

**ALIQUIPPA SCHOOL DISTRICT
STUDENT-ATHLETE AND
PARENT HANDBOOK
2019-2020**



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INTRODUCTION

Welcome to the Aliquippa School District Athletic Department. Every school year, many students participate in Aliquippa interscholastic athletics in grades 7-12. The administration and coaching staff are proud of the life experiences and life lessons that can be taught to our student-athletes through participating on our teams. The goal of the Handbook for Student-Athletes and Parents is to effectively communicate the role of the administration, coaches, players, parents and booster clubs in administering a successful interscholastic athletic program for students in grades 7-12. Additionally, the handbook will present WPIAL, PIAA and Aliquippa athletic policies, procedures, and guidelines so that the program can be successfully administered. We thank you for using the information in the Handbook and being a student-athlete and parent who helps make our programs stronger, better and more productive for all of our students.

A NOTE TO PARENTS

Being a parent of a student-athlete can be rewarding and also challenging. The rewards and responsibilities of parenting are often complicated by being a parent of a student-athlete. We hope this handbook assists your understanding of the Aliquippa School District mission, philosophy, program objectives, policies, procedures, and guidelines. Please take time to review this information with your son or daughter. If you have questions regarding the information in this handbook, please contact the Athletic Office at 724-857-7500 ext. 4011.

PHILOSOPHY

The Aliquippa School District offers numerous activities which are an extension of the classroom. The goal and purpose of interscholastic athletics is to TEACH students the meaning and understanding of sportsmanship, commitment, fairness, sacrifice, teamwork and hard work. Additional goals include knowing how to win and lose with class and grace, increasing the knowledge of the activity, realizing potential, developing a healthy lifestyle and skill development. The activities are laboratories for learning. The Aliquippa School District school board, administrators, teachers and coaches are committed to excellence and providing the best opportunities for students. The participants must keep in mind that they are often in the public eye and that their personal conduct on and off the field must always be above reproach. Student athletes have an obligation to create a favorable image and to gain the respect of their peers and adult citizens of the community.

ALIQUIPPA SCHOOL DISTRICT

ATHLETIC DEPARTMENT

Superintendent	Dr. Peter Carbone
High School Principal	Ms. Stacey Alexander
Assitant High School Principal	Mr. Michael Malec
Athletic Director	Mr. Brandon LeDonne
Athletic Secretary	Ms. Delcine Pugh

HEAD COACHES DIRECTORY

Football	Mike Warfield	724-417-5207	quipsnation1@gmail.com
Girls Volleyball	Karma Jackson	724-650-5249	kjackson@quipsd.org
Boys Basketball	Dwight Hines	724-480-9583	Dwight.Hines@MatrixNAC.com
Girls Basketball	Samantha Weir	724-614-2390	spweir@pointpark.edu
Baseball	Dan Bible	724-709-5078	dannybible4@yahoo.com
Softball	Ray Pransky	724-650-5017	raypran21@yahoo.com
Track and Field	Sherman Mcbride	724-513-7925	shermanmcbride0@gmail.com
Athletic Trainer	Michael McGarvey	412-498-3751	mtmcgarvey630@gmail.com

PRE-SEASON MEETING

All coaches should have a meeting with the parents prior to the first 2 weeks of the season. This meeting is an opportunity for the coaches to establish parental roles and responsibilities and methods of communication. Coaches should communicate their coaching philosophy, the importance of team first, playing time, awards, booster club responsibilities, and the parent code of conduct. Contact information for the parents should also be provided. This meeting is important in developing positive relationships with parents. Coaches should keep an attendance list for the meeting.

PHYSICAL EXAMINATIONS

Prior to any student participating in practices, scrimmages, and/or contests, at any PIAA member school, the student is required to complete a physical examination. A current (within one year) PIAA Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) form is to be kept on file with the Athletic Trainer. This form must be completed before an athlete can participate in any sport. The CIPPE may not be authorized earlier than June 1st and shall be effective, regardless of when performed during a school year, until the latter of the next May 31st or the conclusion of the spring sports season. A student completing a comprehensive, initial pre-participation physical evaluation (CIPPE) need not have a recertification for a period of twelve (12) months, unless the student suffers a serious illness or injury within those twelve (12) months. A serious illness or injury may occur when the student is unable to participate in 25% or more of the regular season contests in the immediately preceding sports season and/or incurs ten (10) days of absence from school as a result of the illness or injury.

