

Nazareth Academy High School

Athletic Department Handbook

Revised February 2010

Welcome

Dear Student Athletes:

I would like to take this opportunity to welcome each of you to Nazareth Academy High School's athletic program. My goal is to make your experience with Nazareth athletics a successful and rewarding one that will provide you many memories in the years to come. I hope that your experience on the fields and courts will help you to become better students and leaders and that it will become an important part of your life as a student at Nazareth Academy.

The administration and coaches are here to support you through your high school journey as both a student and an athlete. Please feel free to stop by the athletic office any time that you require assistance. My door is always open to you. Good luck with all of your endeavors here at Nazareth Academy. Go Pandas!

Sincerely,

Danielle Wilson
Athletic Director

Introduction

Welcome to the Nazareth Academy High School Athletic Department. The Department offers a variety of sports and activities for interested and qualified student-athletes. Members are expected to compete in a spirit of cooperation and good sportsmanship, exhibiting a positive approach to their athletic development as well as their relationships with coaches and teammates. Athletes must be academically sound in order to try out and/or compete in their sport. All student-athletes are expected to follow the directives of Nazareth Academy High School, the Athletic Department, and their individual sport coaches.

Nazareth Academy is a member of the AACCA (Athletic Association of the Catholic Academies), which is governed by the PIAA. With this in mind, student athlete need to establish priorities that reflect the PIAA/Nazareth philosophies. The Athletic Department is funded by Nazareth Academy, with attention paid to the equitable distribution of financial support for all teams. Athletic scholarships are not offered.

All students are invited to participate on any of the 12 interscholastic teams (field hockey, tennis, soccer, golf and cross country in the fall; basketball, swimming, cheerleading, and indoor track in the winter; and softball, lacrosse, and track and field in the spring). Scheduling for all teams is done based on available competition with like institutions, with priority given to other PIAA programs. All student athletes are expected to adhere to the policies outlined in the Nazareth Academy Athletic Handbook.

Mission Statement

In a family-centered environment, we strive to encourage each student to reach her full potential and to accept the challenges of life with integrity and dignity. By providing a spirituality based on Gospel values, a challenging academic curriculum, and varied extra-curricular activities, we encourage each student to create her personal vision and to respond to the needs of the Church and society.

Eligibility

Membership in the PIAA enables athletes and/or individuals to compete at the district and state levels. At Nazareth Academy High School, we abide by all rules and regulations mandated by this state organization. To view the complete listing of rules, please go to www.piaa.org.

At Nazareth Academy High School, a student-athlete must earn a passing grade in all subject areas and maintain a 2.0 GPA. If an athlete is failing any individual course (69% or below), she will be ineligible to participate in games until a passing grade is earned. Should failure occur, the athlete shall be declared ineligible to compete until satisfactory progress is shown.

Any student who receives an unsatisfactory grade in conduct shall be suspended from the team until satisfactory improvement has been made.

If a student is considered absent by the attendance office, then she is ineligible for practice or games that day.

If a student is expelled from an athletic contest because of unsportsmanlike behavior, PIAA rules will be followed to discipline the athlete. However, the athletic director, school administrators, or coaches may add additional penalties for these infractions.

Athletic fees have been established to help offset the rising cost of athletics. Athletes must pay athletic fees on the first day of tryouts. All fees are non-refundable.

Responsibilities of Student Athletes

1. Attend all games and practices. The student-athlete must attend no less than 95% of all practices, games, team meetings, functions, fundraisers, masses, and banquets. (Exemptions only made for athletes participating in two sports in the same season.)
2. If an unforeseen or emergency situation arises and attendance at a game or practice is not possible, the coach must be notified personally by the athlete.
3. At all times team members are to act with respect toward their coaches, teammates, officials, opposing teams, and all staff members.
4. Team members are expected to act in a sportsmanlike manner. Foul language, taunting, angry outbursts, fighting, etc. will not be tolerated.
5. The use of tobacco, alcohol, drugs, or performance enhancing supplements are strictly forbidden.
6. Student-athletes must follow all rules, procedures and policies mandated by their coach.

Game Day Procedures:

HOME

Athletes are expected to change promptly after school unless otherwise directed by their coach. Proceed to the playing field ready for play at least 45 minutes prior to game time.

AWAY

If an after school away contest is scheduled, the athlete may change into her uniform during her lunch period

Only appropriate team apparel may be worn. Student athletes should not wear attire that displays or represents any other institution other than Nazareth Academy. Athletes are reminded that the full school uniform must be worn to chapel and assemblies.

The student athlete is responsible to notify in advance the teachers of any classes she misses due to athletic competition. The athlete is responsible for all

assignments due on game days as well as any assignments missed while attending an athletic competition. If a test is scheduled, arrangements must be made ahead of time with the teacher. The athlete is solely responsible for all work and tests she misses.

All athletes are expected to be on the bus at the appropriate time. All players must return back to Nazareth on the school sponsored transportation unless a parental permission note has been written. No team member may ride home with anyone other than her family member unless a permission note is on file.

Student-Athlete Conflict Resolution Procedure

When a problem arises for a student-athlete, the following steps are to be followed to address the situation:

Step 1

Athlete goes to Head or Assistant Coach and presents concerns

If not resolved:

Step 2

Athlete and Head Coach must meet with Athletic Director

If not resolved:

Step 3

Athlete, Head Coach and Athletic Director meet with the principal

Issues such as playing time and coaching strategy will NEVER be discussed with an athlete's parent or guardian, nor will it be discussed beyond step one.

