibility of the fan to show the athlete how to react to success and failure with the proper attitude. The fan needs to understand everyone involved – players, coaches, and officials – is trying to do his/her best. Appreciate the effort and be patient and understanding when mistakes occur. When success occurs for Mifflin County or for the opponent, recognize it with class and refrain from taunting or flaunting.

6. Attending an athletic contest should be an enjoyable activity for the fans. As stated before, the athletes are playing for the love of the game. Help them to look forward to participation in contests and appreciate the support they get from our fans. Do not make them dread this experience because of inappropriate behavior.
7. Remember to be a role model, by modeling for the athlete, community and yourself. Continue to support the sport(s) of your choice but please do so in a manner that will make the team and community proud.

2024-2025

PARENT/GUARDIAN & STUDENT-ATHLETE SIGNATURE PAGE

Please read each of the following sections. They all must be signed online by the student-athlete and parent/guardian.

Student-Athlete's Name:

(printed) _____ **Date** _____

SECTION ONE: Mifflin County Rules & Regulations

I/We have read the guidelines as stated in Section One of the Student-Athlete Handbook pertaining to Mifflin County School District athletic rules and regulations, and understand the procedures and consequences as outlined. It is also understood that individual coaches may add or make changes in writing that are stricter than these minimum requirements.

X _____
(Parent/Guardian Signature/Date)

X _____
(Student-Athlete Signature/Date)

SECTION TWO: Mifflin County Cell Phone Policy

I/We have read the guidelines as stated in Section Three of the Student-Athlete Handbook pertaining to the cell phone policy, and both understand and agree to abide by all of the stipulations as outlined in the cell phone policy. We understand the process, procedures and consequences as outlined in the policy.

X _____
(Parent/Guardian Signature/Date)

X _____
(Student-Athlete Signature/Date)

SECTION THREE: HIPAA Regulations

I/We have read the guidelines as stated in Section Three of the Student-Athlete Handbook pertaining to HIPAA, and consent for the release of my son/daughter's medical information to the sports medicine team as assigned by the Mifflin County School District.

_____ YES

_____ NO

X _____
(Parent/Guardian Signature/Date)

X _____
(Student-Athlete Signature/Date)

SECTION FOUR: Parent/Guardian Hazing Policy

I/We have read and agree to the conditions, expectations and consequences of the Mifflin County Hazing Policy.

X _____
(Parent/Guardian Signature/Date)

X _____
(Student-Athlete Signature/Date)

SECTION FIVE: Student-Athlete Social Media Policy

I/We have read and agree to the conditions, expectations and consequences of the Mifflin County Social Media Policy.

X _____
(Parent/Guardian Signature/Date)

X _____
(Student-Athlete Signature/Date)

SECTION SIX: Parent/Guardian Pledge

I/We have read and agree to the conditions, expectations and consequences of the Mifflin County Parent/Guardian Pledge.

X _____
(Parent/Guardian Signature/Date)

X _____
(Student-Athlete Signature/Date)