

# **Providence Cristo Rey High School**



## **Athletic Handbook for Students and Parents**

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# Interscholastic Athletics

Providence Cristo Rey High School offers a total of 8 interscholastic sports. Sports offered are as followed:

Fall Sports:           Boys Soccer  
                              Girls Volleyball  
                              Boys Cross Country  
                              Girls Cross Country

Winter Sports         Boys Basketball  
                              Girls Basketball

Spring Sports:        Baseball  
                              Softball

## Providence Cristo Rey High School Athletic Code of Conduct

### A. RULES AND REGULATIONS

The specific rules and regulations governing our Athletic Department are consistent with the policies of the Indiana High School Athletic Association, the Providence Cristo Rey School Board, and Providence Cristo Rey High School.

The Providence Cristo Rey High School Athletic Code is in effect twenty-four hours a day twelve months a year. Furthermore, violations of the code are cumulative from season to season and year to year throughout the athlete's high school career.

### B. PHILOSOPHY

Participation in school athletics is a privilege, which carries with it varying degrees of honor, responsibility, and sacrifice. Providence Cristo Rey High School athletes represent Providence Cristo Rey at all times. Since the athletes represent their school and student body, it is their responsibility to conduct themselves in a manner that is healthy and positive for themselves, their family, their school, and their community. Therefore, athletes are expected to represent the school well and within the rules established by the school athletic director.

An athlete's conduct in and out of school shall be such as not to discredit their school, and/or create a disruptive influence on the discipline, good order, or the moral and education environment in the school. It is recognized the principal may suspend or exclude any contestant from representing their school.

C. APPLICABLE TO:

This code shall apply to all students connected to the athletic program at Providence Cristo Rey High School.

D. GOALS OF THE INTERSCHOLASTIC ATHLETIC PROGRAM:

1. To develop and maintain the highest level of sportsmanship.
2. To develop proper attitudes toward winning and losing, success and failure.
3. To encourage and develop respect for fellow athletes, whether they are teammates, members of other Providence Cristo Rey teams, or members of opposing teams.
4. To ensure the amount of time required for athletic participation does not interfere with academic success.
5. To develop proper attitudes toward individual health habits, appearance on and off the field, and citizenship in and out of school.
6. To encourage competition not only for the tangible rewards but for the development of positive attitudes that makes athletic competition valuable and worthwhile.
7. To orient all athletic staff members to abide by the rules, regulations, and officials' decisions that govern each sport.
8. To maintain the highest standard of ethics and recognize each participant as an individual who will conduct him/herself in a manner befitting his /her responsibilities.

E. TRAINING RULES/DISCIPLINARY ACTIONS

The Athletic Department of Providence Cristo Rey High School delegates the responsibility of a reasonable set of training rules for participants to the coach. Two important considerations are made when making these rules:

1. Rules may not be in conflict with the Providence Cristo Rey High School or other Athletic Department policies.
2. All rules should be discussed with the team at the first practice session.

F. ALCOHOL, TOBACCO, AND DRUGS

The usage and/or possession of illicit drugs, alcohol, and tobacco in any form will not be permitted. Please be advised that being in attendance at a party or any place where the illegal possession or use of drugs, alcohol, or tobacco occurs may be grounds for suspension/expulsion from school and athletics.

## G. VIOLATIONS OF SCHOOL RULES

Penalty – Students may not compete, practice, or participate in any way with an athletic team during a suspension from school. Less serious violations are to be handled by the head coach.

## H. END OF SEASON

Athletes are responsible for turning in their equipment and uniforms after the completion of their seasons. Failure to do so will result in the loss of credit for the season in which they did not return equipment or uniforms. Athletes are financially responsible for any equipment or uniforms not turned in or damaged beyond what normal use would cause.

# Providence Cristo Rey High School Eligibility Requirements

## A. AGE AND ACADEMICS

1. A student who is or shall be twenty (20) years of age prior to or on the scheduled date of the state finals in a sport, shall be ineligible for interscholastic competition in that sport; a student who is nineteen (19) years of age on the scheduled date of the state finals in a sport shall be eligible as to age for interscholastic competition in that sport.

## B. Academic Eligibility Requirement

1. Determining Eligibility:
  - a. A student athlete will be subject to grade checks every three weeks during a season.
    - i. A student athlete that meets the requirements for eligibility will not be checked until the three week period is complete
    - ii. A student athlete that does not meet the eligibility requirements will then be subject to grade checks once every week there after.
2. Eligibility/Ineligibility
  - a. Student athletes will be able to carry no more than one F per three weeks and carry no lower than a current semester 2.0 GPA during that time period.
  - b. A student that has no F's may participate so long as they have a current semester GPA no lower than a 1.5.
  - c. A student athlete may not carry any F in the same subject over two sequential three week periods.

