

## STUDENT GUIDELINES FOR INTERSCHOLASTIC ATHLETIC PARTICIPATION AT ST. JOHN THE BAPTIST

The St. John the Baptist athletic program is an extension of the school day. Participation in interscholastic athletics is a privilege, not a right. The policies for our athletic program are based on the school's philosophy (see page 1 in student handbook), which encourages students to develop their spiritual, academic, emotional, social, and physical potential.

**In order to help student athletes achieve these goals, the following St. John's policies are instituted:**

***Eligibility*** - All students are bound by the rules of New York State and NSCHSAA and NSCHSGAA and must meet the behavioral requirements as established in the student handbook and the Athletic Department.

***Academic Eligibility*** - Your attitude in the classroom is as important as your attitude in an athletic setting. Athletes are expected to give the same 100% effort to their studies as they do to their teams. **Students will abide by the following academic eligibility policy set forth in the student handbook.**

These academic standards are for participation in all student activities and athletes.

-Any student who wishes to participate in any activity or sport must abide by the school policy set in the handbook:

- A. Students will be ineligible if they fail **more than one course** in a quarter.
  - B. Students will be ineligible if they fail **any course** for the year.
- Additional details regarding this policy can be found in the student handbook.

### ***Parent/Guardian Guidelines:***

- Student Athletes are not permitted to have cell phones on them while representing SJB.
- ***No Parent/Guardian is permitted to attend tryouts or practices.***
- If a problem arises on any team, the student athlete should ask for a meeting with the coach.
- If the problem is not resolved, the parent/guardian must make an appointment with the coach to discuss the problem.
- If the problem is still not resolved, the parent/guardian will then contact the Athletic Office to make an appointment with the Athletic Director.
- SJB has a Zero Tolerance policy regarding Parents/Spectators in unsportsmanlike behavior.
- A Parent or any other Non-St. John's personnel *may not approach, call out to or otherwise communicate with a player while he/she is with the team.* This includes *before, during and immediately after all practices as well as athletic contests.*
- A Parent or any other Non-St. John's person *may not approach or attempt to engage a coach before, during or immediately after a practice and/or athletic contest.*

***Attendance*** - Attendance is the single most important indicator of an athlete's commitment to a team. Student athletes are expected to make all practices and contests including those scheduled on weekends and days when school is not in session. We ask parents to schedule vacations so as not to conflict with an athlete's commitment to a team. **Please keep in mind: days of early dismissal due to a game/match the expectation is that the student/athlete will be in school on time.**

1. Student athletes will provide coaches with prior notification of projected absences when possible. Excused absences will be permitted in cases such as medical reasons, religious observance, or Personal/family extenuating circumstances approved by the coach.
2. If an athlete has a music class or extra help after school, the student athlete must notify the coach and the student will then attend the class and/or extra help in practice clothes. When the class/help is over, the student/athlete will then go to practice for the remaining practice time. In case of a class conflict with a game/match/tournament, the student/athlete is to see the teacher and inform the teacher of their absence as a result of the game.

3. If student athletes are absent from school, they will be ineligible to practice or compete in any contest that day. Extenuating circumstances will be given special consideration by the Athletic Director. Extended family vacations are NOT excused absences from practice or competition.
4. As stated in the student handbook, if a student athlete leaves school for early dismissal before 11:00 a.m., in order to be eligible to participate that same day in any practice and/or contest, they must return and sign in prior to 2:00 p.m. Students who have early dismissal and do not return to school prior to 2:00 p.m. are not permitted on campus after school for any reason.
5. As stated in the student handbook, if a student athlete arrives to school after 11:00 a.m. the athlete is not eligible to participate that same day in any practice and/or contest.
6. Students who miss a School Liturgy due to their lateness will not be allowed to attend any after school activities on that day.

***Alcohol, Tobacco and Other Drugs*** - Interscholastic athletics provides a natural forum for education in this profoundly important area.

The avoidance of the use of alcohol, tobacco, vaping, energy drinks and other drugs is a realistic personal goal and serious civil law that all student athletes should strive to uphold and which parents, teachers, administrators, and the community at large endorse and support. While the role of the school does not extend to the regulation of the private activities of student athletes and their families, we cannot condone student athletes' behavior connected with alcohol, tobacco, vaping and other substance use. Therefore, if violations of this policy become known to school authorities, the student athlete(s) involved will be subject to disciplinary action by the school, which may include suspension from game(s), dismissal from the team(s) and/or terminated as a student from SJB. Furthermore, student athletes may be subject to random drug testing during the season of participation.

***Physicals*** - No student will be able to tryout or participate without a physical. Physicals are not provided by the school.

***Uniforms/Grooming Standards*** - Only school-issued uniforms may be worn during athletic contests. Athletes cannot compete if they fail to dress appropriately or are not in keeping with the grooming standards as stated in the student handbook. This applies to practices as well as games.

