



**Cardinal Stritch Catholic High School  
& Academy  
Department of Athletics**

**Athletic Handbook for  
Student-Athletes, Parents, and Coaches**

Initial Date of Implementation: July 1, 2011

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## **A message from the Athletic Department**

This handbook is being presented to you because your son or daughter desires to participate in interscholastic athletics with Cardinal Stritch Catholic High School & Academy. You have also expressed your willingness to permit him or her to compete. Your family's interest in this phase of our school program is rewarding. We believe that participation in sports provides a wealth of opportunities and experiences that assist students in personal growth and development.

Cardinal Stritch Catholic High School & Academy is interested in the development of young men and women through athletics. We feel that a properly controlled, organized sports program meets students' needs for self-expression, mental alertness, and spiritual guidance. It is our hope to maintain a program that is sound in purpose and will further each student's educational and spiritual mentality.

Likewise, we believe that you have committed yourselves to certain responsibilities and obligations as parents or guardians of a Cardinal athlete. We would like to take this opportunity to acquaint you with specific policies that are necessary for us to successfully operate this department.

It is the role of the Department of Athletics to make rules governing interscholastic competition, as well as to abide by the rules of our governing body, the Ohio High School Athletic Association. These rules need broad based community support to be fully affective. This is achieved only through communication between the Department of Athletics and the parents or guardians of our athletes. It is our hope to accomplish this objective through this athletic handbook for student-athletes, parents, and coaches.

Go Cardinals!

Dick Cromwell  
Director of Athletics

## **Mission Statement of the Department of Athletics**

*“Establish a culture of learning through athletics that can be used in the classroom and in life.”*

### Athletic Goals and Objectives

The Department of Athletics for Cardinal Stritch Catholic High School & Academy is the only comprehensive Catholic school for students in pre-kindergarten through 12<sup>th</sup> grade in Toledo and its surrounding communities. The school prides itself on a strong curriculum that build on lessons learning in each grade level to ensure consistent growth on many levels 0 intellectual, spiritual, social, and emotional, while also being committed to molding champions in academics, sport, and life. We base our approaches on God and do all work in His name.

We develop our athletes to have unwavering commitment to their team, their program, their school, and self. We pride on dedication to community, while fostering the integrity and welfare of our student body, while maintaining fair play and good sportsmanship. Our diverse backgrounds and talents of our coaches, student-athletes, and supporters, shape our vibrant athletic community that offers unique learning opportunities with chances to grow as an individual and as a team. We serve our community through our faith and by helping to shape our tradition and future. We demand excellence in **all our of sports**. We achieve it as one team. GO CARDINALS!

Goal: Our student-athletes will be able to prosper in all aspects of life, through positive athletic endeavors while being a Cardinal.

### **Statement of Athletic Philosophy – Vision and Core Values**

The Cardinal Stritch Department of Athletics should provide a variety of experiences to aid in the development of favorable habits and attitudes in students that will prepare them for adult life.

The interscholastic athletic program shall be conducted in accordance with existing policies, rules, and regulations adopted by the Cardinal Stritch Department of Athletics and be approved by the board and administrative leaders of our school. We discourage any and all pressures that might tend to neglect good sportsmanship and good mental health. The athletic program must at all times be conducted in such a way as to justify it as an educational activity.

If an unusual or extreme circumstance warrants it, exception to athletic policies may be made at the discretion of the of the President and/or Director of Athletics of Cardinal Stritch Catholic High School & Academy. The President and/or the Director of Athletics may only make an exception within the applicable regulations of the Ohio High School Athletic Association (subsequently states as “OHSAA”) and the statutes of the State of Ohio.

Promoting excellence on campus and in the local community, by developing commitment and compassion, supporting success both in the classroom and through athletic experiences, fostering community pride and

integrity, and leading by a “Disciples First!” approach. The student-athlete should be guided by the following words:

**Honor**

**Commitment**

**Integrity**

**Respect**

## **Governance**

The Cardinal Stritch Department of Athletics in conjunction with the Toledo Area Athletic Conference (TAAC), the Catholic Youth Organization (CYO), offers the following sports/activities for our students:

- High School Sports
  - Baseball (TAAC)
  - Basketball – Boys and Girls (TAAC)
  - Cross Country – Boys and Girls (TAAC)
  - Football (TAAC)
  - Soccer – Boys and Girls (TAAC)
  - Track & Field – Boys and Girls (TAAC)
  - Volleyball (TAAC)
  - Softball (TAAC)
- Middle School Sports (Grades 7-8)
  - Basketball – Boys and Girls (TAAC)
  - Baseball (Oregon Rec)
  - Cross Country – Boys and Girls (TAAC)
  - Football (CYO)
  - Softball (Oregon Rec)
  - Track & Field – Boys and Girls (TAAC)
  - Volleyball (TAAC)
- Elementary School Sports (Grades K-6)
  - Basketball – Boys and Girls (Grades 3-6 CYO)
  - Baseball (Oregon Rec)
  - Cross Country – Boys and Girls (Grades K-6 CYO)
  - Football – Flag (Grades 2-4 Oregon Rec)
  - Football – Tackle (Grades 5-6 CYO)
  - Softball (Grades 5-6 CYO)
  - Track & Field – Boys and Girls (Grades K-6 CYO)
  - Volleyball (Grades 4-6 CYO)
- Cheerleading (Grades 9-12)
  - Cheerleading is offered for both football and/or basketball; it cannot coincide with another sport listed above.
  - Football cheerleaders will cheer for all home and away games.
  - Basketball cheerleaders will cheer for all home and away boys’ games, with additional girls’ games when asked by Athletic Director.

Cardinal Stritch Catholic High School & Academy will continue to administer and lead all CYO programs through 8<sup>th</sup> grade. Therefore, any pastor who gets an inquiry about playing CYO through 8<sup>th</sup> grade should

contact the Department of Athletics to sign up under the Cardinal Stritch name. Cardinal Stritch will not be responsible for overseeing grade 9-12 CYO programs.

## Sportsmanship Philosophy and Guidelines

The Cardinal Stritch Department of Athletics believes that interscholastic competition involving member schools of the OHSAA should be governed by the basic principles of good sportsmanship. This document has been prepared to insure that all participants have a common understanding of those basic principles.

We believe that participation is as important as winning. We believe that students should be coached to play to the best of their ability and to understand that to play well is to play honorably. The promotion of sportsmanship is the obligation of all school personnel and is directed to the behavior of spectators, coaches and players. An additional component to consider is coaches' ethics. We believe the development of good sportsmanship through the practice of ethical behavior and moral reasoning is one of the acknowledged objectives of interscholastic athletics. We, therefore, expect school administrators, coaches, athletes, cheerleaders and spectators to know and embrace the following fundamentals of sportsmanship:

- Respect should be demonstrated for athletic opponents and for their school at all times. Cardinal Stritch should treat visiting teams and their supporters as guests and accord them the consideration everyone deserves. Visiting schools should respect the property and dignity of their host school and its athletic teams.
- Respect should be demonstrated for the officials at all times. As impartial arbiters who are trained to do their jobs to the best of their ability, officials should be given respect and an attitude of good sportsmanship regardless of the outcome of the contest.
- Knowledge of and a proper respect for the current rules of the contest should guide the behavior of all participants. Rules are essential for a fair contest. Good sportsmanship suggests the importance of conforming to the rules.
- All participants should strive to maintain self control at all times. The desire to win cannot be accepted as a reason for irrational behavior. All must maintain a proper perspective if the potential educational values of athletic competition are to be realized.
- All participants should learn to recognize and appreciate skill in performance regardless of school affiliation. Recognition of the good performance of an opponent is a demonstration of generosity and good will that is encouraged in all member schools. In order for good sportsmanship to prevail, it is essential that all participants understand their individual responsibilities and expected modes of behavior before, during and after contests.

### **Cheerleaders**

Cheerleaders are representatives of the student body. By setting a good example, cheerleaders can influence and control the actions of the student spectators. They should embrace the following behaviors:

- Establish standards of desirable behavior in keeping with the fundamentals of good sportsmanship for the cheerleaders and pep club.
- Use positive cheers, which encourage their own team without demeaning their opponents.
- Use discretion in deciding when to cheer and which cheers to use. Give encouragement to injured players on both sides.
- Never attempt to distract opposing players or in any way to interfere with their performance.
- Serve as hosts for visiting cheerleaders.
- Cheerleaders must follow team rules established by coaches as well as the Code of Conduct.

**Cheerleaders are to refrain from the following inappropriate behaviors:**

- Taunting officials, opponents or spectators.
- Use of profanity.
- Damage/destruction of school property.
- Theft of school or personal property.

**Disciplinary actions include:**

- Benching of participant.
- Immediate removal from athletic contest.
- Suspension of a portion of the season.
- Restitution.
- Conference/hearing with school official.
- Violations of the Code of Conduct may result in school discipline.

**Players**

Because players are admired and respected, they exert a great deal of influence over the actions and behavior of spectators. It is important that athletes embrace the following behaviors:

- Treat opponents with the respect that is due them as guests and as fellow human beings.
- Shake hands with opponents and wish them a good game when appropriate.
- Exercise self control at all times, accepting the judgment of the officials as just that, the best judgment they could make given what they know and see. Never argue or make gestures indicating lack of respect for the official's judgment.
- Accept both victory and defeat with pride and compassion. Congratulate opponents in a sincere manner following either victory or defeat.
- Accept seriously the responsibility and privilege of representing the school and community.
- Players must follow team rules established by coaches as well as the Code of Conduct.

