



Saint Joseph Notre Dame High School

Athlete & Parent
Handbook

2009-2010

SJND PHILOSOPHY OF HIGH SCHOOL ATHLETICS

The athletic program of Saint Joseph Notre Dame High School will be a dynamic integral part of the whole educational experience. At all times, the athletic program will be conducted in a way that is complementary and supportive of the academic mission of SJND. In addition, it will provide meaningful learning opportunities not otherwise offered in the school classroom curriculum. It will assist in developing habits, attitudes, and ideals necessary for the ethical competition and cooperation in our society. A well-conducted athletic program under competent leadership fosters the balance between cooperation and competition. Furthermore, the athletic program will provide our students with life-long lessons for personal growth such as sportsmanship, teamwork, ethical behavior, perseverance, commitment, loyalty, self-discipline, pride, responsibility and leadership skills.

Interscholastic athletics should be enjoyable with the purpose of benefiting students rather than the institution. Winning to the detriment of an athlete will not be a part of anyone's philosophy. A wide variety of wholesome activities will be available and tailored to the physical, mental, and emotional maturity level of the participants. The best possible staff and facilities available should be a concern to those in charge of programs servicing our youth. Students should be encouraged to explore a particular sport of his/her interest regardless of ability.

Sportsmanship will be a top priority of interscholastic athletics. Commitment to fair play, integrity, and genuine empathy for others must be taught and practiced if we are to make a difference. Athletics should assist in the development of fellowship and good will, and encourage the qualities of good citizenship. It plays an important role in developing a healthy self-image as well as a healthy body. Athletics also contribute to school/community spirit and pride.

Interscholastic athletics is a voluntary program. Thus, participation is a privilege and not a right. Along with that privilege comes the responsibility to conform to standards established for the high school athletic teams. This privilege may be revoked when the athlete fails or refuses to comply with the rules. In order to provide the greatest benefit to participants, Saint Joseph Notre Dame High School will provide adult role models who exemplify the kind of behavior and leadership to be developed from the program.

The ultimate goal of high school athletics should be to foster the value of participation without overemphasizing the importance of winning and to improve positive citizenship traits among the program participants. The program will constantly strive to develop well-rounded individuals capable of taking their place in society.

STATEMENT OF GOALS

The primary goals of the athletic department at Saint Joseph Notre Dame High School are as follows:

1. To provide an athletic program that meets the expressed needs, interests, and abilities of the students, consistent with available facilities, equipment, and quality staff.
2. To provide an athletic program which will satisfy both the competitive needs as well as recreational needs of the students.
3. To provide equal opportunity for all students.
4. To provide an athletic program which will promote physical well being and desirable attitudes in leadership and sportsmanship for both the participants and spectators.
5. To provide an athletic program which is an integral part of the educational mission of Saint Joseph Notre Dame High School.

CALIFORNIA INTERSCHOLASTIC FEDERATION

Saint Joseph Notre Dame is a member of the California Interscholastic Federation. The purpose of this organization is:

1. To serve as an organization through which member high schools mutually adopt rules and regulations for interscholastic competition.
2. To cultivate more cordial and friendly relations among schools through ethical standards of sportsmanship.
3. To promote the acceptance of the CIF's Cardinal Principles and Code of Ethics.
4. To promote equal opportunities for all youth regardless of race, religion, sex, or national origin.

Failure to follow the spirit and intent of CIF rules and regulations may result in the following penalties for your athletes and your school:

- A. Forfeiture of all league games and championships.
- B. Elimination of your school from playoffs for the particular sport.

NORTH COAST SECTION

Saint Joseph Notre Dame high school is a member of the North Coast Section. The purpose of this organization is: The North Coast Section fosters, defines and preserves the role of athletics in secondary education. It is an organization committed to providing a wholesome environment in which educational athletics will thrive.

It is the Section's purpose to serve student-athletes and spectators, to encourage students to reach their potential within the context of available resources, organizational limits and equity of competition.

With this in mind, the following are presented as broad goals to give direction to the operation of the North Coast Section.

1. To foster educational athletics as an integral component of secondary education in California.
2. To provide a system of sports competition for students that is diverse, wholesome, equitable and fair.
3. To support schools, school districts and leagues in their efforts to organize and administer their athletic programs by establishing and enforcing rules, regulations, and procedures for orderly administration of athletic programs.
4. To foster the use of safe techniques, procedures, and equipment in interscholastic athletics.
5. To be responsive to the implication of its decisions.
6. To provide a system of communication that promotes broad participation in decision-making, seeking to foster support of and adherence to North Coast Section policies and procedures.
7. To promote professional standards for all personnel involved in educational athletics.

