

**NORTHWESTERN
LEHIGH
ATHLETIC
DEPARTMENT**

**PARENT
&
STUDENT-ATHLETE
HANDBOOK**



NORTHWESTERN LEHIGH SCHOOL DISTRICT

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(610) 298-8661 www.nwlehighsd.org

Dear Parent, Guardian, or Student-Athlete:

Welcome to Northwestern Lehigh Athletics! We hope this handbook proves to be informative and assists you in making your athletic experience a positive one.

The athletic program at Northwestern Lehigh is based on the philosophy of putting “student-athletes first and winning second”. Student-athletes will learn teamwork, discipline, and group responsibility. They will also learn to appropriately deal with success and overcome adversity. Research proves that those who participate in extra-curricular activities tend to attain better grades and have fewer discipline problems than those who do not participate.

Throughout this handbook, you will notice references to your “student-athlete”, rather than your “athlete”. That is solely due to our belief that your children are students first, and the privilege of athletic participation is secondary although still an integral part of their total educational experience.

The following of some key statistics to keep in the back of your mind:

- There are over 1 million high school football players and 1 million high school basketball players in the United States. Of those 1 million, only 250 players make it to the NFL and only 50 players make it to the NBA.
- The odds of a high school football player being selected to play for an NFL team are about 6,000 to 1.
- The odds of playing in the NBA are even greater.
- The NCAA is made up of 977 schools classified in three divisions, and less than 25,000 student-athletes compete for NCAA titles annually, most of whom ARE NOT on athletic scholarships.

It is for these aforementioned reasons that it is extremely important to focus on your child’s academic success, first and foremost.

This handbook is provided to assist in guiding you and your child throughout their Northwestern Lehigh athletic career. Please take the time to read each section and we wish you the best of luck during the upcoming school year.

Respectfully Submitted,

Jason T. Zimmerman, C.A.A.
Director of Athletics & Student Activities

Section I.

Introduction

1) To the Parent:

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family interest in this important component of our schools educational process is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences which assist students in personal adjustments and preparing for life's many experiences.

We are concerned with the educational development of boys and girls through athletics and feel that a properly controlled, well-organized sports interscholastic athletic program can meet student needs for self-expression, social, mental, and physical growth. It is our intent to conduct a program that is educationally sound in purpose and will enhance each student's personal growth.

A student who elects to participate in our interscholastic athletics program is voluntarily making a choice of self-discipline and self-denial. These are the reason we place such stress on good training habits. Failure to comply with the rules of training and conduct means possible exclusion from the team or squad, as interscholastic athletic participation is a privilege rather than a right. The concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. There is no place in high school athletics for student who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our student-athletes to compromise with mediocrity or unsportsmanlike behavior.

When your son/daughter signed-up for one of our sports programs, he/she committed our staff to certain responsibilities and obligations which include:

- a) To provide adequate equipment and facilities
- b) To provide well trained coaches
- c) To provide equalized contests with skilled officials

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations, which will be reviewed throughout this handbook, in the athletic honor code, during our preseason meeting, and reinforced throughout the season.

It is a role of the Athletic Department to make and enforce rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through not only this publication, but various others that will be shared with you both preseason and throughout the season.

2) To the Student-Athlete:

Being a member of a Northwestern Lehigh Athletic Team is a fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of a Northwestern Lehigh interscholastic team, you have inherited a wonderful tradition which you are challenged to uphold.

Our tradition has been to win with honor and practice good sportsmanship at all times. We desire to win, but only with honor to our student-athletes, our school, and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years, our teams have achieved more than their share of League, District, and State Championships. Many individuals have set records and achieved All-League, All-Area, and All-State honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the black & gold, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

- a) Responsibility to Yourself: The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences.

Your academic studies, your participation in other extracurricular activities as well as in sports, prepares you for life as an adult.

- b) Responsibility to Your School: Another responsibility to assume as a team member is to your school. Northwestern Lehigh cannot maintain its reputation of having an outstanding school unless you do your best in the activity in which you engage and be true ambassadors of the school. By participating in interscholastic athletics to the maximum of your ability, you are contributing to the reputation of Northwestern Lehigh.

You assume a leadership role when you are on an athletic team. The student body and citizens of this community know you. You are on the stage with the spotlight on you. The student body, the community, and other communities judge our school by your conduct and attitude, both on and off the playing surface. Because of this leadership role, you can contribute significantly to school spirit and community pride. Make Northwestern Lehigh proud of you, and community proud of your school, by your consistent demonstration of these sportsmanlike ideals.