**Players are to refrain from the following inappropriate behaviors:**

- Taunting officials, opponents or spectators.
- Violation of bench rule: If an athlete leaves the bench area and is involved in an altercation on the playing field/area, the athlete will be suspended for two contests. The suspension should include non-conference and tournament games and should carry over into the next sports season if it occurs at the end of a sports season. If an athlete leaves the bench area and is involved in an altercation in the stands, the athlete will be suspended from contests for one calendar year from the date of incident.

- Use of profanity.
- Damage/destruction of school property.
- Theft of school or personal property.

**Disciplinary actions include:**

- Benching of participant.
- Immediate removal from athletic contest.
- Suspension for a portion of the season.
- Restitution.
- Conference/hearing with school officials.
- Violations of the Code of Conduct may result in school discipline.

**Spectators**

Spectators, by their behaviors and reactions, play an important role in their school’s reputation for sportsmanship. Spectators should keep in mind that athletes are friendly rivals as members of opposing amateur teams. They are expected to be treated as such. Spectators should be reminded, too, that the contest should be between the teams engaged in the competition and not between their supporters. It is important that all spectators embrace the following:

- Know and demonstrate the fundamentals of sportsmanship.
- Respect, cooperate and respond enthusiastically to the cheerleaders, coaches and athletes of all teams.
- Censure fellow spectators whose behavior is inappropriate.
- Be positive toward players and coaches regardless of the outcome of the contest.
- Respect the judgment and the professionalism of the officials and coaches.

**Spectators are to refrain from inappropriate behaviors:**

- Verbal/physical abuse of officials, athletes, coaches and administrators.
- Berating officials, athletes, coaches, administrators, or other spectators through chants, signs and/or cheers.
- Interruption of contest by behaviors such as throwing objects on the playing area, entering the playing area and/or disruptive behavior.

**Disciplinary actions include:**

- Immediate removal from athletic contest.
- Conference/hearing with school administrators.
- Removal from future athletic contests for a period deemed necessary by administrators; this period could range from one (1) event to 365 days.

**Managers, Statisticians, and Trainers**

These individuals are considered participants of the sporting event and should follow the same guidelines as players and cheerleaders for their sport.

**Ejection of Managers, Statisticians, and Trainers from Athletic Contests**

By adoption of the OHSAA, any student ejected from an interscholastic contest for unsportsmanlike conduct or a flagrant foul shall be ineligible for contests for the remainder of that day as well as for all contests in that sport

until two (2) regular season/tournament contests are played at the same level as the ejection (one contest in football). If the ejection occurs in the last contest of the season, the student shall be ineligible for the same period of time as stated above in the next sport in which the student participates. A student under suspension may not sit on the team bench, enter the locker room or be affiliated with the team in any way traveling to, during or traveling after the contest(s). A student who has been ejected for unsportsmanlike conduct for the second time shall be suspended for the remainder of the season in that sport. A student who has been ejected for unsportsmanlike conduct for the second time in the season during the last contest shall be ineligible for a period of time/number of contests subject to the discretion of the commissioner. The period of ineligibility shall commence during the next sport in which the student participates. It is the responsibility of the local school authorities to ensure that this regulation is enforced. When an ineligible player is allowed to participate, forfeiture of the contest is mandatory. This regulation shall apply to all regular season and tournament contests and shall in no way limit the discretionary authority of the commissioner as specified in the OHSAA Tournament Regulations. In accordance with OHSAA Bylaw 8-3-1, the decisions of contest officials are final.

Cardinal Stritch believes that each participant should be committed to upholding the ideals of good sportsmanship put forth in this document. It is in this spirit that the suggested disciplinary actions are proposed. Cardinal Stritch also recognizes the importance of communication, and cooperation between school officials when incidents of inappropriate behavior arise.

### **Athletic Code of Conduct and Expectations**

All athletes, trainers, managers, and cheerleaders shall abide by a Code of Conduct that will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct such as, but not limited to, theft, vandalism, disrespect, immorality or violations of law tarnish the reputation of everyone associated with the school and will not be tolerated.

### **Code of Conduct of Athlete, Trainer, Manager, and Cheerleader**

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas:

- In the classroom
- School discipline
- During the National Anthem
- On the field:
- Athletic Drug, Alcohol and Tobacco Policy including Vaporized Nicotine

### **Principles and Philosophies**

The policy is designed to help students and parents cope with drug, alcohol and tobacco use. Therefore, the policy is in place to provide guidelines for each student/family to receive assistance as needed.

- Participation in athletics is a privilege, not a right. Students are in a highly visible setting of leadership and/or competition/performance. Therefore, students will be held to a higher accountability of conduct and behavior than the student who chooses neither to participate nor to represent Cardinal Stritch.
- The responsibility of an athlete to his/her fellow athletes is a year round commitment and does not end with the season. Therefore, this policy is in effect for all four years of a student's high school career or all years of a student's academy career and is enforced all twelve months of the year.

