

2025-2026 Extracurricular Handbook
Key topics/changes and/or additions

-pg. 3: **Communication**

-pg. 5: **Added Weight Room in with practices and open gyms. Added Strength & Mobility Training section.**

-pg. 7: **Athletic Boosters**

-pg. 8: **Media Communications**

-pg. 9: **Student Supervision**

-pg. 26-27: Added appendix **Guiding Principles of Interscholastic Athletics at PCJH**

-pg. 31-32: **Adjusted the coaching evaluation tool to more closely align with the expectations outlined in the extracurricular handbook.**