- d. A student athlete becomes ineligible with multiple F's, they will not be allowed to participate in contest or practices until they bring their eligibility in-line with the above requirements

## B. PHYSICALS

1. A completed Physical exam form and Parent Consent Form must be on file in the Athletic Office before any athlete is allowed to participate in contests.
2. The athlete must have a physical examination between May 1 and the first practice of the sport in which the athlete participates.

# Providence Cristo Rey High School Emergency Procedures

## A. EMERGENCY MEDICAL CARD AND INJURIES AT PRACTICES

1. Athletes will be required to complete an Emergency Medical Card, which will be provided by the Athletic Department. These cards will be kept with the coach during the sport season so they will be accessible if an injury occurs either in a practice or in a contest. The Emergency Medical Card must be in the possession of the coach before an athlete is allowed to practice or participate in contests.
2. Injuries to the student athlete will occur. Proper and immediate care will help reduce the amount of time a student athlete will miss from team participation. At the conclusion of a practice or contest and prior to leaving for home the injured student/athlete must check in with the coach. A phone call home may be necessary to alert and inform parents. Under no circumstances should a student drive a vehicle with any type of suspected head or neck injury.
3. If a student athlete is injured at a practice, an Accident Report Form must be submitted within 24 hours to the Athletic Director. The coach should keep a copy of records of injury on file.
4. If the injury requires an examination by a physician, the student athlete may not return to practice or competition without written permission from the physician. The permission should be verified by the coach and the verification must be recorded by the Athletic Director.
5. If a student athlete does not participate or compete for five consecutive days or longer due to an injury or illness, the student athlete must have permission to re-enter competition from his/her personal physician. A student should not participate in a contest until the coach has an opportunity to evaluate the student's skill and conditioning level.

## B. EMERGENCY MEDICAL PROCEDURE AT PROVIDENCE CRISTO REY

1. The coach will assess the injury and provide immediate care.

2. The coach will provide an environment that stabilizes the injured student athlete and will not cause further injury or trauma.
3. If further assistance is needed, call 911 for an ambulance.
4. If a student needs to be transported to the hospital, cancel practice/game and go with the injured person to the hospital or meet the ambulance at the hospital. A student athlete should not be at the hospital alone. A coach or an assistant coach must contact the injured athlete's parent/guardian. The coach or the assistant coach will also be responsible for contacting the Athletic Director.
5. The coach will bring to the hospital the necessary information that has been provided on the Emergency Medical Card.
6. The coach will stay with the athlete until the parent/guardian arrives.

E. EMERGENCY MEDICAL PROCEDURE AWAY FROM PCRHS

1. The coach will assess the injury and provide immediate care.
2. The coach will provide an environment that stabilizes the injured student athlete and will not cause further injury or trauma.
3. Send an individual to ask for assistance from the other coach or alert him/her that further assistance may be needed. Many times parents will come from the spectator areas to assist. Unless the coach knows the extent of medical training of the individual volunteer, he/she should not relinquish any responsibility.
4. The coach will remain with the student athlete.
5. If further assistance is needed, call 911 for an ambulance.
6. Place students at strategic locations to direct the police and ambulance. All gates and doors should be open.
7. If a student needs to be transported to the hospital, cancel practice/game and go with the injured person to the hospital or meet the ambulance at the hospital. A student athlete should not be at the hospital alone. A coach or an assistant coach must contact the injured athlete's parent/guardian. The coach or the assistant coach will also be responsible for contacting the Athletic Director.
8. The coach will bring to the hospital the necessary information that has been provided on the Emergency Medical Card.
9. The coach will stay with the athlete until the parent/guardian arrives.

## Practice

A. AFTER SCHOOL PRACTICE

1. Student athletes and coaches may begin practice directly after school. It is the responsibility of the student athlete to inform the coach at least one day in advance if he/she plans to miss or be late to a practice.

2. Practice sessions will be well planned, well structured, and should not exceed two and one-half hours, excluding time for dressing and showering.
3. Coaches and managers should be the first to arrive and the last to leave practice sessions. A coach will be in attendance if a student wants to remain after practice to improve his/her skill.
4. A student athlete may not practice or participate in competition if he/she is absent from school unless he/she:
  - A. Arrives at school by 11:00 am
  - B. Provides an acceptable parent's or doctor's excuse to the Athletic Director.
  - C. Is granted permission by the Principal
5. If a practice is going to be canceled by the coach, the Athletic Director will be notified by 2 pm.

#### B. PRACTICE SESSIONS ON WEEKENDS

1. Practices are permitted on Saturdays. Approval must be secured by the Athletic Director for a Saturday practice.
2. NO PRACTICE ON SUNDAY. NO EXCEPTIONS.

