



ATHLETES' HANDBOOK

2019/2020

**Athletic Meeting
August 14, 2019
7:00 pm**

WELCOME – Madison Liggett – President of Athletic Association

MESSAGE FROM THE PRINCIPAL – Mrs. Sharon Johnston

BOOSTER CLUB UPDATE – Mrs. Sonja Dang– President of Booster Club

MESSAGE FROM THE TRAINER – Mrs. Lauren Ey

ATHLETIC UPDATE - Mrs. Kari McBride - Athletic Director

COMPLETION OF FORMS - Athletic Association

MEET THE COACHES – Following the completion of forms

The Catholic High School of Baltimore Mission Statement

Empowered by Gospel values and rooted in the spirit and tradition of Saints Francis and Clare of Assisi, The Catholic High School of Baltimore, a sponsored institution of the Sisters of St. Francis of Philadelphia, is dedicated to the education of young women in an environment that fosters Christian attitudes of dignity and respect for the human person and all of creation. In our mission, we recognize that through education the empowerment of women can effect the transformation of our society; therefore, we challenge our school community to academic excellence, to responsible leadership, and to Christian community service.

The Catholic High School of Baltimore Athletic Rules and Regulations

Purpose

- A. To represent *The Catholic High School of Baltimore* positively in interscholastic competition.
- B. To provide a program for good physical conditioning and training.
- C. To develop sportsmanship, athletic skills, and techniques, as well as to promote self-discipline, personal dedication, and determination.
- D. To promote and encourage girls to participate in interscholastic competition and benefit from the advantages athletic competition can provide.

Participation

- A. We provide 17 teams at *The Catholic High School of Baltimore*. They include varsity teams in Cross-Country, Field Hockey, Soccer, Volleyball, Basketball, Swimming, Cheerleading, Dance, Indoor Track, Outdoor Track, Lacrosse, Golf, and Softball. Catholic High has junior varsity teams in Volleyball, Basketball, Cheerleading, and Softball.
- B. All teams are open to students who meet the following athletic requirements:
 1. Per State, League, and School rule, each athlete must have a **current, yearly physical** completed prior to participation in try-outs.
 2. Have the *Athletic Responsibility, Inherent Risk of Injury* form and *Parent/Guardian Travel Permit* form on file in the athletic department.
 3. Participate in all the try-out dates set by the athletic department and coaches.
 4. All athletes must be academically eligible. **Academic eligibility is as follows:**
 - a. **Students must be passing all subjects in order to participate in athletics. Students who receive any failing grades on the quarter report card will be declared ineligible until such grades are brought up to a passing level at the next interim.**
 - b. **Students may not participate in games, practice, or travel with the team while serving academic probation.**
 - c. **Students will begin to serve the probation on the day the report cards are distributed/mailed and may be re-eligible, provided the grade is above failing, on the day the next interim is distributed/mailed.**
 - d. **In addition, any student who fails one or more courses in both the 1st and 2nd quarters will be ineligible to try-out for a spring sport.**
 - e. **Everyone is eligible at the start of a new school year. Grades from the previous school year do not affect fall sports participation.**

- C. Participation in athletics is a privilege. All school rules as stated in the school handbook are in effect while participating and representing Catholic High. Violation of any school rule and acceptable policy use (including social media) may result in disciplinary action (in addition to that of the school) and possible loss of athletic privileges.

Uniforms

Team uniforms and athletic equipment are property of *The Catholic High School of Baltimore* and must be properly cleaned and returned promptly at the end of the athletic season. Uniforms should be placed in a bag with the student's name marked clearly on the outside and placed in the athletic office. Students will not be eligible to start a new sport season, receive a report card or diploma until all athletic equipment is returned. The athlete will be billed for the cost of any item not returned. In addition the athlete will not be allowed to participate in additional sports until the item(s) have been returned or the bill has been paid. Uniforms and warm ups are only to be worn while participating in a game or event for Catholic High.