COST FOR SCHOOL PROVIDED PHYSICALS

\$10 for the physical, \$10 for to cover additional insurance (recommended). Students may complete physical at their own doctor, but must return their completed paperwork. Coaches along with the athletic trainers will communicate information/timelines for the physicals to be completed.

TEAM/INDIVIDUAL PICTURES

Team and individual pictures should be taken for each team. Coaches are responsible for communicating dates and times for team and individual pictures. Coaches should make sure that all forms are handed out in advance and the team is organized and prepared for this important event.

TRANSPORTATION OF STUDENT- ATHLETES

Participation on an Aliquippa interscholastic athletic team requires the student- athlete to use the approved ASD transportation carrier to and from away athletic contests and practices. The ASD will provide transportation for all student- athletes in school authorized vehicles when a contest has been scheduled at an opponent's facility. All ASD athletes must ride on the school provided transportation to away games and home from away games. The only exceptions to riding school district transportation are:

1. A family emergency
2. A conflict with a school sponsored activity.

In both cases, the head coach must be given a written request from the parent/guardian in advance of the event. NO ONE other than players, coaches and staff are permitted to ride on the bus. The bus will always return athletes to the school, NO DROP OFFS.

ATHLETIC ELIGIBILITY

- 1. Age-** Athlete may not turn 19 before July 1st.
- 2. Attendance-** As per the Aliquippa Junior/Senior High School Handbook, *A student who has been absent from school during a semester for a total of twenty (20) or more school days, shall not be eligible to participate until he/she has been in attendance for a total of 45 school days following his/her twentieth day of absence. The only exception is when there is a consecutive absence of five (5) or more school days due to confining injury, death in the immediate family (as defined in Section 1154 of Public School Code), court subpoena, quarantine, or to attend a religious function which church requires it's members to attend; or the absence of five (5) or more school days due to the same confining illness, such absence may be waived from the application of this rule. Attendance at summer school does not count toward the 45 days required.*
- 3. Period of Participation-** Maximum of **8 semesters** beyond 8th grade, maximum of **4 seasons** beyond 8th grade.
- 4. Academic Requirement** - As per the Aliquippa Junior/Senior High School Handbook, *all participants must maintain a minimum of 70% C in all 1-credit core (required) courses. Grades will be checked every Friday to determine eligibility. If students do not meet requirements, they will lose their eligibility for that upcoming week of activity. This starts on the immediately following Sunday through the next Saturday. Students who do not meet eligibility requirements may PRACTICE but they cannot PARTICIPATE in the activity/game. If a student is given in-school or out-of-school suspension for any reason, he/she MAY NOT attend practice or participate in an activity/game on the day(s) of the assigned suspension.*

EXTRACURRICULAR EXCLUSION

The administration reserves the right to exclude students from extracurricular activities based on their outside of school involvement inappropriate and/or illegal actions.

HAZING POLICY

The Aliquippa School District does not sanction “hazing” and/or “bullying” of students in any way. Hazing or bullying, whether instituted by one person or by a group of persons, is not permitted by the school district and is not condoned by any staff member. The school district recognizes that hazing/bullying may endanger the physical or mental health or safety of a student against which the hazing has been directed. Any form of hazing/ bullying will result in school district disciplinary action against those administering, participating in, and/or responsible for the hazing/ bullying. This will mean suspension and/or expulsion. In addition, legal charges may be filed with the police department. These charges could include, but are not limited to, disorderly conduct, harassment or reckless endangerment.

Some examples of hazing/bullying include, but are not limited to:

- Requiring calisthenics such as push-ups, sit-ups, grass drills, etc.
- Requiring transportation of items such as helmets, books, shoulder pads, etc.
- Preventing or restricting class attendance
- Forcing someone to eat or drink against their own will
- Placing items or substances, such as Icy Hot, on equipment or on a person’s body
- Forcing a student or groups of students to wear certain garments
- Throwing items at an individual
- Paddling or striking an individual in any manner
- Marking or branding an individual

Hazing and/ or bullying of any type is inconsistent with the educational goals of the district and is prohibited at all times. Individuals who are aware of hazing/ bullying incidents are encouraged to step forward and make coaches, teachers or administrators aware of the situation.

