

# CATHOLIC HIGH SCHOOL



## ATHLETIC HANDBOOK

## Our Vision:

Our expectation for the athletic department is that it will match the Christ-centered values that Catholic High has championed for a century. Our vision is that athletics will be considered an asset to the academic mission of the school and will enhance the school life experience. We envision a program that offers quality facilities that provide our student-athletes and coaches a place to excel mentally and physically. Most importantly, we envision an athletic department that all of its participants: student-athletes, coaches, administrators, and - parents can be proud of and one that promotes lifelong personal and community wellness as well as positive and productive citizenship.

## Our Mission:

The mission of the athletic department is to provide a Christian environment in which its participants have the opportunity to develop life lessons and skills that enhance the educational experience and produce positive, productive citizens.

## Objectives:

- TO MAINTAIN AN ENVIRONMENT CONDUCIVE TO THE VALUES OF CATHOLIC HIGH SCHOOL.
- To bring about the realization in our student-athletes that competition is a privilege that carries definite responsibilities.
- To allow every individual the maximum opportunity to participate in an activity while recognizing that sports, like life, is a competitive situation in which some will excel, some will succeed, some will fail, but all will benefit merely by being participants.
- To provide our student-athletes with the best possible administration, coaching, and instruction available.
- To provide our student-athletes with quality facilities and equipment that is safe.
- To provide our student-athletes with safe, quality transportation to and from all competitions and events.
- To provide our student-athletes with proper funding to meet all of their needs in the athletic arenas.

# Catholic High School Athletic Department Policies

## Athletic Participation

- Athletes will be encouraged by all coaches to participate in as many sports as their interests and abilities allow.
- In-season sports have priority over all other sports,
- The head coach in each sport has complete discretion as to who plays, how long they play, and under what circumstances they play or do not play.
- Sports with limited roster spots will conduct **closed** tryouts. Selection of the team will be at the discretion of the head coach.

## Physicals

- All student athletes are required to have a valid physical on file with the office of the Athletic Director **prior** to participation in any tryout, practice, or game.
- Physicals are valid for one calendar year (365 days). Starting with the date the physical is given.

## Proper Conduct and Sportsmanship

- Proper conduct and good sportsmanship are expected by students, parents, and coaches at all times. Athletes should be good role models both in and out of the classroom, including when traveling.
- As ambassadors of Catholic High School, student-athletes should strive to represent the very best spirit and tradition of athletics. Remember that athletes not only represent oneself, but one's teammates, coaches, the entire athletic department and the school and community
- We will treat game officials with proper respect. Officials are human and will make mistakes, however we believe they are honest mistakes.
- Any disrespect toward an official will not be tolerated.
- Profanity, derogatory comments or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated. These types of behaviors are contrary to the values we are teaching your sons.

## Parent/Coach Discussions

- Never approach a coach before, during, or after a game.
- Parents should call to schedule a meeting with their son's coach first.
- If you still need to speak with someone, schedule a meeting with the athletic director.
- Only call the principal if you were not satisfied with the first two options.

## Appropriate Concerns to Discuss with a Coach.

- The mental and physical development of your son.
- What your son needs to do to improve.
- Concerns about your son's behavior.

## Issues NOT Appropriate for Discussion with Your Son's Coach.

- How much playing time each athlete is getting.
- Team strategy.
- Play calling.
- Any situation that deals with other student-athletes.

## Student-Athletes and Social Networking

- The Athletic Department advises student-athletes to exercise extreme caution in their use of social networking (ie: Facebook, Twitter, Snapchat, Instagram, YouTube, etc.)
- Student-athletes should not post or utilize information or pictures on social networking websites that damage or embarrass individuals, teams, the athletic department or the school.
- Student-athletes should keep the following information in mind before participating in social networking: Once any text, photo, tweets, or video is placed online, it is out of your control, regardless of whether you limit access to your page. **Assume that everything posted is permanent.**
- Do not post information, photos, tweets or other items online that could embarrass you, your family, your team, the athletic department or school. This includes information, photos, tweets and items that may be posted by others on their page or on your webpage.

## Zero Tolerance (Bullying, Drugs, and Smoking)

- Bullying of any kind **will not** be tolerated. Bullying of any type requires an automatic **suspension**. (Refer to the Catholic High School Student Handbook: bullying policy)
- You may not use or possess (whether on campus or at any school activity) alcohol, marijuana, narcotics, hallucinatory, or hypnotic drugs or any controlled substance.
- To be in possession of any type of drug will be cause for **expulsion**.
- Smoking or vaping on-campus, at a school dance, or at a school sporting event will result in D-Hall, Suspension, or Expulsion. (Refer to the Catholic High School Student Handbook)

## Dropping And Transferring Sports

- A student who drops a sport may not rejoin the team until the next tryout period (Exceptions will be granted for reasons deemed worthy of appeal)
- An athlete who quits a sport is not allowed to participate in another sport without the consent of both coaches involved or until the season of the sport he quits has ended.
- No coach shall ever attempt to influence an athlete to give up participation in one sport in order to devote more time to or concentrate on another sport. Recruiting from another sport will not be tolerated.

## Missing Practice

- Team members are expected to be at all practices.
- Minor injuries do not excuse you from practice. You can watch and still learn.
- Athletes are required to contact their coach prior to a missed practice.
- The determination on an excused/unexcused absence is determined by the coach on an individual basis.
- Examples of an excused absence: Sickness, attending a funeral, or school function
- Make-up work will be assigned for an unexcused absence.
- An athlete that is continually absent is subject to removal from the team.
- Missed practice is an acceptable reason for reduced playing time regardless of the reason for missing practice.