Transportation

- A. PRACTICE - The school will provide van/bus service to off campus practice sites for those who need it. Parents/Guardians are expected to arrange transportation from each practice and are to pick-up their daughter from the practice site **ON TIME**. Students who can drive must have the "student vehicle use" form signed and returned prior to the start of her sport(s) season.
- B. GAMES/SCRIMMAGES - Team members must travel to all away games on the bus or van provided by the school. Students may NOT drive to games. The hired bus service will return to school after each game. Parents/Guardians may transport their daughters home from away games provided they have notified the coach. Parents/Guardians who wish to have their daughters transported home by another person must also notify the coach in advance. All other driving arrangements must be cleared through the office of the Athletic Director.

Attendance

- A. Playing a high school sport is a privilege! Students who make an athletic team are required to attend all games and practices established by the athletic department and the coaches. In the event an athlete must miss practice due to an appointment (i.e., doctor, dentist, etc.), written notification must be given to the coach prior to the day of the scheduled absence. If an athlete is absent from school for the entire day, and the absence has been properly reported to the school and is considered an excused absence, she will be excused from practice/game without penalty. Athletes should restrict all excused and unexcused absences. Athletes who accumulate three (3) unexcused absences will be dismissed from the team.
- B. Participation in a high school sport requires daily practice and attendance at games. Students must be present each day. Therefore students who wish to participate in the fall and winter plays/musicals will not be eligible to try-out for a team because of the time commitment that both activities require.
- C. Students must be present in school by 10:50am in order to participate in after-school sporting events (or if the student dismisses school early, the time in school must be at least 3.5 hours). This includes attending practices, games, and team meetings and riding on the school chartered bus or van. If the student arrives after 10:50am or is absent, the student will not be permitted to attend any game or practice scheduled for that day.

- D. It is our policy that if a student misses a practice the day before a game, she will not start in that game. It is up to the discretion of the coach as to when the student may enter that game. If a student misses two or more practices prior to a game day she will not play in that game at all, but is expected to attend and support her team. For our teams that do not name “starters”, the Coach and Athletic Director will determine the appropriate sanction.

Athletic Trainer

The certified athletic trainer will be responsible for the care and prevention of injuries for all athletic teams at The Catholic High School of Baltimore. The ATC will work with physicians to make return to play decisions following all injuries. All athletes will be required to complete the XLNT concussion test every two years. In addition, athletes will be required to pass the baseline test following any concussion or head injury.

Miscellaneous

A. Sportsmanship

It is the expectation of *The Catholic High School of Baltimore*, and more specifically the Athletic Department, that everyone in the Catholic High community will conform to and demonstrate good sportsmanship and fair play during all athletic contests.

- B. All school policies are in affect and will be enforced while representing Catholic High at any sport event, practice, game, or team trip.
- C. Being respectful of coaches, teammates, officials, and opponents is expected of all students, parents, and fans at all times!
- D. Many teams choose or are required to purchase t-shirts, uniforms, sweatshirts, etc. Any money not paid by the due date will result in a detention. Upon a second notice, the student will be suspended from the team until the balance is paid in full.

E. Team Trips

Just as the classroom is designed to provide for an educational experience, the realm of sports is also very educational. At times athletic opportunities provide for teams to take overnight and/or extended team trips. The experience of travel and the opportunity to compete make these events valuable additions to the overall high school experience. Student athletes, parents, chaperones, and coaches are representatives of Catholic High and as such carry a great deal of responsibility when teams travel. Best behavior is not only requested but mandatory. All school rules apply when teams travel, and violation of school and team rules carry disciplinary consequences.

Awards

- A. Athletes must complete the entire season in order to receive their award (with the exception of a season ending injury). In the event a student misses part of the season due to academic ineligibility, but returns in good favor to the team prior to the last day of the season, she will receive full credit for the season. If grades are not above failing when the season ends, awards and credit for the season are forfeited.
- B. An athlete that is moved up from a JV team to a Varsity team, mid-season, or before the JV season has ended, will be awarded a “varsity” letter and award. An athlete that is moved up to a Varsity team after the completion of the JV season will simply get the Junior Varsity award.

C. Team Awards

1. Junior Varsity Athletes

- 1st year – certificate and sport pin
- 2nd and 3rd year – certificate and star

2. Varsity Athletes

- 1st year – certificate, letter, and sport pin
- 2nd and 3rd year – certificate and star
- 4th year – certificate, plaque, star

3. Individual awards are presented at the discretion of the coach.

4. **Green and Gold Awards**

- a. Awarded to any athlete who has participated and completed three different sport seasons in one school year
- b. Only one of these sports may be as a team manager

5. **4th Year Varsity Award:** Awarded to any senior who has participated on the varsity level in the same sport all four years.