PROCEDURES FOR INJURIES TO ATHLETES

Injuries to student-athletes involved in interscholastic sports are inevitable. Sooner or later almost all athletes sustain some type of injury, hopefully it is minor and the athlete can return to his/her sport in a short amount of time. When an athlete sustains an injury in practice or during a game:

1. All injuries which occur while participating on an athletic team are to be reported immediately to the coach and then the athletic trainer. Injuries that occur outside of an in-season Aliquippa sport will be referred to the appropriate medical professional. The athletic trainers are not responsible for these injuries.
2. If it is a traumatic injury requiring immediate medical care, the coach will follow emergency medical procedures (i.e. call an ambulance, contact the parents, contact the athletic trainer if a home event, send the athlete to the hospital)
3. If it is a routine injury such as a sprain, strain, or pull, the athlete should seek an evaluation from the certified athletic trainer. The athletic trainer will refer the injury if necessary and limit participation when necessary.
4. The athletic trainer will then process an injury report and will also provide to an athlete's family insurance if needed.
5. Any visit to the doctor for treatment of a sport-related injury must be reported to the coach and athletic trainer, if it was not previously reported.

Aliquippa has partnered with *Novacare* to provide our Athletic Trainer needs.

Head Athletic Trainer:

Mr. Michael McGarvey

412-498-3751

mtmgarvey630@gmail.com

RETURN TO PLAY PROTOCOL

- When an athlete has an injury, our Trainer(s) will evaluate and assess our student / athlete.
- Once the evaluation is complete, the trainer will then determine if he or she should be seen by a physician
 - The trainer will then report to the coach and notify him or her the results of the evaluation and will remove the athlete from participation immediately. The trainer will also notify (call) the parent and tell them what has occurred and transpired and give them full details of what he recommends we do with the athlete. The trainer will also ask the parent to come and pick up the athlete and go over any injury related instructions.
- The trainer will re-evaluate the athlete to make sure he / she is symptom free for 24 hours before they clear that athlete for physical activity or contact. Please note: If a student / athlete is seen by a physician or concussion specialist, that doctor **MUST** clear the athlete in order for return to play.
- Once the trainer receives all the information from the physician, he / she will test the athlete.
- We will then follow the physician's protocol as to when the athlete can return to play.

WEBSITE

Athletic department information can be found on the Aliquippa School District website www.quipsd.org. Follow the link to athletic updates. Another important website is www.quipathletics.com. This website has the most recent athletic schedules for all sports in addition to directions to all away contests. You will also get instant notification of any schedule changes and/or cancellations by signing up with your email address. This is a great communication tool for our parents and fans.

BOOSTER CLUBS

The purpose of the Booster Clubs is to support the student- athletes, coaches and administration in enhancing the opportunities and experiences for the athletes. Booster clubs do not have input regarding coaching strategies or personnel decisions. The district encourages participation with our booster clubs, but have little involvement in their policies/procedures.

MULTI-SPORT PARTICIPATION

The following guidelines must be followed in order to certify an athlete to participate in two sports during the same sport season:

1. The athlete must determine and announce their primary sport and the athlete cannot change their choice of primary sport after the date of the first legal competition.
2. The head coaches of each sport must meet before the first date of legal competition with the athlete/parents and prepare a plan/schedule that allows participation on both teams. Coaches must also discuss relative commitments in order to participate in games.
3. The primary sport takes precedence in situations where events are equal. Meaning if both sports have practice, athlete attends primary sports practice. If there were a game and a practice, the game would take precedence, etc. However, specific coaches may have practice requirements that could affect game participation.
4. If a multi-sport athlete decides to quit either sport, there shall be a meeting with both coaches and parents concerning the decision. The athlete must finish the season in good standing to be eligible for any awards.

SOCIAL MEDIA POSITION STATEMENT

Social Media has become ingrained in today's society. The wide variety of social networking tools presently available provides students easy access to share important news and events with each other. Using these communication tools in an inappropriate manner can have negative consequences, especially if unkind words or threats are used with intent to hurt others.