The expectations and consequences are in effect and will be enforced for twelve (12) months of the year and may carry over to the next season of participation. Consequences will be cumulative during your tenure at Cardinal Stritch.

## Definitions

- *Code of Conduct* – Any and all rules, policies, procedures, and guidelines provided for in this handbook
- *High School Career* – The day after completion of SCCA, through graduation
- *Assessment & Follow Up Program* – A program operated by a certified chemical dependency counselor or at agency by the Ohio Department of Alcohol and Drug Addiction Services or a licensed physician trained in chemical dependency.
- *Possession* – Having control over an event (such as a party) or substance. This may not be inferred solely from mere access to the thing or substance
- *Trafficking* – Sell, offer to sell, distribute, possess with intent to distribute, cultivate, manufacture or otherwise engage in any part of the production of a controlled substance
- *Controlled Substance* – A drug, compound, mixture, preparation or substance included in Schedule I, II, III, IV or V established pursuant to the Ohio Revised Code
- *Mood Altering Chemicals* – Includes, without limitation, narcotics, depressants, stimulants, hallucinogens, counterfeit drugs, marijuana, alcohol and any common substance such as “White Out”, glue, gasoline, etc. used for its mood altering affect. Prescription drugs are included in this unless authorized by a medical prescription from a licensed physician and kept in the original container. This container shall state the student’s name and the directions for proper use.
- *Paraphernalia* – Spoons or kits and any other items normally or actually used for the packaging, conveyance, dispensation or use of drugs will not be permitted on any school property or vehicle and will be subject to confiscation. Possession of drug paraphernalia will be treated the same as possession of a controlled substance.
- *Counterfeit or Look Alike Drug* – Any drug that bears or whose container or label bears a trademark, trade name or other identifying mark used without authorization of the owner or rights to such trademark, trade name or identifying mark any unmarked or unlabeled substance that is represented to be a controlled substance/mood altering chemical, manufactured, possessed, packed or distributed by a person other than the person that manufactured, processed, packed or distributed it; any substance that is represented to be a controlled substance/mood altering chemical, but is not a controlled substance/mood altering chemical or is a different controlled substance/mood altering chemical; any substance other than a controlled substance/mood altering chemical that a reasonable person would believe to be a controlled substance/mood altering chemical because of its similarity in shape, size and color or its markings, labeling, packaging, distribution or the price for which it is sold or offered for sale.
- *Tobacco* – All types of tobacco products, including smokeless products including Vaporized Nicotine.

## Disciplinary Procedures

When school personnel learn that a student has violated or is suspected to have violated any rule, the Director of Athletics, Principal or Principal’s designee, and Dean of Students shall be notified immediately. The investigation shall be initiated within 72 hours of notification.

- The student may be temporarily removed from an athletic contest and/or practice by the Principal or Principal’s designee, Director of Athletics, coach or faculty manager responsible for supervision of that activity.

- Violations shall be determined based on the totality of all reasonable available evidence. The building Principal or Principal's designee shall have the authority to hear testimony, receive sworn statements and evidence and take any other reasonable actions necessary to reach a decision.
- The building Principal or Principal's designee will inform the student and parents of the disciplinary action.
- The school designee will be informed and will assist the family in identifying suitable assessment sites.
- The Principal's decision may be appealed to the President or President's designee.
- During an appeal, the student may practice but may not participate in any official activity pending the outcome of the hearing conducted by the President or President's designee. The decision is final.

## **Possession/Use of Alcohol, Controlled Substances/Mood Altering Chemicals and Tobacco including smokeless and Vaporized Nicotene**

### **First Offense:**

- Loss of any leadership position in athletic activities for the remainder of the school year. Future leadership positions are at the discretion of the head coach.
- A letter shall be put in the athlete's file that advises the athlete of the violation and informs the athlete of the consequences of further violations. A copy of this letter will be mailed to the parent or guardian.
- The athlete will be denied the privilege of participating on the team for twenty percent (20%) of the total contests in which the team engages for the entire season. Participation denotes competing in events against outside competition at all levels (varsity, junior varsity, freshman and middle school levels), including dressing for contests. The athlete may practice with the team and shall attend (out of uniform) all contests for which he or she is suspended.
- The student must set an appointment for assessment within five days of notification of the violation. The student must participate in the evaluation process to its completion and follow the counselor's recommendations. The student must waive his/her rights of confidentiality so that a written report can be prepared. The counselor must provide verification of this evaluation to the building Principal or Principal's designee. Any cost for the assessment and follow up program will be the responsibility of the athlete. The Principal's designee will monitor the progress of the assessment program and report to the Principal any failure to comply.
- The denial of the privilege to compete will begin with the last contest in which the athlete has been eligible to compete or the date on which a violation of the substance abuse policy has been determined.