Sports Captain's Responsibilities

Effective Captains will:

1. Set a good example academically
2. Set a good example athletically by attending all practices and games and working and training hard, doing extra, exhibiting good sportsmanship, and be a positive influence on and off the field.
3. Organize game day set up: water, cups, ice, timing and scoring equipment, etc.
4. Organize post-game clean up. This is NOT the coaches' job
5. Thank all officials after termination of the games
6. Help with game advertisement or publicity
7. Help with uniform collection at the end of the season
8. Hold team meetings for spirit and moral periodically throughout the season when needed
9. Plan post season social and thank-you for coaches
10. Lead the warm-up before practice and matches
11. Eliminate any hazing of younger athletes

<http://www.piaa.org>

Locker Room & Equipment

All athletes must change in the locker room for games and practices. Books and equipment must be stored in her locker in the locker room. The lobby and gym area must be clear of equipment at all times. No one wearing spikes will be permitted in the lobby, gym, cafeteria or school.

All team equipment must be treated with respect and be taken care of in the appropriate manner by all athletes and coaches. All uniforms must be returned at the end of season meeting to their coach. Athletes who do not return their uniform at this time will receive demerits until uniform is returned. After two weeks, a replacement fee will be given to the student. All report cards will be held.

Responsibilities of Spectators & Parents

- Remember that you are at a contest to support and cheer for your team and to enjoy the skill and competition, not to intimidate or ridicule the other team and its fans.
- Remember that interscholastic athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, athletes, and people.
- A ticket is a privilege to observe the contest, not a license to verbally assault others and be generally obnoxious.
- Learn the rules of the contest so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your own home.
- Respect the integrity and judgment of contest officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, tobacco, etc.) before, and during contests, and afterwards on or near the site of the contest.
- Use only those cheers that support and uplift the teams involved.
- Recognize and compliment school and athletic administrators for their efforts in emphasizing the educational benefits of interscholastic athletics and the role of good sportsmanship.
- Be a positive role model through your own actions and by censuring those around you whose behavior is unbecoming.

Unacceptable Behavior

- Disrespectful or derogatory comments, cheers, or gestures
- Displays of frustration or anger with an official's call.
- Blaming the loss of a contest on officials, coaches, or participants.

- Use of profanity or displays of anger that draw attention away from the contest.

If any of the above are violated, the Principal/ Athletic Director in accordance with PIAA regulation can exclude parents/spectators, as well as athletes from attending a contest.

<http://www.piaa.org>

Athletic Trainer Procedures

With a part-time athletic trainer now on staff, some new procedures regarding physicals will begin to be implemented commencing with the Winter Sports season of 2009-10.

- Physical forms and all paperwork will be submitted prior to the first day of practice, making the transition into tryouts smoother for all parties involved. In these new procedures, students may begin turning in any and all paperwork and athletic fees as early as possible prior to the start of tryouts of the next sports season to either the Athletic Trainer or the Athletic Director.
- If your daughter has already had a physical exam for the calendar year, the only piece of paperwork that needs to be turned in, along with the athletic fee, is the Supplemental Health History form in the PIAA packet provided by Ms. Wilson. This form provides vital information on any changes in health or injury status from season to season, which is vital to the proper medical care and safety of your child.

New procedures will also be followed regarding in-season injuries, and they are as follows:

- When your child is injured during the season, the first action is to have her see the Athletic Trainer in order to get an injury assessment and diagnosis.
- Once an assessment is made, the Athletic Trainer (Ms. Vicari) will contact you regarding instructions for the injury, either in writing, in person, or via telephone, depending on the circumstances.

- If the Athletic Trainer determines that further care is needed from either a family physician or specialist, the procedure that MUST be followed in order to comply with state law is that the parents must bring back to the Athletic Trainer a note from said physician stating the following: diagnosis, instructions for time missed, and a specific date for when the athlete may return to play that sport.

PLEASE NOTE this may not be verbal from the doctor, and it may not be a note without a specific date. It MAY say that the athlete can return “according to the Athletic Trainer’s discretion,” should that be the physician’s choice.

You may at any time contact the Athletic Trainer with any questions, concerns or comments at extension 1113 or at kvicari@nazarethacademyhs.org.

NCAA Clearing House Information

Any student athlete interested in participating in Division I or Division II sports, must be certified by the NCAA Initial–Eligibility Clearinghouse. The Clearing house will examine your academic record and determine if you meet the NCAA requirements. To register with the Clearinghouse and access individual Clearinghouse records, please visit www.ncaaclearinghouse.net

Checklist For College Bound Athletes

- Read the “Guide for the College Bound Athlete” online.
- Meet routinely with your counselor to assure your compliance with the NCAA’s By-laws.
- Complete a college search in the Guidance area.
- Talk to your coach about your interest in college sports.
- Take the ACT and SAT tests.
- Research the schools you are considering.
- Visit some of the schools you might want to attend.
- Schedule meetings with your counselor and coach to discuss the college search and selection process.
- Review [The NCAA Guide for the College-Bound Student/Athlete](#) (available in the career center).
- Register with the [NCAA Clearing House](#) online.

Acknowledgement

As a Student-Athlete of Nazareth Academy High School, I have read the following handbook and I understand that I agree to the policies and procedures set forth by the athletic department. If for any reason I do not abide by these rules, my participation in athletics will be jeopardized and possibly terminated.

Name _____

Signature _____

Date _____