#### C. PRACTICE SESSIONS ON RELIGIOUS HOLIDAYS

1. Practice is never allowed on the following holidays:
  - A. Thanksgiving
  - B. Christmas
  - C. Easter
  - D. Good Friday

#### D. PRACTICE SESSIONS ON HOLIDAYS AND VACATIONS

1. Practice sessions are permitted during holiday and regular vacations. All scheduling must be approved by the Athletic Director.

#### E. PRACTICE SESSIONS WHEN CLOSED FOR OTHER REASONS

1. When school is cancelled for inclement weather, practices and contests will not be scheduled unless permission is granted by the Athletic Director and/or Principal.
2. If school is cancelled for other reasons that are not weather related, practices or contests are cancelled unless permission is granted by the principal and Athletic Director.

## Miscellaneous

#### A. TRANSPORTATION

1. All athletic groups must travel to and from games by school bus or school van. With the permission of the coach, an athlete may ride home with his/her parents after the game. Parents should notify the coach in person of this request. Any exception to this rule must be granted by the Athletic Director and/or Principal.
2. The responsibility for the safety and accountability of each student is too important for the coaches and administrators to permit frequent deviation from the transportation policy.

#### B. ACTIVITY PARTICIPATION AND CONFLICTS

1. PCRHS students are encouraged to participate in many school activities, and it is not uncommon for students to be involved in more than one extra-curricular and/or co-curricular activity at a time.
2. When activity conflicts occur, the student should notify advisors, directors, or coaches of the conflicting activities as soon as possible so they can meet and arrive at a solution in everyone's best interest.
3. Final conflict resolution rests with the Principal in consultation with the staff.

#### C. RESPONSIBILITIES OF THE ATHLETE

1. All athletes are students first and subject to the same rules as the other Providence Cristo Rey High School students.
2. The athlete should be knowledgeable of the policies in regard to participation in interscholastic activities.
3. The athlete should show good sportsmanship both on and off the playing field. The athlete should set a good example for others to follow.
4. The athlete may not participate in a game or practice when he or she was not present in school for the entire school day unless permission is granted in advance by the Principal or Athletic Director.
5. An athlete may not participate in more than one sport in the same season unless it is mutually agreed upon by all of the head coaches of the sports that athlete wants to participate in that season.
6. The athlete has a responsibility to be loyal and respectful to his or her teammates and coaches at all times.
7. The athlete has a responsibility to other athletes to support them in their efforts, even though the athlete may not be a member of the team in a given sport.

#### D. EXPECTATIONS OF THE PARENTS

1. Be positive with your son/daughter. Let them know that they are accomplishing something by being part of the team.
2. Do not offer excuses to them if they are not playing. Encourage them to work hard and do their best.
3. Encourage athletes to follow the rules. Players must follow rules pertaining to curfew, drinking, smoking, promptness, school, behavior, etc.

4. As a fan, you are entitled to cheer your head off, but not to be belligerent, disrespectful or critical. Coaches work with the athletes to know their talents. Respect that.
5. Insist that the athletes respect team rules, school rules, game officials, and sportsmanship. Self-respect begins with self-control.
6. Encourage the athletes to improve their self-image by believing in themselves.
7. Encourage your athlete to play for the love of the game.
8. Remember that the coach is involved as a coach because he/she is sincerely fond of youth and is an experienced professional. Coaches have different ways of dealing with people and situations. Athlete's lives are enriched by the interaction with different types of leaders.
9. Remember, at a competition you, the parent, represent your town, your school, and most importantly your son or daughter. Please be a positive role model.

#### E. PARENT/COACH COMMUNICATION

1. As your son or daughter becomes involved in the sports program at Providence Cristo Rey High School, he or she will experience some of the most rewarding moments of their lives. It is important to understand that there may also be times when things do not go the way your child wishes. This is an opportunity for your child to talk with their respective coach and discuss the situation. When your child handles the problem, it becomes part of the learning and maturation process. There may also be situations that require a conversation between the coach and the parent. Such conversations are encouraged. It is important that both parties have a clear understanding of the other's position. Please follow the following procedures to help promote a resolution.
  - A. Parent/guardian should speak directly to the coach to discuss the concern.
  - B. If the concern is not resolved, call the Athletic Director to arrange a conference. A meeting will be arranged with the coach, parent, and Athletic Director.
  - C. At this meeting, the appropriate step can be determined.
  - D. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolutions.

ANY QUESTIONS CONCERNING THE ATHLETIC DEPARTMENT OR THE ATHLETIC CODE OF CONDUCT SHOULD BE DIRECTED TO THE ATHLETIC DIRECTOR, MR. ANDREW DISHMAN, AT 317-860-1000.