

## **ATHLETIC DEPARTMENT POLICIES**

Athletics is a part of the curriculum at Bishop Stang High School. All student athletes and their parents/guardians must attend the sportsmanship meeting sponsored by the school.

### **ATHLETIC PARTICIPATION REQUIREMENTS**

*All students participating in a sport must register online through FAMILY ID each season and have an up-to-date IMPACT test. Family ID registration includes the following requirements for participation:*

- Complete registration, including all permissions, medical history and concussion training (required annually)
- A valid student physical (required annually)
- Concussion information (required each athletic season)
- Selection of the sport of the student's choice (required each athletic season)

### **ACADEMIC**

As required by the Massachusetts Interscholastic Athletic Association, a student must attain a passing grade of 65 in the equivalent of **four** major subjects during the marking period preceding the contest or sport in which he/she wishes to participate. Students who do not meet these academic criteria are not allowed to remain on the team.

### **ATTENDANCE**

A student who chooses to participate in athletics at Bishop Stang High School makes a commitment to his/her team and, therefore, must attend all practices and games. Events such as funerals, medical emergencies and conflicts due to a school sanctioned religious or academic event (e.g., Debate Tournaments, Drama Production, Math Meets, not practices) will be considered excused absences. The student athlete or a parent/guardian must inform the Head Coach prior to the absence. To request an exemption for any other reason, the parent or guardian must request a waiver from the Athletic Director one week prior to the absence. Athletes who fail to comply with this rule will be subject to suspension or dismissal from the team. If a waiver is granted, the student athlete may still be subject to a suspension and his/her position on the team is not guaranteed upon return. During vacations and holidays, all team members must be at all practice sessions and at all games. During the April vacation period (*beginning on the Saturday, and ending on the following Sunday*), no mandatory practices or games will be scheduled. No practices or games that are under the school's control will be scheduled on Sundays. On the day of an absence, (excused and unexcused) no student will be allowed to participate in any athletic practice or game. This is also in effect for any student who is tardy beyond the beginning of period 3 (10:29 a.m.). Excused absences for specific school reasons are determined by the Assistant Principal of Students.

### **AWARD CRITERIA**

Every athlete who completes a season of participation will receive a letter or certificate of participation. Athletes who are suspended from participation in athletic contests are not eligible for a letter or certificate.

To earn a letter in a varsity sport, the athlete must participate in varsity competition in 25% of the periods normally played during the season. A period means quarters in sports such as football, basketball, and soccer. It means innings in sports like baseball and softball. All seniors who participate for two consecutive years automatically earn a letter. Coaches have the right to award letters to anyone they feel has met individual team requirements.

The following are the normal standards. If a season is shortened, the standards will be adjusted:

| Sport               | Season     | Periods/Points |
|---------------------|------------|----------------|
| Cross Country       | 7 meets    | 10 points      |
| Field Hockey        | 16 games   | 8 halves       |
| Football            | 10 games   | 10 quarters    |
| Soccer              | 18 games   | 9 halves       |
| Volleyball          | 20 games   | 10 sets        |
| Basketball          | 20 games   | 20 quarters    |
| Track               | 6 meets    | 10 points      |
| Ice Hockey          | 18 games   | 13 periods     |
| Sailing Team        | 9 meets    | 3 meets        |
| Swimming and Diving | 8 meets    | 10 points      |
| Baseball            | 18 games   | 32 innings     |
| Golf                | 16 matches | 4 matches      |
| Softball            | 18 games   | 32 innings     |
| Tennis              | 16 matches | 4 matches      |
| Lacrosse            | 16 games   | 16 quarters    |

Cheerleading Team – Varsity Cheerleaders, who cheer with the Varsity Team at games and in cheer competitions will earn their letter award. Subsequent varsity seasons receive a varsity award and a bar to indicate an additional season of varsity cheering. Junior Varsity Cheerleaders receive a certificate of participation.

Dance Team – Varsity Dance team members, who dance with the Varsity Team at practices and team competitions will earn their letter award. Subsequent varsity seasons receive a varsity award and a bar to indicate an additional season of varsity dancing.

All athletes who letter for the first time receive the chenille 'S'. They also receive an appropriate insert for each sport in which they first letter. Athletes who letter again in the same sport receive bars to indicate additional years as a letter winner.

### **CAPTAINS**

A captain is a special athlete. This athlete has been selected from among his/her peers because he/she has special qualities.

A captain is a leader. As a captain one must be ready to stand head-and-shoulders above his/her teammates. One accepts and follows the athletic training rules. One is a captain at all times. One not only represents himself/herself, but also one's teammates, school, and coaches.

Captains are loyal. If a teammate needs encouragement, a captain provides it. If there is a problem, the captain works collaboratively and transparently to resolve it.

**Captains who fail to live up to these standards will resign their captaincy. A student who is on disciplinary contract is not eligible for captaincy.**

### **DRESS CODE**

Each team has its own dress code for traveling to away games. Athletes are expected to dress neatly and appropriately while traveling to contests.

Athletic teams may be afforded the opportunity to wear team designated apparel on game day, or the last school day preceding a contest on a game day on which there is no school. This team designated apparel must be pre-approved by the Athletic Director, the Assistant Principal of Students, and the President/Principal. All team members must wear the same item.

### **DRUGS/ALCOHOL/TOBACCO**

A student who chooses to participate in athletics at Bishop Stang High School also chooses to be drug, alcohol, and tobacco-free in and out of season.