### **Second Offense:**

- Will result in denial of the privilege to participate in athletics for one calendar year from the date of suspension.

### **Third Offense:**

- Will result in denial of participation in athletics for the remainder of the student's Cardinal Stritch career.

NOTE: Students who in any way aid another student in violations involving possession/use of alcohol, controlled substances/mood altering chemicals and tobacco including smokeless and Vaporized Nicotene will be disciplined as if he or she were the principle offender.

## **Selling/Attempting to Sell Alcohol – Trafficking in Controlled Substances/Mood Altering Chemicals**

### **First Offense:**

- A letter shall be put in the athlete's file that advises the athlete of the violation and informs the athlete of the consequences of further violations. A copy of this letter will be mailed to the parent or guardian.
- Dismissal from all athletics for one calendar year from the date of suspension.
- Information collected related to trafficking might be reported to appropriate law enforcement authorities.

### **Additional Offense(s):**

- Will result in denial of participation in athletics for the remainder of the student's Cardinal Stritch career.

Students who in any way aid another student in violations involving selling/attempting to sell alcohol, trafficking in controlled substances/mood altering chemicals will be disciplined as if he or she were the principle offender.

### **Due Process**

Each student who is in violation of the Drug, Alcohol and Tobacco Policies or a student who tests positive on a random drug test will be afforded due process. The student will have the right to appeal such consequences to the building Principal. This must be done in writing within 24 hours of the determination of consequences. A final appeal may be made to the President of Cardinal Stritch and/or the President's designee in writing within 24 hours of the consequences being determined.

For an alcohol and/or controlled substances/mood altering chemicals referral, the student must have, within five (5) days, an appointment for an assessment with a chemical dependency counselor and notify the Principal or Principal's designee of the appointment. The student must participate in the assessment process (the cost of any and all assessment will be the responsibility of the student and/or parents) and follow the counselor's recommendations to completion. If treatment or counseling is recommended it must be with an Ohio certified chemical dependency counselor. The student must waive his/her rights of confidentiality so that verification of this assessment and a written report can be given to the Principal or designee. The student will also attend an out of school education program approved by the school Principal or designee. Confirmation of the attendance must be made to the school designee. It is the responsibility of the student and his or her parents to keep the school designee apprised of the student's progress throughout this entire process.

For a tobacco referral, the student must within five (5) days provide verification of enrollment in an out of school tobacco education/cessation program approved by the Principal or designee. Parents must sign a release of information to the school designee so that the student's progress in the program can be followed and written verification of completion given to the designee. The student must complete the program or receive the original discipline.

## Academic Requirements

In order that local eligibility standards reflect a greater emphasis on classroom achievements and with participation in athletics viewed as a privilege, the following are the Cardinal Stritch policies for athletic eligibility for grades 7-12:

Cardinal Stritch Catholic High School & Academy—from Parent –Students Handbook

### **ACADEMIC PROBATION**

Students in the high school who earn a GPA less than 2.0 during a grading term may be ineligible or put on restricted eligibility for the next grading term. Students who earn failing grades in two (2) or more courses during a grading term **will be** ineligible during the next grading term and placed on Academic Probation. The student needs to actively work to improve his/her academics through the next grading term. During the term of the Academic Probation, **an ineligible student is unable to participate in school activities, athletics, and/or extra-curricular activities.** Students on Restricted eligibility may continue to participate in school activities, athletics, and/or extra-curricular activities, but if the student's academics become failures the student may be switched to an ineligible status.

A student or parent may appeal the conditions and consequences in writing to the Student Awareness Committee. This committee may review the term or conditions of the probation and make recommendations to the school administration.

The student will meet with the assistant principal to monitor progress. A student may remain on Academic Probation until improvement is shown. If improvement is not shown, the student may have to repeat classes, reschedule classes, or complete online classes to keep on schedule to pass the current school year and graduate on time. Failure to do so may result in an academic hearing. The student may have to repeat a grade or be asked to leave Cardinal Stritch.

In addition each student athlete must be eligible through OHSAA standards

OHSAA Eligibility – See [www.ohsaa.org](http://www.ohsaa.org) for the following or contact the Cardinal Stritch Department of Athletics.

In order to be eligible for the first grading period upon entrance into grade 9, you must have received passing grades in a minimum of five (5) of the classes for which you received grades in the immediately preceding grading period. In order to maintain eligibility for grades 9-12, you must have received passing grades in a minimum of five (5) one credit courses, or the equivalent, in the immediately preceding grading period. In addition:

- Summer school and other educational options, including College Credit Plus, may not be used to bring a student into compliance with scholarship bylaws, nor can they be used to compensate for lack of courses taken in the preceding grading period.
- Your semester or yearly grades have no effect on OHSAA eligibility (although they could, depending upon your school's official grading periods). OHSAA eligibility is dependent upon grades received in the immediately preceding grading period.
- Those taking postsecondary school courses, including College Credit Plus, must comply with OHSAA scholarship regulations.
- The eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period, at which time the grades from the immediately preceding grading period become effective. Note: Check with your principal or athletic administrator for the exact date that eligibility will be determined.

