



Richard Hensel – Principal
Gina Malin – Associate Principal
David Gardinier – Athletic Director

Student Athlete Handbook

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 adhering 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-athletics 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 the 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.

“Character is far more important than intellect in making a man a good citizen or successful at his calling, meaning by character not only such qualities as honesty and truthfulness, but courage, perseverance and self-reliance.”

Theodore Roosevelt

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 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 injury to the coach no matter how slight the injury may appear. If the injury requires a 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
- Respect your teammates. Any form of bullying is grounds for removal from the team. Zero tolerance.

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 cheerleader's/dance team.
- Shows compassion for an injured player; applauds positive performance; does not heckle, jeer or distract players; and avoids the 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 the property of others and the 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 contests (including try-outs) ONLY if they have submitted formal proof of having passed a physical examination for athletic participation to the school nurse or have entered it into the Athletics tab of the schools website when signing up. Physicals are good for one calendar year. If more than one year elapses at any time 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 sporting penalty, they may not participate in any interscholastic sports activity until the requirement of the penalty has been fulfilled.

TRY-OUTS

Before trying out for a team, an athlete must have completed their registration for their appropriate team, through the schools website. They must also have either entered their physical into Notre Dame's website or have given a copy to 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 of ability, poor team spirit attitude, or conduct. If any athlete is not cut by the final cut date, they are a member of the team for the 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 discuss 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 sporting penalty up to and including the following two sports 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 contests 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 may be dropped from the squad for the remainder of the sports season, and ineligible for the following two sports seasons. 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, either sick or without a legal excuse, they are ineligible to practice or compete that day. Student athletes are required to report at 2:42pm to a supervised study room or tutorial period when it is offered. Students will be released no earlier than 3:15pm or when their coach arrives.

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.

DETENTION, IN SCHOOL AND OUT OF SCHOOL SUSPENSION

- If a student athlete receives lunch detention, they may practice or play in a game that day. If they receive afterschool detention, they cannot practice or play in a game that day.
- If a student is ineligible to play in a game due to receiving a detention, they must sit on the bench in their school uniform.
- If a student athlete receives in school or out of school suspension, they are not allowed to be at practice or games until their suspension is complete. They also should not be at any other sporting event hosted by Notre Dame.

INELIGIBILITY

Student athletes are expected to track their grades on the FACTS app. Every marking period, the Athletic Director is given a list of student athletes who are failing one or more subjects. If you are on this list, this makes you ineligible for any extracurricular activities including sports for 10 days. After the 10 days, your grades will be reviewed and it will be determined if you can come off ineligibility or continue on it for the next 10 day cycle. The following are the guidelines for ineligibility:

- Failing one subject- they can appeal with an email or letter written to Mr. Hensel or Mr. Gardinier for reinstatement. Your appeal letter should be received by 8am on the date that is specified once ineligibility is started. It should be one page in length with the following criteria included in the letter: Reason for ineligibility (course failing), why you are failing and a plan to improve your grade and any strategies you will use to help moving forward. Failing one grade makes you ineligible to participate in a game but you may practice with the team.
- Failing two or more subjects- You cannot appeal for reinstatement. You are ineligible for practices and games. You still must attend practices and games as you are still a part of the team.
- **If you are failing one or more subjects, tutorial period is mandatory to attend.**
- 10 days after the ineligibility list comes out, the committee will meet and go over your grades to determine if you are released from ineligibility or continue on it for the next 10 day cycle.

***I do go around to tutorial and communicate with teachers as well as take attendance of who is there and who is not.**

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 Administration for teams to wear uniforms in special circumstances such as days of sectional competition. There will be a uniform contract that will be handed out to the student athletes and will need to be signed by them and their parent/guardian. The contract states that the student athlete is responsible for the uniforms that are given to them in the beginning and during the season. They are expected to take care of their uniforms, as well as, return them cleaned at the end of the season. There is also a list attached to the contract with prices to replace uniforms.

PRACTICE OR CONTEST DURING VACATIONS

When parents and student-athletes choose to take their family vacations during the sports 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 competitions 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 their participation 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 is 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 consequences 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 the Emergency room, you must be cleared by a physician in writing before returning to participation.

We have Ryan Monaco as our AT. He comes on Wednesdays when we need him for athletes.

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 a 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 an 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(is).
2. Athlete and Parent(s) meet with Coach(es)
3. Athlete, Parent(s), Coach(es) meet with the Athletic Director
4. Athlete, Parents(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 the coach:

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

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 Section 3 Regarding eligibility including those specified in the Student-Athletic 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 locker rooms or on the field/court during practices or games. Parental conduct of 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 the 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 administrator. 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 any 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/Guardian Signature _____

NOTRE DAME JR /SR HIGH SCHOOL MEDICAL CARD / CONSENT FORM

ATHLETE'S NAME: _____ AGE: _____

SPORT PLAYING: _____ CIRCLE LEVEL: MODIFIED / JV / VARSITY

D-O-B: _____ GRADE: _____

ADDRESS: _____

CITY: _____ ZIP: _____ HOME PHONE: _____

PARENTS(S): _____

CONTACT PHONE #'S:

NAME: _____ CELL: _____ WORK: _____

NAME: _____ CELL: _____ WORK: _____

EMERGENCY CONTACT (in the event parents can't be reached):

NAME: _____ RELATIONSHIP: _____

PHONE #'S: HOME _____ CELL: _____ WORK: _____

DOCTOR: _____ HOSPITAL AFFILIATION: _____

HEALTH CONCERNS/ALLERGIES: _____

PARENT(S) INSURANCE CARRIER: _____

PARENT PERMISSION/STUDENT AGREEMENT:

Our signatures indicate:

- Permission to try out for and participate in interscholastic athletics.
- Awareness that this form will be sent to Coach and Athletic Director
- The athlete and/or parent is responsible for notifying the coach, AD, and/or School Health office at the time of injury.

PERMISSION FOR EMERGENCY MEDICAL TREATMENT: In the event of a medical emergency, every effort will be made to contact the parent/guardian to authorize medical treatment/hospitalization. I hereby grant permission for a physician or hospital personnel designed by Notre Dame to attend to my son/daughter if I cannot be contacted (Insurance carrier listed above).

Parent Signature: _____ Date: _____

Student Signature: _____ Date: _____