The Aliquippa District recognizes and supports its student-athletes' and coaches' rights to the freedom of speech, expression and association including the use of social networks. In this context, each student-athlete and coach must remember that participating and competing for Aliquippa High School is a privilege and not a right. The student-athlete and coach represent his or her school and the district, and therefore, they are expected to portray themselves, their team and their high school in a positive manner at all times. Any online postings must be consistent with federal and state laws, as well as team, school, and the Aliquippa School District's rules and regulations.

Specifically prohibited behaviors include, but are not limited to:

- Sexually explicit, profane, lewd, indecent, illegal or defamatory language and actions
- Derogatory language regarding students or other school personnel
- Comments designed to harass or bully students or other school personnel
- Nude, sexually-oriented, or indecent photos, images or altered pictures

Also prohibited are all on-campus connections to off-campus violations of this policy:

- Use of school computers to view off-campus postings
- Students accessing posts at school on their own devices
- Distribution of hard copies of posts on school property
- Re-communication on campus of the context of the posts

Any authorized or unauthorized use in school or out of school of computer software, computer network, telecommunication devices, information technology, and related technologies, which disrupts or interferes with the educational process in any manner is prohibited and may result in removal from the team or activity.

THE ATHLETIC DEPARTMENT CHAIN OF COMMAND

IMPORTANT!

When dealing with concerns the following chain of command should be used:

- 1. Student-Athlete**
- 2. Coach**
- 3. Athletic Director**
- 4. Principal**
- 5. Superintendent**
- 6. School Board**

Please follow the chain of command in all situations, do not go directly to the superintendent or school board as they will refer you back to the appropriate level.

NCAA Eligibility

The following requirements must be met in order for a student to be able to practice, play and receive a scholarship at an NCAA Division I or II college or university.

DIVISION I:

1. Graduate from high school
2. Complete a minimum of 16 core courses
3. Present the required grade-point average (GPA) refer to the sliding scale in the Guide for the College Bound Student-Athlete for Division 1)
4. Present a qualifying test score on either the ACT or SAT (see the sliding scale in the Guide for the College-Bound Student- Athlete) and
5. Complete the amateurism questionnaire and request final amateurism certification

Division I Core Course Breakdown (Courses Must Appear on Your List of Approved Core Courses)

- 4 years of English
- 3 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science)
- 1 extra year of English, math, natural or physical science
- 2 years of social studies
- 4 years of extra core courses from any category above, or foreign language, non-doctrinal/comparative religion/philosophy

DIVISION II

1. Graduate from high school
2. Complete a minimum of 146 core courses
3. Present a minimum 2.000 core-course grade-point average (GPA)
4. Present a minimum 820 SAT score (critical reading and math only) or 68 sum ACT score qualifying test score on either the ACT or SAT; and
5. Complete the amateurism questionnaire and request final amateurism

Division II Core-Course Breakdown: (Courses Must Appear on your List of Approved Core Courses)

- 3 years of English
- 2 years of math (Algebra 1 or higher)
- 2 years of natural or physical science (including one year of lab science) 15
- 2 additional years of English, math, or natural or physical science (3 years required in 2013 and beyond)
- 2 years of social science
- 3 years of extra core courses from any category above, or foreign language, non-doctrinal/comparative religion/philosophy (4 years required in 2013 and beyond)

UNIFORMS AND EQUIPMENT

All equipment purchased by ASD is the property of the district and coaches are accountable for the equipment used in their sport. All equipment issued by the student-athletes should be accounted for and documented. Any damage or loss of equipment can result in a financial obligation and the student may not be permitted to participate in other sports/activities until the obligation is met. Athletes are not permitted to purchase uniforms/equipment. Players are to be instructed in the proper maintenance and care of their uniform/equipment at time of issue. Equipment identified as unsafe or defective shall be deactivated immediately. Misuse of equipment could also result in disciplinary action by the administration.

ATHLETIC LETTERING/ AWARDS/ BANQUETS

All coaches will communicate the requirements for lettering to their student athletes and parents (may differ as per sport). The guideline to receive a letter is that the student-athlete should have participated in a varsity contest for 60% of the time. Injuries and special circumstances often arise and a letter may be given for those circumstances. Any other sport-specific should also be communicated and presented at an end of year banquet. Details concerning banquets should be communicated as they become available.

