

# **NOTRE DAME JR / SR HIGH SCHOOL ATHLETIC HANDBOOK**

*(315) 724 - 5118 (ext 14)*

## ***PLAYING RULES FOR PARTICIPATION IN INTERSCHOLASTIC ATHLETICS***

### **ATHLETIC MISSION STATEMENT**

The Mission of our Athletic Department at Notre Dame High School is founded on our belief that interscholastic athletics provide educational and social value for our students. Interscholastic athletics promote character traits development which leads to success later in life. This includes the commitment to take one's talents to the highest level of performance; embracing the discipline needed to reach high standards; learning to work with others in pursuit of a common goal; and adherence to codes of fair play, self-control and respect. Athletics will also play an important role in creating a sense of community within our school while creating a positive environment in which others wish to participate.

The Core values that our Athletic Department strives to attain are: Develop student-athletes by teaching life lessons that individuals and programs can strive for the highest level of personal and team success; Maintain our responsibility to the school, our teammates, and ourselves through individual accountability and commitment to effort, fair play and self-control; treat those around us with dignity and represent the school in an exemplary manner at all times, and conduct ourselves and cooperate with others in a way that displays integrity, loyalty, and faith.

Students may NOT participate in any practice or contest without first having submitted Attachments 1 and 2 appropriately signed by parents/guardian and student. Before signing and submitting these pages, you and your parents should carefully consider whether or not you are willing to participate under these terms.

### **CODE OF ETHICS FOR STUDENT / ATHLETES**

- Remember that academic performance is your primary responsibility
- Read, familiarize yourself, and comply with policies outlined in the Student Handbook, Athletic Handbook, AND your coach's specific set of team policies.
- Treat advisors, coaches and opponents with respect.
- Respect officials and accept their decision *without* argument or gesture.
- Exercise self control at all times, setting an example for others to follow.
- Win without boasting, lose without excuse and never quit.
- Always remember that it is a privilege to represent Notre Dame High School and its community.
- Return any equipment; uniforms issued to the participant must be returned in the same condition at the end of the activity. Equipment that is lost, damaged or stolen is the personal and financial responsibility of the participant.
- Report any injury to the coach no matter how slight the injury may appear. If the injury requires physician's care, the participant must have written permission from the doctor before returning to the activity.
- Attend school the day of, and after a competition.
- Extracurricular activities are not an excuse for being tardy on the day following a competition

## **CODE OF ETHICS FOR SPECTATORS**

- Attempts to understand and be informed of the playing rules
- Appreciates a good play no matter who makes it
- Cooperates with and responds enthusiastically to cheerleaders/dance team
- Shows compassion for an injured player; applauds positive performance; does not heckle, jeer or distract players; and avoids use of profane and obnoxious language and behavior
- Respects the judgment and strategy of the coach, and does not criticize players or coaches for loss of game
- Respects property of others and authority of those who administer the competition
- Censures those whose behavior is unbecoming
- Respects officials and accepts their decisions without gesture or argument

## **PHYSICAL EXAMINATION**

Athletes may participate in practice or contest (including try-outs) ONLY if they have submitted formal proof of having passed a physical examination for athletic participation to the school nurse. The school nurse or main office will provide the athlete with a physical pass and notify the coach. Physicals are good for one calendar year. If more than one year elapses at anytime during the season, the athlete may not participate in any practice or contest.

## **THE TEAM**

Athletes may try out for any sport they desire. In most athletic programs participation is held on 3 levels: varsity, junior varsity, and modified. The varsity head coach of a program may invite you to try out for a team at a higher level within his/her program, or ask the athlete to transfer to a team at another level after the season starts. As a candidate and a member of any squad, athletes must obey all rules governing team participation. Failure to do so may result in a sport penalty. If an athlete incur a sport penalty, they may not participate in any interscholastic sports activity until the requirement of the penalty have been fulfilled.

## **TRY-OUTS**

Before trying out for a team, an athlete must submitted Attachments 1 and 2 of this publication (appropriately signed) and have proof of having passed a physical exam within the past 12 months on file with the school nurse. At the organizational meeting, the coach will announce the date of the first practice. The final "cut date" will be before the first interscholastic contest. Players are cut only for lack ability, poor team spirits, attitude, or conduct. If an athlete is not cut by final cut date, they are a member of the team for duration of the season.

## **QUITTING THE TEAM**

Prior to the final cut date, any athlete who wishes to withdraw from the squad may do so without penalty, providing they discusses the matter with the coach. After this date, any athlete quitting the squad will be ineligible for interscholastic athletics for the balance of that season and may incur a sport penalty up to and including the following two sport seasons, unless permission to quit has been granted by the coach, athletic director, and administration.

