

# ***Annville-Cleona Athletic Department***

## Frequently Asked Questions about Junior High School Sports

### **What sports are offered for Junior High School students?**

- The Annville-Cleona School District currently offers the following organized sports for 7<sup>th</sup> and 8<sup>th</sup> graders:

<b><i>Sport</i></b>	<b><i>Season</i></b>	<b><i>Approximately 2021-2022 Dates</i></b>
Boys' Soccer	Fall	August 23- October 21
Girls' Soccer	Fall	August 23 - October 21
Field Hockey	Fall	August 23 - October 21
Football	Fall	August 23- October 21
Cross Country	Fall	August 23 - October 21
Boys' Basketball	Winter	November 19 - February 8
Girls' Basketball	Winter	November 19 - February 8
Wrestling	Winter	November 19- February 8
Track & Field	Spring	March 14 - May 12
Cheerleading*	Fall	August 16 - Early November
Cheerleading*	Winter	November 19 - Mid-February

### **When are practices? What is the duration of each practice session?**

- Typically, practices are held every day (Monday-Friday) and occasionally on Saturdays in some sports. The practice sessions are usually 1.5 hours in duration. Most practices start between 2:45 - 3:00 PM depending on the coaching staff and facility availability. All practices are mandatory unless students have an emergency or preapproval from the head coach. Athletics are considered an extension of the classroom.

### **Are there any special requirements prior to participation?**

- Prior to athletic participation, all students must have a profile created on Family ID and receive medical clearance from a physician, who must sign the PIAA Pre-participation Physical Evaluation Form. Prior to participating in a sport for the first time during a school year, a physical exam is required. This exam must occur after June 1 to be valid for the following school year. If a student participates in one or more additional sports during the school year, the Recertification Form must be completed by the parent or guardian of the student on their Family ID account. Annville-Cleona's team physicians from Penn State Health and our athletic trainer, Ms. Tanya Deihl, are responsible for overseeing our sports medicine program for all athletes. All medical information and required school district waivers are found in Family ID. If you have any questions about the required physical or setting up a Family ID account, please call the Athletic Office for assistance.



## **Does an athlete need more than one physical if he/she plays multiple sports in a school year?**

- The PIAA, which is the organization that governs state athletics, recently passed a rule which only requires student-athletes to have one physical exam per year unless they have an injury or illness which causes them to miss an extended amount of practice or game time. After an initial physical exam for the year, athletes must be recertified for each subsequent season that they participate in a sport. Recertification Forms will be available in Family ID for both winter and spring sports seasons.

## **Are there special rules that an athlete must adhere to?**

- All student-athletes must adhere to the Annville-Cleona Extracurricular Code of Conduct, which is found in the student handbook. There are also team specific rules, which will be provided by the head coach.

## **Does my child need any special equipment to participate?**

- Generally, The school district provides most required equipment for each sports program offered, however your child should have appropriate footwear (running shoes, cleats, etc.), workout clothing, and any other personal equipment (special protective equipment, mouth guard, etc.). Students are responsible for all school issued equipment. Any equipment that is lost or damaged must be paid for by the student. A bill will be sent home at the end of the season. Fall/spring athletes should always be prepared for cold or hot weather.

## **Where else can I get information regarding the athletic program at Annville-Cleona?**

- The Annville-Cleona website offers a variety of information regarding the Athletic program. On the Athletic pages, parents and students are able to access game schedules, away game directions, Athletic Department information, and copies of required paperwork. Parents can also sign up to receive text and email notices when games are changed or cancelled. This site is located at <https://www.acschools.org/domain/48>. The Athletic Department also utilizes Twitter for communications and can be followed at @AnnvilleCleona. Another resource is the Annville-Cleona Dutchmen app, which is available for free download in the App Store and/or Google Play.

## **Can my child participate in club sports if he/she is also on a junior high sports team?**

- Students at Annville-Cleona are encouraged to participate in a variety of activities. There is no school policy that forbids participation in both club and junior high sports. However, students who make a commitment to the Junior High sports program are expected to attend all practices and games. Absences due to a conflict with a club sport are not considered excused. Before committing to any activity, parents and students should consider the impact that participation may have on the child's ability to complete schoolwork and on the child's physical wellbeing. If the student is involved in more than one sport or activity within the school district, there is a Dual Activity Form that needs to be completed to determine which sport/activity is the primary activity to help avoid conflicts.

## **Where do the junior high teams practice / play games on campus?**

- All Junior High sports teams practice and play games on Annville-Cleona School District facilities. The majority of games and practices take place on the HS/MS campus; however, some practices do take place at Annville Elementary. Teams that practice at Annville Elementary right after school walk to AE as a team for practice.