- c) Responsibility to Others: As a team member, you also bear a heavy responsibility to your home. If you never give your parents anything to be ashamed of, you will have measured up to the ideal. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability everyday, and that you have played the game "all out", leaving it all on the field or court, you can keep your self-respect and your family can be justly proud of you.

The younger students in the Northwestern Lehigh School District are watching you. They will copy you in many ways. Do not do anything to let them down. Set good example for them and be outstanding role models.

Section II. - *Northwestern Lehigh School District Athletic Department Mission Statement*

The fundamental purpose of the extracurricular and athletic programs in the Northwestern Lehigh School District is to promote the physical, mental, social, emotional, and moral well being of its participants. It is hoped that these programs will be a positive force in preparing our youth for an enriching and critical role in American life. The extracurricular and athletic programs are an important and integral part of the total school program and are open to participation by all students regardless of individual differences. Through voluntary participation, the participant gives time, energy and loyalty to the program.

In order to contribute to the welfare of his/her event, the participant must be willing to accept the training rules, regulations, and responsibilities, which are unique to an extracurricular or athletic program. It should be clearly understood that the same standard of behavior and discipline for the regular student shall also apply to the extracurricular/athletic student participant and any violation of the "Student Conduct Policy" or "Athletic Honor Code" may result in forfeiture of the privilege of participating in a Northwestern extracurricular or athletic program.

Section III. - *Governance*

- 1) The National Federation of State High School Associations (NFHS)
The NFHS consists of the fifty-one individual state high school associations and/or activities associations. The purpose of the NFHS are to serve, protect, and enhance the interstate activity interests of the high schools belonging to state associations; to assist in those activities of the state associations which can best be operated on a nationwide scale; to sponsor meetings, publications, and activities which will permit each state association to profit by the experience of all other member associations, and to coordinate the work to minimize duplication.

The NFHS is both a service and regulatory agency. The growth and influence of state associations and the NFHS ensures some degree of team work on the part of more than 20,500 schools and enables them to formulate policies for the improvement of interscholastic activities.

- 2) The Pennsylvania Interscholastic Athletic Association (PIAA)
All schools are voluntary members of the PIAA and compete only with member schools. As a member school district, the Northwestern Lehigh School District agrees to abide by and enforce all rules and regulations promulgated by this association.

The primary role of the PIAA is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The PIAA solicits input and is responsive to requests for rule modifications from member schools, District committees, and coaches' associations.

The PIAA attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

- 3) The Colonial League for Interscholastic Sports, Inc.
Northwestern Lehigh School District is a voluntary member of the Colonial League for Interscholastic Sports, Inc. This League was established for the primary purpose of promoting interscholastic activities among member schools and the assurance of such advantages as may be gained by a union of effort.

The Colonial League for Interscholastic Sports, Inc. was established to encourage member schools to improve their interscholastic athletic programs. The League membership facilitates the arranging of schedules, equalizing competition, and conducting league championship tournaments and meets. The League provides the Northwestern Lehigh School District the opportunity for competition without excessive travel and with schools of similar size and athletic philosophy. Membership implies abiding by League schedules, rules, and regulations.

Member schools include:

- | | |
|----------------------------|---------------------|
| 1. Bangor | 8. Palmerton |
| 2. Catasauqua | 9. Pen Argyl |
| 3. Moravian Academy | 10. Salisbury |
| 4. Northern Lehigh | 11. Saucon Valley |
| 5. Northwestern Lehigh | 12. Southern Lehigh |
| 6. Notre Dame – Green Pond | 13. Wilson |
| 7. Palisades | |

- 4) PIAA Rules
(Please visit www.piaa.org for pertinent state regulations.)
To be eligible for interscholastic athletics, a high school student must meet the following state regulations:
- Enrollment
 - Age
 - Physical Examinations
 - Seasons of Competition
 - Semesters of Enrollment
 - Residency Requirements
 - Transfers
 - Guardianship
 - Awards
 - Amateur Practices
 - Participation on Independent Teams
 - Recruiting

Section IV. - Requirements for Participation

- 1) Physical Examination:
A yearly physical examination is required and cannot be authorized prior to June 1st. The Physical Examination & Emergency Contact Information Forms must be completed by the parent and the physician then submitted to the Athletic Office prior to participation. The examination covers all sports for the entire school year provided it was authorized after June 1st. The form will be kept on file in the Athletic Office.