## **PRACTICE AND/OR CONTEST**

On the days the athlete is in school, they must attend practice or contest unless they report to the coach and are excused. If the athlete is present at school but absent from practice or contest without notifying the head coach, they will incur a sports penalty, and possible may be dropped from the squad for balance of the sport season, and ineligible for the following two sports season. Even if the athlete must miss practice or contest with an appropriate excuse, they may jeopardize their playing time and role of the team. If the athlete is absent from school with a legal excuses, they are ineligible to practice or compete that day.

## **SCHOOL ATTENDANCE**

A student-athlete will not be allowed to participate in any athletic contest or practice that day unless the student has full class attendance, or presents a valid excuse to the main office. Legal excuses accepted are:

- Doctor/Dental Appointment
- Death in the family
- Religious Observation
- Impassable roads or weather
- Approved college visit
- School Sponsored event

A student athlete will not be allowed to participate in any athletic contest or practice that day if they have been dismissed from school through the Nurse's Office. A student-athlete will also be excluded upon early dismissal from school without a valid excuse from the list above AND a signed note from the parent prior to the early dismissal. Students who are habitually tardy may jeopardize their practice time and /or participation in a scheduled event.

## **EQUIPMENT AND UNIFORMS**

Equipment and uniforms are issued by the coach and are the property of the school. They are to be returned one week after the conclusion of the season. Failure to comply will result in fines. If the equipment or uniform is lost or damaged the student is responsible for the replacement cost. Students will not be able to try out for the next sport until all expenses have been paid. Uniforms are not an extension of the athlete's personal wardrobe. Uniforms and warm-ups are to be worn during games/matches only, not during school or P.E. classes. Special permission will be given by the Assistant Principal for teams to wear uniforms in special circumstances such as days of sectional competition.

## **PRACTICE OR CONTEST DURING VACATIONS**

When parents and student athletes choose to take their family vacations during the sport season, it must be understood that the time the athlete misses can affect team chemistry and personal conditioning. Regular practice and contests are usually held during vacation periods. Athletes should inform their coaches as soon as they know they will be missing any time from the team schedule. Student athletes who miss practices or competition for any reason may have their position or playing time adjusted. If the athlete does not notify the coach, they may be dropped from the squad and may incur a sports penalty that will affect them participating on other sports teams.

## **TRANSPORTATION TO/FROM ATHLETIC EVENTS**

- On team trips you must leave with the team and return with the team unless special circumstances arise, a "Travel Release Form" has been signed by a parent or guardian and permission granted by the Athletic Director or a school administrator. "Travel Release Form" can be found on the school website under athletics or may be obtained from a coach, athletic director, or main office.

- Students traveling on team buses are required to show courtesy and respect to the bus driver, other passengers, passing motorists, and pedestrians. Any student riding a team bus who shouts abusive language or throws objects at a passing vehicle or a pedestrian will incur athletic consequence up to and including immediate suspension from athletic participation for the remainder of that season and placed on sports probation for the following season.

## **IN - SEASON INJURIES**

Athletes must report to the coach immediately any injury, no matter how small. Early treatment may prevent serious complications. The coach will provide basic first aid and refer the athlete to a physician if necessary. **IMPORTANT:** If the coach or trainer refers you to a physician, including Emergency room, you must be cleared by a physician in writing before returning to participation.

## **INSURANCE**

Student athletes at Notre Dame are covered by a secondary insurance policy - NOT A PRIMARY POLICY. It cannot be assumed that the secondary policy will cover the remaining balance of a claim.

*Special Note:* In the event an injury occurs and claim is necessary, it is imperative that the Coach and Athletic Director be notified immediately. Notification after 30 days from the date of injury will result in possible forfeiture of the claim. Therefore, be sure a injury report form is submitted by your coach to the Athletic Director as soon as possible and within 30 days.

## **ATHLETE / PARENTS COMMUNICATION PROCESS**

The following parent communication progression applies:

1. Athlete-meets with Coach(es).
2. Athlete and Parent(s) meet with Coach(es).
3. Athlete, Parent(s), Coach(es) meet with the Athletic Director.
4. Athlete, Parent(s), Coach(es), Athletic Director, meet with the Principal.