Athletes must refrain from the use of, possession of, being in the presence of, or in being in pictures/video of drugs, alcohol, vaping devices or tobacco products of any type.

The Bishop Stang Athlete must be in good standing as a citizen of the Bishop Stang community and the community at large.

Consequences for violation of the Drug, Alcohol, and Tobacco rules when not in school, on school grounds, or school buses, vans, or at school-sponsored events:

- **First time in a four-year span**

Parents will be notified by the Principal of any violations.

#### MINIMUM PENALTIES:

The student shall lose eligibility for the number of regular season events equaling 25% of the entire season. These events must be consecutive and immediately following the violation. The athlete shall remain at practice for the purpose of rehabilitation.

- **Subsequent violation in a four-year span**

*A meeting will be held with all involved parties (see above). MINIMUM PENALTIES:*

*The athlete must participate in mandatory counseling as directed by the Principal. The athlete will be suspended from participation in athletic contests for the equivalent of one full season (this may carry over to a second sport). A third offense will result in a full year suspension from athletic participation.*

**Note: Diocesan and School policies supersede Athletic Department rules.**

### **EQUIPMENT**

Each athlete is issued equipment appropriate for the sport. This equipment is loaned to the athlete who is responsible for its return within one week at the end of the season. Equipment not returned must be paid for by the individual athlete. Bills for unreturned uniforms/equipment will be issued one week after the final game/contest.

### **HAZING**

Hazing is prohibited. Hazing means any conduct or method of initiation into any student organization, whether on public or private property, which willfully or recklessly endangers the physical or mental health of any student or other person. Such conduct shall include whipping, beating, branding, forced calisthenics, exposure to the weather, forced consumption of any food, liquor, beverage, drug, or other substance, or any other brutal treatment or forced physical activity which is likely to adversely affect the physical health or safety of any such student or other person or which subjects such student or other person to extreme mental stress, including extended deprivation of sleep or rest or extended isolation. Refer to specific hazing policy on page 39.

### **INJURIES**

Injuries must be reported to the coach and the trainer. An insurance claim form must be completed for all injuries that require medical treatment. Our athletic insurance coverage is set up to pay medical bills that are not covered by the individual's insurance. The claim form must be filled out at the time of the injury, even though the individual's insurance is supposed to cover the individual's bills. There is a 90-day limit for filing claims.

The choice of physicians, hospitals, medical walk-in centers, therapy centers, etc. is up to the parent and athlete. Neither Bishop Stang High School nor the trainer will make recommendations concerning these choices.

Bishop Stang student-athletes are required to use the ImPACT Concussion Management Program in order to participate in athletics. Administered by the Athletic Trainer, ImPACT is a state-of-the-art computer-based program developed to help clinicians evaluate recovery during a concussion. Our goal is to create a safer environment for our student-athletes through education, awareness, and clinical care.

### **LOCKER ROOM**

Locker room use is for in-season athletes only. Lockers will be assigned by coaches when applicable. All valuables must be locked in a locker or given to the coach to be secured. Any students stealing may be subject to transfer/expulsion.

The locker rooms should be kept clean and orderly. No food or drink (other than that supplied by the trainer or coaches) should be brought into the locker room. Students may not take pictures or video in the locker rooms at any time.

### **PRACTICE**

The department policy on attendance is already stated. Athletes who are legitimately absent should inform their coach. Athletes are responsible to know the practice schedule. Each individual team has its own manner of handling canceled practices or games. Make certain you are aware of your team's policies. No practices or games (that are under the school's control) will be scheduled on Sundays.

### **ROLE MODELS**

Whether the athlete chooses to or not, he/she is looked upon as a role model by the other teammates, students, opponents, and adults. When with his/her team or when attending other sporting events in support of classmates, the Bishop Stang athlete is expected to exhibit good sportsmanship and not get involved in crowd rowdiness or inappropriate behavior, including fighting. The school reserves the right to take disciplinary action in all these situations.

### **SPARTAN SPORTSMANSHIP PLEDGE**

All persons participating in Bishop Stang Athletics, at home or away, must adhere to the **Spartan Sportsmanship Pledge**. This pledge is rooted in the school's mission to be people of integrity who are called to "make known the goodness of God." School officials reserve the right to enforce these standards at all times.

As a coach, student-athlete, parent/guardian or fan/attendee, I promise the following:

- to engage in and encourage sportsmanlike conduct at all times;
- to act in a respectful and cooperative manner to all coaches, parents, student-athletes, participants, officials, and attendees;
- to engage in and encourage behavior which supports the health, safety, and well-being of all others;
- to maintain a positive attitude, and to be a role model for students, fans, and community members;
- to engage in and encourage behavior which supports fair play;
- to refrain from the use of drugs, tobacco, and alcohol prior to or during participation in a school athletic event;

- to refrain from the use of profanity;
- to treat all others with respect, regardless of race, creed, color, national origin, gender, or ability
- to refrain from verbal or physical threats of abuse aimed at others;
- to treat all facilities used by Bishop Stang with respect.

I understand that failure to abide by this policy may result in being removed from athletic/school events and/or suspension from school/events. I understand and agree to the Bishop Stang Spartan Sportsmanship Pledge.

### **TRANSPORTATION**

Athletes are to display proper behavior at all times when being transported to and from games. Misconduct could lead to dismissal from a team, or further disciplinary action.