- 2) Acknowledgment of Athletic Honor Code Review and Understanding Risk of Concussion & Sudden Cardiac Arrest Review:

Each parent or guardian and student-athlete must read the entire athletic honor code then complete and return the last page of the code to the Athletic Office prior to participation.

- 3) Scholastic Eligibility Requirements:

In order to participate on a Northwestern Lehigh School District Athletic Team, each student-athlete must have satisfied all of the scholastic eligibility requirements established by the PIAA and the Northwestern Lehigh School District. PIAA requirements can be found at www.piaa.org and Northwestern Lehigh requirements are contained in the Athletic Honor Code.

- 4) Risk of Participation:

All student-athletes and parents must realize the risk of serious injury, which may be a result of athletic participation. Student-athletes and parents should be aware that by participating in athletics, the student-athlete is exposing themselves to the risk of serious injury, including but not limited to, the risk of sprains, fractures, and ligament and/or cartilage damage which could result in temporary or permanent, partial or complete, impairment in the use of their limbs, brain damage; paralysis, or even death. The Northwestern Lehigh School District encourages student-athletes, in all sports, and their parents, to discuss the risks and minimization of risks with coaches and school administrators.

- 5) Equipment and Financial Obligations

All student-athletes are responsible for the proper care and security of equipment issued to them. Student-athletes who fail to return all equipment or return equipment in poor condition due to neglect will be invoiced the cost to "replace" the equipment. A hold will be placed on student records and student-athletes will not be issued equipment for another sport until all obligations are met.

Most equipment is provided by the Northwestern Lehigh School District. Examples of equipment that is not furnished and will be the responsibility of the student-athlete include:

- a) Sneakers or Spikes/Cleats
- b) Undergarments (Sports Bras, Jock Straps, etc.)
- c) Socks
- d) Duffel Bag

Other financial obligations that a family may encounter but are NOT requirements for participation include, but are not limited to (please also note that booster organizations often times assess funds to offset these costs):

- a) Sport Camp / Off-Season Training Fees
- b) Team Spirit Apparel or Accessories
- c) Refreshments for Team Members
- d) Special Team Building Events
- e) Special Equipment deemed more appropriate by the student-athlete.

Section V. - *Northwestern Lehigh School District Chain of Command*

In the Northwestern Lehigh Athletic Department, the following chain of command is exercised:

School Board
Superintendent
Assistant Superintendent
Principal
Director of Athletics & Student Activities
Head Coach
Assistant Coach(es)
Student-Athletes

If there are questions or concerns involving some aspect of our athletic program, the student-athlete must first contact the appropriate level/position coach. If there was no resolution, he or she would then share their concern with the head coach of the program, etc. The first line of contact for parents should be with the level-appropriate coach and then the head coach of the program if necessary.

Section VI. - Parent / Student-Athlete / Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our athletic program(s), you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. Please understand that participation in sports is a privilege and is NOT a legal right.

Communication you should expect from your child's coach:

1. Expectations the coach has for your child as well as all the players on the team.
2. Locations and times of all practices and contests.
3. Team requirements, i.e., practices, special equipment, conditioning exercises.
4. Disciplinary actions that may result in the denial of your child's privilege to participate.

Communication coaches expect from parents:

1. Concerns expressed directly to the coach.
2. Advance notice of any situations that may hinder participation in practice and/or games.

As your child becomes involved in the programs of the Northwestern Lehigh School District, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged of the student-athlete.

Appropriate concerns to discuss with coaches:

1. Treatment of your child.
2. Improving your child's athletic performance.
3. Educational performance related to Athletic Eligibility.

At times it may be difficult to accept your child's limited playing opportunities. Please remember that coaches are professionals. They make decisions based on what they believe to be in the best interest of all students involved and of the team as a whole. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues NOT appropriate to discuss with coaches:

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

****All concerns pertaining to the eligibility or policies of home school or charter school student-athletes and requests for accommodation under Section 504/Chapter 15 should be directed to the Director of Athletics & Student Activities.**

Sometimes there are situations that may require a conference between the coach, player, and the parent. It is important that all parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures must be followed in effort to promote a resolution to the issue of concern.