## Attendance Policy

Each student-athlete must be in attendance on the same day, at school or at an off campus school function, to be eligible to participate in a practice or contest on the same day. This holds true unless the Principal or Assistant Principal has deemed the student has an excused absence. The OHSAA does not regulate attendance and leaves this up to the individual schools or school districts.

- Absence from Practices and Games (set by head coach )

All team rules must be handed out, with a signature form for both parent and athlete, and file with on file with the athletic department for them to be valid.

## Awards

- Earning an Athletic Letter - It is desired that the athletic letter be something the athlete must earn by athletic ability, but not be so unattainable that only the outstanding athlete can achieve it. It is also desired that the coach of each sport have a large amount of leeway in determining who receives the letter. Academy athletes are not eligible to earn school letters.
- Wearing of Awards - It is the firm belief of the Department of Athletics that awards should be worn with dignity and class. Athletes are to display their awards in such a manner and are expected to behave in an appropriate manner when wearing them; the athlete represents the team and the school when wearing the award; actions that detract from a positive image will not be accepted.
- Managers/Statisticians/Student Trainers - Any student who manages or trains satisfactorily for the entire sports season is entitled to the appropriate awards for that sport.
- Awards Ceremony - At the conclusion of the season, if any student athlete is not a team member in good standing, the athlete will forfeit the privilege to attend their sport banquet and forfeit all letters and/or awards.

### **Awards Ceremony**

The Department of Athletics will have an Awards Ceremony at the conclusion of each sport season and it will be clearly classified on the school calendar available at [www.cardinalstitch.org](http://www.cardinalstitch.org). It is mandatory for each athlete and team to be in attendance to be eligible to receive his or her individual and team awards.

### **Cancellations Due to Weather**

It is solely up to the Department of Athletics to cancel any practice or game due to weather.

### **Dropping a Sport**

An athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedures must be followed:

- Talk with your head coach.
- Return all equipment issued to you.

If a student drops a sport for any unauthorized reasons, the athlete may not participate or join a team for the next sporting season of the school calendar until the first day that season is allowed to start or until the sport dropped comes to the end of the season. ( no conditioning or off season workouts of any kind )

### **Equipment**

The athlete is responsible for the proper care and security of equipment issued to him or her. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

- All equipment issued to a player is to be worn only at practice or scheduled games or scrimmages involving that particular sport
- The athlete must secure permission from the coach before any item is attached, added to, removed from or worn with a uniform that is issued to an athlete for a specific sport.

- Each athlete is responsible for all equipment issued. Keep it clean and in the best possible condition. Cardinal Stritch is not responsible for lost or stolen equipment. It is strongly suggested that athletes use a lock on athletic lockers to avoid theft.
- All athletic equipment is the property of the Cardinal Stritch and the Department of Athletics. Therefore, school equipment may not be taken from the building for the use of any other organization or for personal use. The coach or the Director of Athletics must approve any exception.
- All equipment issued to an athlete must be returned at the end of the athletic season. Equipment that is not returned for any reason or that is damaged beyond normal wear and tear must be paid for at current replacement cost. Equipment is to be returned or lost equipment paid for within one week of the last contest of the sport. Any athlete who has not returned or paid for lost equipment within one week will be denied the right to participate in athletics until the equipment is returned or paid for. In addition, grade cards will be withheld each quarter and at the end of the school year, as well as course credit will be withheld until all school equipment is returned or paid for.

### **Game Day Participation and Practices**

In order to participate in a school day practice or contest, a Cardinal Stritch student-athlete must be in attendance by 10:00AM (with proper excuse). They are not allowed to leave school early and be eligible to play the same evening unless okayed or excused by the Principal and/or the Athletic Director. An Administrator or the Director of Athletics may excuse field trips, alternate learning experiences, concurrent enrollment, medical/dental appointments and special family situations.

### **Hazing**

See the schools policy about Hazing. If found to be guilty the student-athlete will be suspended for a minimum of 10% of for the first offense and removed from the team for any further offenses.

### **Bullying**

See the schools policy about Bullying. If found to be guilty the student-athlete will be suspended a minimum of 10% of for the first offense and removed from the team for any further offenses.

### **Insurance**

Students participating in an athletic program must be protected by an accident insurance policy in one of the following ways: school insurance or a school insurance waiver form signed by the parent or guardian stating that they have adequate insurance coverage.