BAY SHORE ATHLETIC LEAGUE

Saint Joseph Notre Dame High School is a member of the Bay Shore Athletic League, which includes Albany, Holy Names, John F. Kennedy, John Swett, Piedmont, Saint Elizabeth, Saint Mary's, Saint Patrick-Saint Vincent and Salesian. The BSAL Commissioner, Principals and Athletic Directors, of the member schools manage this conference.

As a member of the Bay Shore Athletic League, we are responsible for following the Constitution, By-Laws, and Sports regulations as established by the Board of Managers of the BSAL. The BSAL Constitution and Sport Regulations are continually being revised and up-dated. If there are problems with the Constitution, By-Laws, or Sport Regulations, it is imperative that the coaches, through their League Representatives, inform the Athletic Director so that the problems may be addressed.

Expectations of Different Team Levels

Freshmen sports:

The purpose of the freshmen level is to do the following:

- Develop and refine basic skills and learn the rules of the sport.
- Determine the students continued involvement in the sport.
- Provide playing time for all participants, at the coach's discretion.

The freshmen team will consist of ninth graders who have demonstrated intellectual skills, proper attitude, physical skills and sport-specific skills that indicate a potential to be varsity players. The numbers of players may vary from season to season.

Junior varsity sports:

The purpose of the junior varsity level is to do the following:

- Further develop skills of the athlete.
- Increase the intensity of the competition.
- Prepare the athlete for the varsity level.
- Place more emphasis on winning, but not to the extent of the varsity level.
- Provide opportunities for playing time as game conditions merit.

The junior varsity team will consist primarily of sophomores, but freshmen who have demonstrated the ability to start as jayvee players may also be members of the team. The jayvee players must exhibit the requisite intellectual skills, proper attitude, physical skills and sport-specific skills that indicate a potential to be a varsity performer over the next two years. In rare circumstances, a junior who shows the potential to be a varsity starter or a key contributor as a senior or who is a part-time varsity player may play jayvee if the varsity is particularly strong overall at his/her position.

Varsity sports

The purpose of the varsity level is to do the following:

- Develop skills and physical conditioning of the athlete to his or her full potential.
- Allow the talented athlete the chance to excel and prepare for college level competition.
- Provide athletes with the opportunities to learn to set goals, strive to achieve them and serve as role models for younger athletes.

The focus of the program is to win, and with that said, notification will be given by the coach during the preseason to those athletes and their parents who the coach feels will see only minimum playing time.

The varsity team will consist of primarily juniors and seniors, but freshmen and sophomores who have demonstrated the ability to be starters or key contributors also may be members of the team. Juniors must show the potential to be varsity players over the next two years to be members of the

team. The varsity players must show the mental skills, proper attitude, physical skills and sport-specific skills to be starters or essential contributors to the success of the team.

Regardless of the level, each year every player must demonstrate the skills needed to be a member of the athletic program for which he/she is trying out. No player is guaranteed a position in the present year simply because he or she was a part of the program the previous year.

Quitting a Team

To emphasize the importance and great degree of commitment asked of the Saint Joseph Notre Dame athlete, the policy with regard to a student/athlete who quits a SJND team before the end of the season is as follows:

If a student/athlete is a member of a particular team and then quits that team, he/she may not try out for, nor participate on, any other school team until the completion of the season of sport, which he/she quit. This applies without exception to senior, junior and sophomore students. The one exception to this policy is a freshmen athlete. Freshmen are allowed to try out for a team and participate on a team for a trial period of twelve practice days. During this period, he/she may leave the team and try out for another team, if they so desire. After the twelve-day period, the exception to the stated policy is no longer applicable.

The Role of the Parent

The role of the parent in the education of a student is crucial. The support shown in the home is often manifested in the ability of the student to accept opportunities presented at school in the classroom and through co-curricular activities.

There is a value system established in the home and nurtured in the school that young people are developing. Their involvement in classroom and other activities contributes to that development. Integrity, fairness and respect are lifetime values taught through athletics. These are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

A person who demonstrates good sportsmanship, whether a student or a parent, is a true leader in the community. As a parent of a student at Saint Joseph Notre Dame, your goals should include:

- Realize that athletics is part of the educational experience, and the benefits of involvement go beyond the final score of the game.
- Encourage our students to perform their best, just as we would urge them on with their class work, knowing that others will always turn in better or lesser performances.
- Participate in positive cheers or comments that encourage all of our students, and discourage any cheers or comments that would redirect that focus-including those that taunt and intimidate opponents, their fans and officials.
- Learn, understand and respect the rules of the game, the officials who administer them and their decisions.