If there is a concern with the coach:

1. Please have your child to speak directly with the coach first.
2. If the issue is not resolved after the coach and player meet, the parent should call or email the coach to set up an appointment for the coach, player, and parent to meet.

3. If the coach cannot be reached, call the athletic office at (610) 298-8661 x2267 to assist you in arranging a meeting.
4. Please DO NOT attempt to confront a coach before or after a contest or a game. These can be highly emotional times for both the parent and the coach. Meetings of this nature rarely promote resolution.
5. If the meeting with the coach did not provide satisfactory resolution, call the Athletic Office and set up an appointment to meet with the Athletic Director, Coach, Player, and Parent to discuss the situation.
6. If the meeting with the Athletic Director did not provide satisfactory resolution, call the Principal's Office and set up an appointment to meet with the Principal, Athletic Director, Coach, Player, and Parent to discuss the situation.
7. If the meeting with the Principal did not provide satisfactory resolution, call the Superintendent's Office and set up an appointment to meet with the Superintendent, Principal, Athletic Director, Coach, Player, and Parent to discuss the situation.
8. Please note the following:
 - a. The Coach will not schedule a meeting with a parent until a meeting between the coach and student-athlete has been conducted. All meetings between the coach and parent will also include the student-athlete.
 - b. The Athletic Director, Principal, or Superintendent will not schedule a meeting until a meeting between the coach and parent / student-athlete has been conducted unless the concern involves an illegal act on the part of the coach.

Section VII. - *Student-Athlete Discipline During the School Day*

Expectations of our student-athletes remain high not only during practices and contests, but also during the school day. We expect our student-athletes to be model students and leaders of their peers.

In the event, a student-athlete has violated our Student Conduct Code and subsequently has earned a Detention, In-school Suspension, or Out-of-school Suspension, the following guidelines apply:

1. Detention – Student-athletes are not to be excused from detention nor are they to be dismissed early because of practices or contests. Once detention has been served, the student-athlete should report directly to their coach who will administer any consequence for violations of team rules if applicable.
2. Suspension (in-school or out-of-school) - the student-athlete will be suspended from practice/games during the exclusionary period. He/she becomes eligible the next calendar day immediately following the last day of exclusion. If multiple days occur for exclusion, the athlete is ineligible until the exclusion is completed. This does not include any contest suspensions administered by the coach.

Section VIII.

Responsibilities of a Student-Athlete:

1. The teams' goals, welfare, and success must come before any individual.
2. A student-athlete needs to consistently attend practice sessions, including weekends and holidays.
3. Players must be receptive to coaching.
4. Student-athletes are responsible for all issued uniforms and equipment.
5. As a member of a team, a student-athlete must agree to and follow all team rules. Student-athletes need to remember that they are ambassadors and represent not only themselves, but also their parents, the coaching staff, their school, and their community.
6. If injured, a student-athlete must report all injuries to the coach and most importantly, the athletic trainer.

Responsibilities of a Coach:

1. The selection of team members.
2. The determination of the style of play, including offensive and defensive philosophies and strategies.
3. The teaching and instruction at practice sessions.
4. The determination of starting line-ups and how long a student-athlete plays in a contest.
5. The determination of who plays in what position.
6. The establishment, documentation, review, and enforcement of team rules.
7. The selection of team captains (if applicable).
8. The communication with student-athletes and their parents with respect to when practice sessions will be held including what time they will start and finish.

Section IX. - *Tryouts / Making Cuts*

While our ultimate goal is to promote the greatest amount of athletic participation possible in the Northwestern Lehigh School District, it may be necessary in some sports to hold tryouts and possibly make cuts. This may occur due to limitations of our facilities or resources, regulations specific to some sports, travel restrictions, etc.

Every coach has the responsibility and authority for selecting his or her team. The criterion for selecting the team is developed by the coach well in advance of tryouts. The coach will be able to provide you with what is required for your specific sport.

It is important to remember that there are no guarantees. Having been a member of a team the previous year or being a senior does not ensure a roster spot on the team the following year.

Parents should expect that every candidate is treated fairly, objectively, and given every consideration. Coaches are sensitive to feelings of disappointment and will handle the daunting task of making cuts as positively as possible and we be available to address any questions the student-athletes may have.

Anyone who is cut from a team during one season may try out for another team during that same season so long as tryouts have not concluded and roster spots are still available. That being said, a student-athlete is only permitted to participate in one sport during the same season.