### **Lockers**

Section 3313.20 of the Ohio Revised Code authorizes school authorities to adopt a policy, which authorizes the Principal to search any student's locker and the contents thereof upon reasonable suspicion that the contents contain evidence of a criminal or school rule violation. Lockers remain the property of Cardinal Stritch while on loan to students and are, therefore, subject to supervision and inspection by school authorities when and where necessary. It is the student's responsibility to use lockers for school purposes only and to use a lock to secure all

belongings. Lockers are not to be used for articles, which may be of such nature as to be harmful, dangerous, in violation of school or legal restrictions or disruptive to the school process. Such articles are subject to confiscation. Students are not permitted to mark or deface the outside of lockers. In such cases, the student who breaks locker rules will be assessed a fine.

### **Parental/Guardian and Athlete Acknowledgment of Athletic Policies**

Each parent or guardian and athlete shall read all of the enclosed material (Athletic Handbook , including the Code of Conduct contained in this document) and certify that they understand the Athletic Eligibility Rules and Policies of Cardinal Stritch Catholic High School & Academy. This signed document will be filed in the Director of Athletics' office.

### **Parent to Coach Communication Guidelines**

Both parenting and coaching are extremely challenging, difficult, yet rewarding vocations. By establishing an understanding of each we are better prepared to accept the actions of the other and provide greater benefit to the student-athletes. Although athletic participation is considered a privilege, parents have the right to know and understand the expectations of the coaching staff when their students become involved with a particular team. This begins with clear communication of those expectations from the head coach of the program of which the athlete is a participant. A copy of the team rules, expectations, or code of conduct must be on file with the Athletic Director.

- **Communication you should expect from your athlete's coach:**
  - Philosophy of the program.
  - Expectations of the coach and staff regarding all players on the squad
  - Locations and time of all practices, games, and team functions.
  - Team rules and policies regarding equipment, practices, games, injuries, team functions, and off-season and in-season strength and conditioning training.
  - Proper procedures to follow should your athlete be injured.
  - Discipline that may result from any violation of team rules or policies
  
- **Communication coaches should expect from parents and athletes:**
  - Any personal concerns must be expressed directly with the coaches.
  - Notification of a schedule conflict before the season starts or immediate notification of an athlete's absence from a practice or game due to a family emergency.
  - Immediate notification from the athletes to the coaches regarding an illness, which would prevent them from participation in practice and/or games.
  - Follow-through with injury rehabilitation procedures as recommended by the school trainer.
  - Immediate parental consultation with the school trainer regarding an injury.
  
- **Appropriate issues to discuss with the coaches:**
  - As you and your athlete become more involved in a sport, you both will experience some of the most rewarding moments of your lives. It is also important to understand that there may also be a time or two when things do not go the way you or your athlete would like them to go. At these particular times, open discussion with the coaches is encouraged regarding:

- Your athlete's physical and emotional concerns/well-being.
  - Ways in which you can help your athlete improve (both on and off the field).
  - Concerns about a coach's behavior (both on and off the field).
- **Issues *not* appropriate to discuss with coaches:**
    - Coaching is a profession, and as professionals coaches are charged with making difficult decisions. This is especially true when the decision has to do with an athlete's playing time. It is very difficult for any athlete to accept a back-up role, or take a position as a role-player rather than the "star" athlete. Whether it's as a starter, a role-player, a back-up player, or a reserve; freshman player, JV player, or varsity player, the team needs contributions from all of them in order to become successful.
      - Coaches will provide the necessary game experience as seen fit for freshman in their development as players.
      - At the JV level, some athletes may play more than others because of difference in talent, ability and attitude.
      - Once an athlete makes the varsity squad, the competition for playing time becomes fierce. Playing time at the varsity level is earned through hard work, commitment, attitude, competitiveness, and talent. Other decisions, such as those that follow, must be left to the discretion of the professionals (the coaches):
        - Playing time.
        - Practice or game strategies.
        - Play calling.
        - Discussion of other players.
- **Procedures for athletes and parents to discuss concerns with the coach:**
    - There are, at times, situations that may require a conference between the coach, the athlete and the parents. It is important that the parents and coaches have a clear understanding of the concerns, and positions, each represent. When these conferences become necessary the following procedures should be followed to help promote a resolution to the issues.
      - Please ***do not*** attempt to confront a coach immediately before, or after, a practice or game. These can be emotional times for all involved. Meetings of this type do not promote resolution.
      - First of all, the athlete will discuss with his/her position coach and if necessary the Head Coach.
      - As a parent, please then contact the appropriate assistant coach or Head coach of the program to discuss the concern, and after the meeting, allow at least a reasonable period of time for a result.
      - The final step – What to do if the meeting with the head coach does not provide a resolution? Varsity athletes and their parents should contact the Department of Athletics to arrange a meeting with the varsity head coach and the Director of Athletics for a resolution. Once a determination and/or resolution are reached, the decision is final.