All uniforms and/or equipment that is not returned, the athlete will be responsible to pay for it.

#### ***Awards/Letters***

1. Awards and/or letters will be issued only to those student athletes who complete their season (including post-season playoffs) in good standing. Student athletes who are dropped from the team and those who resign before the last contest are not eligible for awards.
2. Student athletes who fail to return their practice/game uniforms and/or any other piece of equipment that is the property of SJB are ineligible for awards and cannot participate in any other sport until uniform and/or equipment obligation is met.

***Senior Day*** – is not a guarantee for a student-athlete to participate in the game/match. This day is just to recognize all seniors on the team/in the program.

#### ***Equipment***

In some instances, athletes are loaned school equipment/uniforms for their use during a particular season. Equipment/uniforms not returned at the proper time becomes the financial obligation of the student's parents or guardian. Theft of school equipment/uniforms will result in the immediate suspension from the athletic department *and any of its programs*.

### ***Team running rules when running off campus***

When you are on the road you are to run two people side by side. A group can be larger, but each pair runs behind each other. Once you get into a park and off the road, you may run in three or four. Also, at least one member of each group should carry a phone in case of an emergency. If there is no phone, and /or you cannot get in touch with your coach, one member of the group must run back to campus to get the coach and at least one member must stay with your injured teammate. Do not accept a ride from anyone who might be trying to help.

If a runner gets injured and the coach is not with you, someone must call the coach and get instructions on what to do next. You are to take no action until your coach tells you what to do.

When running on the road and approaching an intersection, you are to stop and let traffic go.

Never try to beat the light, stop and cross your team when it is safe. Do not cross the street in front of a car – even if they are waving you on. Just say no thank you and run around the back of the car when it is safe.

Safety is always the priority.

### **SJB Concussion Policy**

- Any athlete with a suspected head injury or concussion must see a healthcare provider for diagnosis.
  - A note must be given to the SJB health office addressing gym/sports either with diagnosis or stating that concussion was ruled out.
- If any athlete is diagnosed with a concussion he/she must see a concussion specialist or neurologist.
- Any athlete who has been diagnosed with a concussion as per NYS Concussion Management and Awareness Act, must complete “return to play” protocol either with SJB athletic trainer or with a physical therapist.

### **As an athlete,**

I agree to report any head injury or concussion symptoms to my coach/athletic trainer.

I agree to report any incidents, involving my head/neck to my coach/athletic trainer.

I agree to tell my coach/athletic trainer about any teammates who may be hiding concussion symptoms.

I agree to report any doctor or hospital visits regarding head injuries/concussions to my coach/athletic trainer.

I understand the SJB concussion policy.

### **As a parent/guardian,**

I agree to report any head injury/concussion symptoms my child has to the SJB health office and/or athletic trainer.

I agree to report any doctor or hospital visits my child has had in regards to head injuries/concussions to the SJB health office and/or athletic trainer.

I understand the SJB concussion policy.



I, the undersigned, agree to abide by the preceding rules and regulations for interscholastic athletic participation at St. John the Baptist. In addition, I agree

- To respect and follow all the guidelines for interscholastic athletic participation at St. John's.
- To always play by the rules with respect and fairness.
- To never argue with an official. When a call is disputed, I will let the coach and official handle it. I will control my temper and not show off.
- To remember that I am playing because I enjoy the sport. Winning is terrific, but so are many other aspects of sport.
- To never berate my opponent, coaches, or teammates by trash talking, taunting or showboating and to never participate in hazing or hazing-like behavior.
- To work at achieving my personal best and remember that there will always be better and lesser players than me who I can be both challenged by as well as assist.
- To remember that I am a member of a Team and that I will support my team and teammates at all times, regardless of my own personal playing times.
- To always show appreciation for good players and good plays, even by opponents.
- To abide by Concussion Policy protocols.

As the Parent/Guardian, I agree to abide by the preceding rules and regulations for interscholastic athletic participation at St. John the Baptist. I agree

- To remember that athletes should always play for **their** enjoyment and progress.
- To teach my athlete that commitment and honest effort is just as important as winning.
- To provide plenty of encouragement to my athlete because that's the best way to help him/her learn.
- To applaud the effort of all coaches, officials and staff.
- To remember that athletes will only remember what we teach them. Fair play, good sportsmanship and commitment begin at home and needs to be encouraged by both parents and coaches.
- To never approach the coach about self-serving playing time for my own child. My son/daughter is a member of a Team and the focus is on the Team, not any one individual.
- To abide by Concussion Policy protocols.

We understand that failure to e-sign this document in FinalForms will make the student ineligible to participate.

**Parent/Guardian and Athlete - Please e-sign in FinalForms**

**During School Days:** Changes and Cancellations are posted on the SJB website for your convenience. Please refer to the site for up to the minute changes!  
[stjohnthebaptistdhs.net](http://stjohnthebaptistdhs.net)