RELATIONSHIPS

The Parent-Player Relationship

The attitude of the parent can be the most influential factor in determining if a student- athlete has a rewarding interscholastic athletic experience or a disappointing interscholastic athletic experience. The attitude of the parent is more influential than the talent level of the student-athlete, the amount of playing time, the attitude of the coach, the attitude of the players or the win-loss record. Many student-athletes describe the "worst 15 minutes of the day" as the ride home in the car after a practice or competition due to the parent's negative attitude the student-athlete, the coach or the teammates. What a student- athlete needs the most is unconditional love and support from the parents no matter what happens during practices and games.

The Player- Coach Relationship

Throughout the growth of youth sports during the past 25 years, many adults believe they understand or perhaps know more than their coaches. Many parents believe they have degree of expertise from playing or coaching experiences. While this knowledge may heighten your appreciation of the sport, as a parent, you are not the coach. The player- coach relationship is the most critical relationship in athletics. A parent can have a pronounced effect of this very important and delicate relationship. While you may not agree with all the decisions of the coach, how and when you express your feelings can have a profound effect upon your child. If you express a negative opinion in front of your child, you need to remember that he or she will return to practice the next day and will likely carry with him or her your convictions. Your son or daughter will then have to interact with this coach. You as a parent can greatly affect this delicate relationship. Receiving technical or strategic instructions at home may interfere and conflict with the instructional process at practice sessions or during competitions. This may ultimately impede your son or daughter's progress and affect their playing time or whether they win a starting position on the team.

The Parent-Coach Relationship

In your role as a parent, you obviously love and are concerned about your child's welfare and success. You want the best for him or her. However, the athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial for the success of the team. If you should have questions or concerns, do not approach the coach at the conclusion of a contest or during a practice. At this time coaches have other responsibilities and may be very emotional. You should call and make an appointment for a later time and approach the meeting in a calm, courteous and logical manner. One of the responsibilities of a coach is to meet with the team at the conclusion of a contest. Student-athletes should not pause to talk to parents immediately after the game. These brief meetings are essential to the learning process involved in interscholastic athletics.

The Parent -Official Relationship

The age old question often used by irate fans to coaches and athletic directors is "Where did you find these officials?" Each sport has an official's assignor who assigns the officials for every game for the entire season. Officials are evaluated by the coaches at the conclusion of each season. Officials agree to follow a code of ethics; they do not care or have an interest in which team wins the contest. The games will not be played without PIAA certified officials. As in any vocation, there are great, good and average officials. However, each official is doing their best to provide a safe, unbiased and structured environment for the student-athletes. As a parent, you should recognize that nothing positive will result in yelling and criticizing officials. In fact, many negative actions can occur by a parent yelling at the officials. For example, you will embarrass your child, you will look foolish, you will set a poor example that others may follow, you will escalate a negative environment and you may be removed from the competition. Always do your best to display good sportsmanship at all times.

The Spectator- Cheerleaders Relationship

Cheerleaders try to infuse spirit into to the fans and spectators and to lead them in selected cheers. Please do not take this responsibility into your own hands; that is inappropriate. Fans that leave the stands to direct cheers may often cause or lead to confrontations with the opponents. Please follow the cheerleaders' directions and support their efforts. The emotion and atmosphere at athletic contests can be very exciting and the cheerleaders need to be allowed to direct and control this aspect of the contest.

The Parent- Athletic Director Relationship

The Athletic Director supervises the administering of all high school and middle school athletic teams. Prior to approaching the Athletic Director regarding the management of an athletic team, a parent should first speak to the coach. If the parent is not satisfied with the discussion with the coach, a parent may request a meeting with the Athletic Director and the coach. However, the issue of playing time, coaching techniques and strategies are not appropriate topics of discussion with the coach or Athletic Director. If the parent is not satisfied with the coach- Athletic Director meeting, then the parent should contact the building principal.

PARENT/COACH COMMUNICATION PLAN

Both parenting and coaching can be very difficult vocations. By better understanding each other, we are better able to accept the actions of the other and provide greater benefit to our student athletes. As parents, when your children become involved on the Aliquippa athletic teams, you have the right to understand the expectations which are placed upon you and your child. This begins with clear communication from the coach of your child's athletic team.