## School Composite Fee

This fee will cover the cost of a student-athlete for a particular sport no matter how many sports are played. This fee covers the initial cost of the student-athlete participating. There may be additional costs associated with playing a particular sport that is not covered by the School Composite Fee. Examples: summer team camps or programs, team apparel purchased, team bonding exercises, overnight stays, etc.

## **Required Forms**

The following forms must be completed and on file in the Department of Athletics Office prior to the first day of participation (the first day of try-outs):

- OHSAA Pre-Participation Physical Form (six pages)
- Athletic Code of Conduct/Informed Consent Agreement (located on the last page of this handbook)
- Emergency Medical Authorization Form
- Concussion Awareness Form
- Sudden Cardiac Arrest –Lindsay’s Law-----<http://www.ohsaa.org/medicine>
- Diocese of Toledo Expectations Form---parent /guardian
- Diocese of Toledo Vehicle Driver Agreement /if driving students to school activities

Most forms are distributed to students, but are also available in the school’s Main Office, the Department of Athletics Office, or on the Athletics website.

## **Residence Requirements**

There are many complicated rules governing residence. If there is any question as to residence requirements, the best procedure is to check with the Director of Athletics. A student playing while ineligible can result in the high school’s forfeiture of contests and the student can be declared ineligible by the OHSAA for up to one year.

## **Risk of Participation**

All athletes and parents or guardians must realize the risk of serious injury, permanent disability or death, which may be a result of athletic participation.

## **Program Mass**

Each student-athlete will attend several mandatory Program Masses on a date selected by the coach during his or her respective sport season.

## **Transportation**

All athletes are expected to travel to and from contests in a bus or van when Cardinal Stritch provides transportation. In special situations a parent or guardian may request that they will provide their son or daughter with transportation with advance written or emailed permission (at least 24 hours notification prior to the event) approved by the Director of Athletics. Phone calls are not permitted.

## **Miscellaneous Items**

Anything that is not covered in this Student-Athlete, Parent, and Coaches handbook will revert to the findings in the Student Handbook. The Athletic Director and/or Principal reserve the right to rule on anything that does not appear in this handbook or the schools student handbook.

**College Information**

**College Recruitment Policy:**

In the event a college recruiter should contact an athlete personally, he or she has an obligation to work through his or her coach and the Department of Athletics. Inform your coach of such a contact as soon as possible. College recruitment information is available in the Department of Athletics.

**Prospective Student Athletes (NCAA Eligibility Center Rules):**

As a prospective student athlete at a Division I or II institution, you have certain responsibilities to attend to before you may participate. Information concerning who needs to register with the Eligibility Center and what documents should be submitted can be found in The Guide for College Bound Student Athletes, located on the NCAA Eligibility Center web site. This link can be accessed at [http://web1.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp). Click on “Prospective Student Athletes” link. Athletes should be ready to report their SAT or ACT scores before establishing eligibility. This is a requirement for athletes who are planning on becoming student athletes in college. If there are any questions concerning this important part of becoming a student athlete in college, you should make arrangements to see the Director of Athletics or the Guidance Counselor.

**As a Student:**

I understand and agree that participation in athletic activities is a privilege that may be withdrawn for violations of the Athletic Code of Conduct and Expectations, hereinafter Code of Conduct.

I have read the Code of Conduct (Department of Athletics Website or in their Office) and thoroughly understand the consequences that I will face if I do not honor my commitment to the Code of Conduct.

I understand and realize that there is risk of injury in participating in athletic activities.

I understand that when I participate in any athletic program, I will be subjected to initial and random urine drug testing and if I refuse, I will not be allowed to practice or participate in athletic activities. I have read the consent and agree to its terms.

I understand this is binding while a student at Cardinal Stritch Catholic High School & Academy.

Students Signature \_\_\_\_\_ Date \_\_\_\_\_

**As a Parent/Guardian/Custodian:**

I have read the Code of Conduct (Department of Athletics Website or in their Office) and understand the responsibilities of my son or daughter as a participant in athletic activities at Cardinal Stritch.

I understand and realize that there is an assumed risk of injury involved for my son or daughter as a participant in athletic activities.

I understand that my son/daughter/ward may be subjected to initial and random urine drug testing if the school was to implement this procedure, and if they refuse, they will not be allowed to practice or participate in athletic activities. If they are out of season, their next season will be affected by the terms of this policy. I have read the consent on the reverse of this form and agree to its terms

I understand that if my son/daughter/ward is finished with activities for the remainder of the athletic year, I can remove them from the out of season pool group with a letter to the designated official.

I understand this is binding while my son or daughter is a student at Cardinal Stritch Catholic High School & Academy.

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

This agreement must be signed and on file in the Department of Athletics Office before a student may participate in athletic events at Cardinal Stritch.

Third Revision: July 1, 2017