- Respect the task our coaches face as teachers; and supporting them as they strive to educate our youth.
- Respect our opponents as fellow students, and acknowledging them for striving to do their best.
- Work within the framework of the school operating procedures for fundraising, purchasing, travel and other related activities.
- Develop a sense of dignity under all circumstances.
- Be a fan.....not a fanatic!
- You can have a major influence on your child's attitude about academics and athletics. The leadership role you take in sportsmanship will help influence your child, and our community, for years to come.

Athletic Team Tryouts

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program while at Saint Joseph Notre Dame, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Obviously, time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport. However, when developing policy in this regard, please strive to maximize the opportunity for our students without diluting the quality of the program.

- Tryouts for all sports teams offered by Saint Joseph Notre Dame MUST last a minimum of three days. No student is to be cut or sent to the junior varsity or freshmen teams prior to the end of the three-day tryout period.
- Students turning out for a sport after having participated in a previous overlapping season must be given a fair chance to make the team. The three-day tryout policy stated will be applied to these students.
- The procedure for making a team must be made clear to the participants before any cuts are made.
- Notify the participants of the method of team selection and the dates for trimming the roster.
- Talk to the released candidates regarding the reason they were dropped and encourage them to try again next year or to try another sport offered by the school.

Athletic Department Cut Policy

In many cases making a team at Saint Joseph Notre Dame is highly competitive. While it is the goal of the Athletic Department to provide as many opportunities as possible, some teams have a limited number of positions available. Therefore, the student trying out for a team must realize that he/she may not make the team. Each sport will provide a minimum tryout period of three days. The coach(es) will inform each athlete of his/her place in the program, why he/she is being cut, and what he/she may work on if he/she wishes to tryout again the following season.

Parental Responsibilities

Open athlete-coach-parent communication is the foundation of the relationship between coaches, athletes and parents. Please refer to the following guidelines to help foster this communication.

Communication Parents Expect from Coaches:

- Team Philosophy
- Team and Individual Expectations
- Team Rules
- Procedures to follow when athlete is injured/sick
- Ways to help the athlete improve

Communication Coaches expect from Parents:

- Concerns regarding a coach's decision, philosophy and/or expectations
- Notification of any illness or injuries that will cause athlete to miss a practice or game.

Appropriate Concerns to Discuss with Coaches:

- Treatment of your athlete, emotionally and physically
- Ways to help your athlete improve
- Concerns about your athlete's behavior

Issues not appropriate to Discuss with Coach:

- Playing Time
- Team Strategy
- Other members of the Team

Parental Procedure for Communicating Concerns:

- Have your athlete take responsibility to speak to the coach about a concern. It is important that students learn to communicate with adults in a mature manner.
- If you believe your athlete's conversation with the coach did not help reach a resolution, please meet with the coach directly.
- If the issue still has not been resolved, arrange a meeting with the Athletic Director. Some situations may require a conference between coach, athlete and parent in order to reach a solution.

Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both parents and coaches. Meetings of this nature rarely promote resolution. It is better to call the coach and arrange an appointment to meet.

Athletic Ineligibility

Any athlete placed on probation, whether academic or disciplinary, is ineligible to participate in athletics. If the probation is academic, the period of probation is for one quarter. If it is a disciplinary probation the period of probation may be for one full semester. Any student may request a review of his/her ineligibility within three (3) school days from the receipt of the report card if academically ineligible or within three (3) school days of notification of disciplinary probation. This must be done in writing and should state any special circumstances and explain why the condition (s) of probation should be reviewed. Letters addressing academic ineligibility must be submitted to the Dean of Studies and those addressing disciplinary probation ineligibility must be submitted to one of the Deans of Students. If an appeal is granted, the student remains on probation for the specified time, but the conditions of the probation may be amended.

Absences and Athletics

Athletes are to be in attendance at school all day of any day or evening athletic event if they plan to attend or participate, or the day before if the game falls on a weekend or holiday. Students enrolled in Physical Education classes that do not dress and participate in class will not be allowed to practice or play for their athletic team on that given day.

Physical Examinations

Each student who participates in any sport must provide evidence of a physical examination by a medical practitioner in order to satisfy CIF, NCS and SJND regulations. Physical examinations are valid for one calendar year. Such evidence is to be turned into the Athletic Director prior to the beginning of practice for the athlete's sport.

Sports Packets

Each student participating in any sport (athlete, manager, statistician, etc.) must submit a completed sports packet.

- Emergency Card
- Consent for Treatment
- SJND Sportsmanship Code
- Expectations of Coaches and Players
- NCS/BSAL Ejection Policy
- Dangers of Athletic Participation
- CIF Policy on Anabolic Steroids