If a parent wants to speak with the Coach or Athletic Director, then the parent should set up a scheduled meeting. Before, during, or directly following a game is not an acceptable time. The Coach has been hired to lead and manage the team. Most decisions are left to the Coach's discretion and will be supported by the Athletic Director and school Administration:

AT NO TIME WILL COACHES discuss the following with Parents:

- Playing time
- Team strategy or play calling
- Other players

Items to discuss with coach

- Player Safety and treatment of your son/daughter
- Ways to help your son/daughter improve
- Concerns about your son's/daughter's behavior

### **INAPPROPRIATE BEHAVIOR**

A participating student athlete who engages in any conduct or behavior, which is inconsistent with the student's position as a role model or representative of the Notre Dame Schools, is subject to disciplinary action, including suspension as determined by the Principal. Coaches or school officials may also establish additional training regulations and rule

### **CYBERIMAGE ISSUES**

Student/athletes represent Notre Dame High School all year, not just during the sports season. As a result, Notre Dame High School encourages safe and responsible student behavior with regard to internet use. We highly recommend our students avoid inappropriate use of public web sites such as Facebook, Twitter, You Tube or any other social media sites. Any identifiable image, photo, video, or posted on-line conversation discovered which implicates a student-athlete to have been in violation of our Alcohol and Drug Policy, Student Handbook, and Athletic Code of Ethics may be investigated and action taken by the administration.

### **HAZING AND HARASSMENT**

Hazing and harassment will not be tolerated in any form. Harassment is defined as "Any type of physical activity that adversely affects the mental or physical safety of the student; any activity involving the ingestion of a substance that could cause risk or harm; any activity that causes the student extreme mental stress; or any activity that induces or causes the student to perform a crime or an act of hazing. A person is considered to have committed an act of hazing when s/he engages in hazing; solicits, encourages, directs, or aids hazing; or intentionally, knowingly, or recklessly permits hazing to occur. It is not a defense of one's actions that the person against whom the hazing is directed has consented or acquiesced in the hazing activity."

### **ATHLETIC SUSPENSION OF PARTICIPATION**

- Detention – ineligible to participate in any athletic activity on the day(s) the student is issued a detention.
- Out of School Suspension (OSS) or In-school Suspension (ISS) – ineligible to participate in any athletic activity for 5 days for every 1 day of out of school suspension upon return to school.  
(example 2 days OSS = 10 days out)

### **SUBSTANCE ABUSE POLICY**

As outlined in Student Handbook and as determined by school administrators.

**CONSENT FORM FOR ATHLETIC PARTICIPATION**

*PLEASE NOTE THAT THIS FORM MUST BE COMPLETED IN FULL BEFORE PARTICIPATING.*

This form is required for all students participating in Notre Dame’s interscholastic sports programs. This form must be on file in the athletic office prior to taking part in any practice or game.

I give my permission for my son or daughter to participate in the high school athletic program, realizing that such activity involves the potential for injury which is inherent in all sports. I acknowledge that even with the best coaching, the use of the most advanced protective equipment and strict observance of the rules, injuries are still a possibility. On rare occasions, these injuries can be so severe as to result in total disability, paralysis or even death.

I agree to comply with all of the rules and regulations of Notre Dame Jr/Sr High School and the Section 3 regarding eligibility including those specified in the Student-Athlete Handbook and the school Calendar/Handbook governing the use of prohibited substances, in particular alcohol, drugs, tobacco and performance enhancing products. Student-athletes found to be in violation of school and/or Section 3 rules may face suspension or dismissal from sports activities.

- I acknowledge that I have read, understand and agree to the conditions of participation in the Notre Dame Athletic Program.
- I understand that my son or daughter’s first responsibility to Notre Dame is as a student and I will encourage them during their athletic season to give their academic work the time it needs and deserves.
- I realize that Notre Dame has non-duplicating insurance and that for any injury my son or daughter might sustain in athletics, I must first make a claim against my own insurance. I realize that the school’s insurance will pick up where my insurance leaves off.
- I understand and will adhere to the Notre Dame athlete / parents communication process.
- I realize that individual coaches have regulations for their teams and I agree to abide by those regulations for all athletics found in or governed by the Student-Athlete Handbook, School Calendar, and with any other organization Notre Dame is affiliated.
- I understand that parents are not to be in the locker rooms or on the field/court during practices or games. Parental conduct at athletic contests is always to be appropriate and in keeping with the values of the Notre Dame community.
- I hereby give permission for my son or daughter to receive medical treatment in case of injury and/or emergency.
- I understand that all student-athletes and parents are responsible for understanding and following all rules contained in the Student-Athlete Handbook and school’s Student Handbook.
- I understand that all student-athletes must ride the team bus to all road contests and scrimmages, unless prior approval is given by the Athletic Director or administrators. Parents may transport their own son or daughter home from away contests, with the approval of the Athletic Director or school administrator. Parents may not transport other students at any time. I agree to release the school from all liability for any accidents that may occur. Student-athletes may never drive themselves to or home from an away contest without prior approval from the school administrators..
- I understand that our policies and regulations of the school Code of Conduct also apply to student athletes.

Student’s Name (*print*): \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parents/Guardians Names (*print*): \_\_\_\_\_

Parents/Guardians Signature \_\_\_\_\_ Date: \_\_\_\_\_