6. **4th Year Athletic Award:** Awarded to all athletes who participate in the same sport all four years either on the junior varsity or varsity level.

7. **The Cub Athletic Service Award**

- a. The athletic director will compile a list of eligible athletes. Senior teachers, guidance counselors, and coaches will vote.
- b. Voting is based on leadership, scholarship, sportsmanship, and contribution to team and athletic department.

8. **Scholar Athlete of the Year**

- a. Awarded to the senior athlete with the highest QPA in the senior class.
- b. Must have played at least two sports in her senior year (manager of a team will not count as one of the two sports)

9. **Unsung Hero of the Year**

- a. Must be a junior or senior who plays at least two sports (manager of a team sport will not count as one of the two sports).
- b. Must be unselfish, trustworthy, respected, dedicated.
- c. The Athletic Director will compile a list of eligible athletes.
- d. Students will vote for their top 4 choices.
- e. Coaches and administration will cast the final vote.

10. **Senior Athlete of the Year**

- a. Enthusiastic contribution to Catholic High's athletic program.
- b. Athletic excellence, dedicated leadership, abundant school.
- c. Spirit, sportsmanship, and outstanding moral character.
- d. Must have participated in at least two sports during her senior year (manager of a team sport will not count as one of the two sports).
- e. The Athletic Director will compile a list of eligible athletes.
- f. Students will vote for their top 4 choices
- g. Coaches and administration will cast the final vote.

Sports Booster Club

- A. All athletes are expected to support the athletic department by selling and supporting the various Booster Club fundraisers throughout the school year.
- B. The Booster Club exists to support all teams of the Athletic Department.

1. The Athletic Director serves as the liaison between the club and the school.
 2. The Boosters run and promote various activities throughout the school year to support the athletic program.
- C. Parents are encouraged to join this organization, attend monthly meetings, or just help during special occasions. Any and all help is appreciated.

League Information

We are affiliated with the Interscholastic Athletic Association of Maryland (IAAM). The IAAM is responsible for setting start dates, playoffs, and conference alignment. *The Catholic High School of Baltimore* is in different conferences for different sports. Placement and alignment depends on how competitive we are with/against our opponents. Alignment is reviewed and adjusted every year. Please visit the website for league information and team standings at iaamsports.com

Accountability

Parents and/or students should not have direct contact with the IAAM or opposing schools. All questions and concerns should be reported to a Catholic High coach or Athletic Director first. Do not go out of the chain of command.

- A. The athlete is accountable to the Coach and Athletic Director.
- B. The Coach is accountable to the Athletic Director, Parents, the IAAM League, and the Administration.
- C. The Athletic Director is accountable to the Parents, IAAM League, the President, and the Principal.
- D. The President is accountable to the Board of Trustees.
- E. The Board is accountable to the Sisters of St. Francis of Philadelphia

Fans of Catholic High Athletics

Attending an athletic contest is a privilege. We expect the upmost in respect and behavior from all of our fans. Yelling at officials, coaches, opposing teams and players will not be tolerated! A verbal warning will be issued upon a first offense. If a second offense occurs, the person will be asked to leave the premises and will not be allowed to attend another contest until he/she has met with the athletic director and principal.

Be proud of our school, confident in your education, and satisfied with the total athletic experience.

As a spectator we expect you to:

- *Be supportive of the policies, procedures, rules and regulations of the school.*
- *Maintain academic achievement as the main priority of the Catholic High experience.*
- *Refrain from the use of prohibited substances such as steroids, drugs, alcohol, and tobacco products on school property and at all school sponsored events.*
- *Refrain from the use of vulgar or profane language at all school sanctioned events / activities.*
- *Lead by example in the areas of self-respect and respect for others.*
- *Represent Catholic High in a manner which is appropriate and just.*
- *Demonstrate and support good sportsmanship at all athletic events.*
- *Demonstrate positive support for all members of the team.*
- *Support the coaching staff in their efforts to develop and refine athletic ability.*