Section X. – *Purpose of Sub-Varsity Teams*

Sub-Varsity teams exist to provide student-athletes, who are unable to participate on the Varsity level, the opportunity to develop skills and gain experience. While the student-athlete's age, size, or skill level may be the limiting factor in not making the Varsity Team, participation on a sub-varsity team may enhance the student-athlete's potential to make the Varsity Team in the future.

However, being a member of a Sub-Varsity team, does not guarantee that a student-athlete will automatically move up to Varsity the following year. The student-athletes best suited for Varsity competition will make the squad each year.

Striving to win is important in high school athletics; however, compiling a great record or winning a championship should not be the primary objective of a Sub-Varsity team. The Colonial League and P.I.A.A. District XI does not acknowledge Sub-Varsity Championships. The development of student-athletes and preparation for Varsity should be the ultimate goal of a Sub-Varsity team while at the same time acknowledging the value of winning, learning, and enjoying being a member of a team.

Section XI. – *Transportation*

A student participating in a sport and/or activity must travel to and from away events via District transportation. No athlete may drive to or from, or travel with another to or from any athletic event. Written exceptions to this would be extended when circumstances warrant, with 24-hour advance notice via a written note, email, or a completed travel release form (see Appendix) to the Coach and Director of Athletics & Student Activities. Please note that only that participant's parent or guardian may provide alternate transportation. Participants may not travel with anyone else's parents at any time. Athletes who miss the bus and arrive later to a contest may not participate in that contest unless the Head Coach and Director of Athletics & Student Activities have previously approved the arrangement. Emergencies do occur and a coach may have to use their better judgment.

Please note that requests can be submitted via email to keglovitzj@nwlehighsd.org or FAXED to (610) 298-3102.

Section XII. – *Athletic Training & Sports Medicine*

Athletic training is a vital part of our athletic department. We, at Northwestern Lehigh, take the care and prevention of injuries very seriously. Currently, we operate with one (1) Certified Athletic Trainer who is responsible for our entire high school and middle school athletic program.

All athletic injuries should be reported, regardless of the severity. This also holds for any type of illness you may have (flu, mono, etc.) that could in anyway affect your athletic performance or impact other members of your team. Student athletes must report all athletic related injuries occurring at a home practice or game immediately to the athletic trainer. All injuries occurring at any off-campus location during a practice or game must be reported prior to any further athletic participation or within 24 hours. This notification is essential for the initiation of the Injury Report Form and subsequent insurance paperwork.

This will allow us to make sure:

*All of your injuries are properly documented and covered by our athletic insurance policy.

*You receive proper treatment, care and rehabilitation of your injury. This will ensure you do not miss any practices or games or the time you must miss is kept to an absolute minimum.

*You are referred to the correct type of physician (if necessary) and that you are seen in a timely manner.

*All proper referral procedures are followed to ensure the injury/illness is covered by insurance.

You should never see a doctor without at least consulting the Certified Athletic Trainers first, unless it is an emergency situation. Injured students under doctor's care will NOT be permitted to participate until a written consent release (either a release for a partial/restricted return or full unrestricted return) from a doctor is obtained and submitted to the Director of Athletics & Student Activities. A copy of the release will be kept on file. No verbal clearances via the student or the parent will be accepted.

Section XIII. – *Practice Sessions & Games*

Practice sessions are normally closed to spectators for the simple reason that these sessions are the equivalent of a teacher's classroom where there is a real, quality instruction taking place. Interruptions and distractions to a student-athlete's concentration and focus in practice cannot be allowed any more than it would be tolerated in an academic setting. Education, in any setting, should not be compromised.

In the Northwestern Lehigh School District, practice sessions:

1. Within reason and PIAA rule, may last as long as the coach deems appropriate with prior communication.
2. May start and end at different times, due to facilities or schedules.
3. Will not be held when school is dismissed or canceled due to inclement weather. Exceptions to this may be made by the administration if there is a drastic change for the better in the weather and roads are safe to drive. In this case, practice would NOT be mandatory and strictly on a voluntary basis and would only be for Varsity teams.
4. May be held on Weekends and over holiday periods.

Section XIV. – *School Issued Equipment*

The Board of Directors of the Northwestern Lehigh School District have gone to great lengths to ensure our student-athletes are equipped with safe and appropriate equipment. To that end, student-athletes have the responsibility to return all issued equipment within one week after the last contest of the season.