1. Philosophy of the coach and the Northern York County School District athletic program.
2. Expectations the coach has for the student- athlete.
3. Locations and times of all practices and contests.
4. Team and school requirements- behavior and academic.
5. Procedure if a student-athlete is injured during participation and insurance information.
6. Actions that could lead to discipline, which may result in the denial of the student athlete's participation.
7. The dissemination and collection of the Parent Code of Conduct.

HOW TO HANDLE AN ATHLETIC TEAM CONCERN

1. Encourage your child to speak directly to the coach. Many concerns can be resolved through this process. We hope to teach our student-athletes how to problem solve, this is a great opportunity to learn this valuable life lesson.
2. Contact the coach to schedule an appointment.
3. If the coach cannot be reached, contact the Athletic Director. We will assist you in scheduling a meeting.
4. Do not present your concerns to a coach before a contest, after a contest (This can be an emotional time for both the coach and the parent) or during a practice.
5. If the meeting with the coach does not provide a resolution, contact the Athletic Director to discuss the situation.

APPROPRIATE CONCERNS TO DISCUSS WITH THE COACH

1. How your child is being treated by the coach or others.
2. Ways that your son/daughter may improve.
3. Concerns about your child's behavior or academic performance. It is difficult to accept your child not playing as much as you would hope. Coaches are professionals and they make judgments based on what they believe to be best for the team. As you can see from the above list, there are certain topics that should be discussed with the coach. Other topics, such as playing

time, coaching strategies, and concerns about other student-athletes should be left to the discretion of the coach

COMMUNICATIONS COACHES EXPECT FROM PARENTS

1. Express your concerns directly to the coach.
2. Notification of any scheduling conflicts well in advance.
3. Support of all the members of the team, including the coaches and administration.
4. Work to promote a positive environment that is conducive to the development of student athletes.
5. Become knowledgeable with and review the philosophy, rules, regulations and guidelines pertaining to Aliquippa Athletics.
6. Communicate all concerns in a timely manner, following the proper protocol.
7. Treat all coaching personnel and administrators with courtesy and respect and encourage your child to do the same.
8. Understand that team goals are more important than individual goals. Participation in athletics can offer our student-athletes the opportunity to experience some of the most rewarding times of their lives. It is important to understand that there also may be times when things do not go the way the parents and students expect. At those times discussion with the coach is encouraged. However, sometimes students will fail to achieve their goals. That is OK as we often learn more from our failures than we do our successes. Student-athletes should be taught to accept and overcome failure and not to embrace it.

SPORTSMANSHIP

Sportsmanship is expected from student-athletes, coaches, administrators, parents and fans at all times. We teach our student- athletes to win with class and lose with dignity. Please demonstrate good sportsmanship at all school sponsored events.

REQUIREMENTS FOR ALIQUIPPA STUDENTS TO PARTICIPATE ON ALIQUIPPA ATHLETIC TEAMS.

1. The student must be enrolled in the Aliquippa School District and provide proof of residency. A valid driver's license for the parent/guardian showing residency must be provided at the time of registration if the enrollment is from a transfer from another school district to Northern.
2. The student must be in grades 7- 12.
3. The student must meet age requirements. A student -athlete may not participate on a junior high athletic team when he or she is 16 years old before July 1. A student- athlete may not participate on a senior high athletic team if he or she is 19 years old before July 1.
4. The student must have a pre-participation athletic physical (dated June 1" or later) and if the student has been injured in a previous season a recertification physical form may be required. The Aliquippa School District will offer sports physicals at the high school throughout the year at a cost of \$20.00. Information concerning physicals will be communicated and distributed by the coaches.
5. The student athlete must meet academic eligibility requirements.
6. The student-athlete must exhibit good behavior in the classroom and on the athletic team. A coach has the authority to deny a student-athlete from trying out or participating on an Aliquippa athletic team if the student-athlete has exhibited behavior that is detrimental to management and/or cohesion of the team. Participation in athletics is a privilege, not a guaranteed right.

ALIQUIPPA ALMA MATER

Wave, Red and Black, forever wave;
Unfurl aloft our fairest name.

Wave, Red and Black, forever wave;
We praise thy virtuous fame.
Fight on to conquer for our banner,
And may our spirit never die.

Wave, Red and Black, forever wave,
For ALIQUIPPA HIGH