## Attending School and Practice

- Any student who fails to attend school on the day of a school-sponsored activity shall not be eligible to participate or compete in any extracurricular activities scheduled after school hours. This also includes practice sessions.
- On a case-by-case basis, the athletic director may approve an exception to allow participation based upon special circumstances.

## Dismissal from the team

- Athletes may be suspended or dismissed from the team due to violation of rules, policies, or for insubordination.
- If an athlete is suspended or dismissed from one team he will not be able to participate in another sport until the current season has ended.

## Care of Equipment

- School equipment issued to a student athlete is the athlete's responsibility. Each athlete is expected to keep it clean and in good condition.
- Loss of any equipment is the athlete's financial obligation. Remittance will be determined by replacement costs.
- If an athlete is involved in the theft of school equipment, he will face possible dismissal from the team along with other consequences.

## Reporting Injuries

- Any injury, large or small, should be reported to the coach immediately.
- Injuries not requiring a doctor's care will be assessed by the athletic trainer in order to determine the athletes' ability to play or practice.
- Any injury requiring a doctor's care should be noted and a doctor's release provided before the athlete seeks to practice or play.

## Eligibility

### Transfer

- All district eligibility requirements at Catholic High School are met by transferring to the school. (We have no district like public schools.)
- A student can meet the district eligibility requirement if the student transfers to CHS prior to June 1, before he enters the 10th grade, and completes a **CSAP form**.
- A student may also meet the district eligibility requirement at Catholic High School after attending school for one calendar year.

### CSAP Form

- All students transferring to Catholic High School (from any non-Catholic or public school) must take to their previous school a CSAP (Changing Schools/Athletic Participation) form to be signed by a school official to indicate that they were not recruited to play sports.
- Students transferring from our feeder Catholic schools will not have to complete a CSAP form.

### Eligibility Requirements

- We abide by the AAA's age and academic eligibility requirements.

### Supplemental Instruction Program (SIP)

- If a student passes (4) courses but doesn't have a 2.0 GPA, he may enroll in the Supplemental Instruction Program.
- This class meets weekly for 100 minutes throughout the semester. All students in SIP will have one semester to improve their GPA a minimum of one-tenth of a point to maintain eligibility for a second consecutive semester.
- The maximum length of involvement in SIP is two consecutive semesters.
- If a student earns a GPA of 2.0 and leaves SIP, that student may return later to the SIP for a maximum of two semesters if the GPA drops below 2.0.
- If a student **misses a SIP class** they can become **ineligible**.

## Travel Protocol for Catholic High School

- Coaches or sponsors will be in charge at all times during bus trips.
- Buses will be boarded in a quiet and orderly fashion. Safety is a must.
- Boys will be quiet and respectful of the driver and others during the trip.
- Boys may listen to music, with headphones or use electronic devices if allowed by coach.
- Only food allowed by the coaches or sponsor, and the bus company will be taken on a trip.
- No rough-housing or physical play will be tolerated.
- No illegal substances, loud music or pornographic materials will be tolerated.
- There must not be any interaction with other drivers during the trip.
- Boys will always exit the bus in a safe and orderly fashion.
- There should be no interaction with opposing fans when exiting the bus and entering their facilities.
- Coaches will determine how loud the boys can be on the return trip. (After a win or a defeat).

- If boys get out of line or break any rules immediate punishment is recommended (silence for the rest of the trip or running the track when returning to CHS)
- The boys should always leave locker rooms as clean as they were when we arrived. Have boys pick up everything before leaving:
- Buses must be left clean when we exit. Take trash bags on any trip where food is allowed. Boys should check to make sure they have all of their belongings before exiting.
- Everyone should thank the bus driver when exiting.
- No boy will be allowed to ride home with any adult unless the coach has been notified by the boy's parents in person or in writing.
- It is our policy that if a boy rides the bus, he will return to school on the bus. A parent or student may request an exception when common sense dictates. (e.g. if we play in Cabot and the boy lives in Jacksonville and his parents want to take him home, that's fine)  
Ultimately a parent must communicate with a coach before an exception takes place.

## Hotel Protocol

- Coaches or sponsors will set a curfew and boys must abide by the curfew rules.
- Coaches will search bags and rooms at their discretion.
- Players must behave like responsible young men at hotels. Players must not damage property, be excessively loud, trash a room, nor be abusive towards any other person. They must abide by hotel rules, common sense, and the values of good citizenship,



Please sign this form, and send it to the school office by the second Friday of the school year.

STATEMENT OF AGREEMENT FOR THE CATHOLIC HIGH ATHLETIC HANDBOOK

I HAVE READ AND UNDERSTAND THE CATHOLIC HIGH SCHOOL ATHLETIC HANDBOOK. I AGREE TO COMPLY WITH ITS POLICIES AND REGULATIONS. I UNDERSTAND THAT IF I CHOOSE NOT TO FOLLOW THESE RULES AND GUIDELINES, I MUST COMPLY WITH THE CONSEQUENCES.

Student Grade: \_\_\_\_\_

\_\_\_\_\_  
Printed Name of Student

\_\_\_\_\_  
Signature of Student

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian

\_\_\_\_\_  
Date