Any student-athlete who does not return equipment will have their records put on hold until all obligations are met and student-athletes will be invoiced the cost to replace all outstanding items. When a student's records are placed on hold, the student is not permitted to participate in another sport, maintain a valid parking permit, receive report cards, attend prom, or walk in graduation until all obligations are met. The Northwestern Lehigh Athletic Department does NOT wish to receive money and would much rather have the items equipment returned, as finding replacement equipment is often times very difficult and very costly. Your cooperation with this matter is deeply appreciated.

Section XV. – *Out-of-Season Participation*

Please be advised that the Northwestern Lehigh School District sponsors absolutely no out-of-season activities (i.e. summer camp participation, summer leagues, etc.). Any out-of-season activities are run independent of the Northwestern Lehigh School District and thus, the District assumes no liability, no responsibility, and has no authority over activities that are NOT school-sponsored.

Section XVI. – *Event Postponements & Cancellations*

During inclement weather, many phone calls are made between our school's athletic office and the opposing school's athletic office. Often times, the decision to postpone or cancel is not made until after 12:00 Noon. As soon as the decision is made, our coaching staff is notified, our student-athletes are then notified, and then the website and automated phone system is updated.

If at all possible, please use the following resources to attain information on event postponements and cancellations, as a lot of phone calls and other responsibilities are required of the athletic department staff when a postponement or cancellation is made.

1. Visit the Northwestern Lehigh School District Website by going to www.nwlehighsd.org. Click on the flashing "EVENT CANCELLATION" graphic on the main page.
2. Follow @nwlehighsd on Twitter.
3. Like the Northwestern Lehigh School District Page on Facebook.
4. You can also register for "Mobile Text Messages" or "Email Messages" notifications by:
 - a. Go to schedulestar.com
 - b. In the "Find Your School" text box, type "Northwestern Lehigh" and click on "Search" then click on our school name.
 - c. At the top of the page, click on "Sign Up"
 - d. This will take you to a "pop-up" screen where you will have the option of registering as a member. Complete the required fields, and click "Sign Up"
 - e. On the next page after registering, click on "Favorites", then click on "Add a School", then search and select "Northwestern Lehigh".
 - f. Once "Northwestern Lehigh" is selected, click on "Add a Team" and in the next screen add the team(s) you would prefer to follow and receive alerts for. You must complete this process for each sport and each level (Middle School, Jr. High, JV, & Varsity) of each sport you want to add.
 - g. Once you have added each sport and level you want to follow, click on "Alerts" and put a checkmark by clicking in each box next to the information you want to receive.
 - h. Next you want to click on "Alert Settings" and enter your email and/or cell phone number where you want to receive the alerts.
 - i. You will now receive automatic notifications of postponements and cancellations sent to your email or mobile phone instantly once the event is changed on the athletic department scheduling program.

APPENDIX A

Northwestern Lehigh School District Athletic Offerings

Fall Season

High School

Football (JV & Varsity)
Girl's Field Hockey (JV & Varsity)
Boy's Soccer (JV & Varsity)
Girl's Soccer (JV & Varsity)
Boy's Cross Country (Varsity)
Girl's Cross Country (Varsity)
Coed Golf (Varsity)
Girls Volleyball (JV & Varsity)
Cheerleading (Varsity)

Middle School / Jr. High

Football (Jr. High)
Girl's Field Hockey (Middle School)
Boy's Cross Country (Middle School)
Girl's Cross Country (Middle School)
Cheerleading (Jr. High)

Winter Season

High School

Boy's Basketball (Jr. High, JV, & Varsity)
Girl's Basketball (Jr. High, JV, & Varsity)
Wrestling (Jr. High, JV, & Varsity)

Middle School / Jr. High

Boy's Basketball (Middle School & Jr. High)
Girl's Basketball (Middle School & Jr. High)
Wrestling (Jr. High)

Spring Season

High School

Baseball (JV & Varsity)
Softball (Jr. High & Varsity)
Boy's Track & Field (Varsity)
Girl's Track & Field (Varsity)
Boy's Lacrosse (JV & Varsity)
Girl's Lacrosse (JV & Varsity)

Middle School / Jr. High

Softball (Jr. High)

Varsity – students in grades 9-12 are eligible

JV – students in grades 9-12 are eligible

Jr. High – students in grades 7-9 are eligible

Middle School – students in grades 7 & 8 are eligible

APPENDIX B

**NORTHWESTERN LEHIGH SCHOOL DISTRICT
EVENT TRAVEL RELEASE**

(Date)

This is to certify that _____ has my permission to ride from
(Student's Name)
the _____ athletic/activity event on _____, 20____,
(Sport) (Month) (Date) (Year)
at _____.
(Location of Event)

I certify that I am personally transporting the above-named student and the reason for not riding District transportation:

(Reason must be sufficiently urgent to family needs to justify personal transportation.)

I understand that the Northwestern Lehigh School District Athletic Rules require students to ride District Transportation to and from all athletic/activity events and departure from this requirement will release the Northwestern Lehigh School District from all liability for any adverse results that may occur.

I agree to release the Northwestern Lehigh School District and its employees and officers from all liability with reference to the above-stated transportation.

This form must be on file in the Athletic/Activities Office prior to the dismissal of school on the day before the event.

Signature of Parent or Guardian

Approved --- Not Approved

Signature of Athletic Administrator

APPENDIX C

10 Simple Steps to Promote a Healthy Environment for Youth Sports

- **Cultivate the Possibilities:** Skill can be acquired through practice and motivation. Although many believe in innate/natural talent, research shows motivation to be a more important factor in the development of expertise. Every child, regardless of their initial ability, has the potential to develop the skills needed for their sport if they are motivated, open to learning and practice.
- **Time Out:** Recognize when you or someone else needs to take a breather. Remove yourself from a situation/game/practice when you feel yourself becoming enraged or frustrated. If you see someone else becoming frustrated, encourage them to do the same.
- **Cool Down:** Refrain from sending an email, text or picking up the phone when you feel your frustration levels are too intense. Use stress strategies: Practice the three day wait, talk to a friend or a family member (other than your child) to share your frustrations. Try to find the positive approach to situations. Use humor to lighten a heavy situation.
- **Keep issues in perspective:** Is this situation worth jeopardizing relationships with family, friends, neighbors, colleagues? Learning from disappointments can have lasting effects on building character and resiliency. Provide the opportunity for your children to learn from their challenges.
- **Be a role model:** This is a challenge to live but the results can have extremely long lasting benefits. Let other's witness your tolerance, respect and appreciation for coaches, other adults, students and game officials. Be a real winner; find ways to support and get involved in your community.
- **Get Out:** Just as we need to escape the pressures of work, the same needs to be done for our sports. If your schedule consists of mainly work/school and sports then the stress from work/school can transfer into sports. Leave our school district and do something else for the day. A change of scenery has proven to measurably reduce our anxiety and stress as well as bringing clarity and balance to situations.
- **Separate your experiences from your child:** Their experiences today shape their relationships for tomorrow. The choices they make need to be their own. Establish open lines of communication.
- **Stay Open to the Choices:** Take advantage of the variety of sports that are offered. The American Academy of Pediatrics recommends avoiding early sports specialization. "Those who participate in a variety of sports and specialize only after reaching the age of puberty tend to be more consistent performers, have fewer injuries, and adhere to sports play longer than those who specialize early."
- **Listen:** We can't fix everything. Most of the time the best course of action is to just listen.
- **Enjoy:** Being part of a team and playing sports are experiences to be embraced and enjoyed. Above all, young athletes want to have fun.

A Community Health Promotion and Education Handout by Rosemarie C. Lister, MPH

For more information/resources or permission to use/distribute please contact rlister@ptd.net

Resources:

National Association of Sports Officials: "Poor Sportsmanship Behavior Incidents Reported by NASO" naso.org/sportsmanship/badsports.html
American Academy of Pediatrics: Intensive Training and Sports Specialization in Young Athletes Committee on Sports Medicine and Fitness; Pediatrics Vol. 106 No. 1 July 2000, reaffirmed 2006, 2010
Scientific American; "The Expert Mind" Philip E. Ross August 2006
Center for Economic Policy and Research; "No Vacation Nation" Rebecca Ray & John Schmitt 2007 [.cepr.net/index.php/publications/reports](http://cepr.net/index.php/publications/reports)

APPENDIX D

CONTACT INFORMATION

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For schedules (practice & game), postponements & cancellations, directions to away events, coaches' email addresses, forms & documents, and links to team, league, district, & state websites, please go to www.nwlehighsd.org and click on "Athletics".