



STUDENT ATHLETE HANDBOOK

Dear Bourgade Catholic Student-athlete,

Athletes are looked to as role models whether they like it or not. Even in school sports, student-athletes serve as role models to the general student population in the high school, to elementary and junior high/middle school students and even the community at-large.

It is with that understanding that practicing good sportsmanship is as important as any points you may score or any records you may set this season. Your behavior on the playing surface reaches to the top row of the stands and beyond. How our school and community are perceived is influenced by the sportsmanship you display.

We will be continuing to incorporate the themes of Pursuing Victory with Honor into our athletic programs. This has been a successful program nationwide, which reinforces and rewards the need for sportsmanship as one of the values taught through educational athletics.

Winning, by itself, ranks far down the list of why most young people take part in school sports. Yet, our society places more value than ever before on winning – probably too much value. Not everyone can win every game or finish first in every race. But everyone can practice the Golden Rule – treating others the way they wish to be treated – and follow the Six Pillars of Character: trustworthiness, respect, responsibility, fairness, caring and citizenship.

Please take a few moments to review the attached guidelines for behavior. As a representative of ours, your actions are scrutinized by family and friends, opposing fans, the local community and the media and reflect back upon us. Displaying good sportsmanship will say positive things about you and our school, and hopefully remind us all that in the end, sport is meant to be fun.

We hope the upcoming season is a rewarding one for you.

Enjoy the day.

Sincerely,

Shawn Gatson
Athletic Director

MISSION STATEMENT

Together with families, **Bourgade Catholic High School** empowers diverse, young women and men to become Christian leaders who demonstrate academic achievement while building a global society founded on the gospel values of justice, love and peace.

Philosophy

Bourgade Catholic High School is committed to the teaching ministry of the Catholic Church. Our biblical faith shapes the understanding of what we do.

The purpose of education at **Bourgade Catholic** is to foster the spiritual, intellectual, moral, social, creative, and physical development of the whole person within a community of faith. We encourage deepening relationships with God and a commitment to a global society founded on justice, love and peace.

Bourgade Catholic High School recognizes the family as the primary educator of the student. Working with the Catholic Church and the Christian community, we seek to develop students who are lifelong learners, effective communicators, globally aware citizens, and spiritually centered Christians. In the school setting, the teacher is the primary facilitator for promoting this growth.

As Christian ministers, we address the educational challenges of our times. We commit ourselves to provide a Christian vision of life that respects and appreciates cultural and individual differences.

Each person is a unique human being created by God. Therefore, **Bourgade Catholic High School** strives to be a student-centered community of learning in which each individual can continue to grow in his or her relationship with God and others.

Inherent within the mission statement and philosophy is the belief that all students can learn and that schooling does make a difference in the lives of students. At **Bourgade Catholic High School**, we expect students/faculty to be *Courteous* to each other, take *Pride* in their work and their appearance, and show *Respect* for the school environment.

PHILOSOPHY OF BOURGADE CATHOLIC ATHLETICS

A primary goal of our athletic program at **Bourgade Catholic High School** is to develop individual and collective winners. Lessons learned through athletics constitute a valuable component of each student's educational experience. Teaching a student-athlete the game is more than simply providing strategies geared toward gaining an ultimate win. It is far more important that the student-athlete learns about the fundamental values of life. Our coaching staff strives to instill in each student-athlete a desire for personal excellence while maintaining a sense of team spirit and camaraderie essential to any collective effort. The student-athlete is encouraged to pursue a more healthful, purposeful life resulting in a more complete, well-rounded person.

The **Bourgade Catholic** athletic program provides a wide variety of competitive teams at the varsity, junior varsity and freshman levels. Coaches will focus on the skill development of every student athlete regardless of individual talent. By doing so, coaches are able to instill in each student-athlete fundamental values such as the ability to appreciate and foster friendship, respect, and trust during the course of competition. Our athletic program strives to maintain the spirit of good sportsmanship in all competition.

ATHLETIC GOAL AND OBJECTIVES

Our Goal:

As a direct result of participation in a well-balanced athletic program, the student-athlete will learn valuable skills that will allow him/her to become a more effective citizen in a democratic society.

Our Objectives:

The student athlete will learn...

- To work with others - in a democratic society a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. **The team and its objectives must be placed higher than personal desires.**
- To be successful - our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
- To develop sportsmanship - to accept any defeat with honor like a true sportsman, knowing we have done our best. We must learn to treat others, as we would have others treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation and dependability.
- To improve – continual improvement is essential to good citizenship. As an athlete a goal must be established and there must be a constant effort to reach the goal and better yourself in the skills involved for those characteristics set forth as being desirable.
- To enjoy athletics – it is necessary for student-athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics and to give sufficiently of themselves in order to preserve and improve the program.
- To develop desirable personal health habits – to be an active, contributing citizen. It is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

CONDUCT AT ATHLETIC EVENTS

The athletic program at **Bourgade Catholic** has as its primary objective the development of self-discipline, a spirit of cooperation, good citizenship, and respect for rules and authority. We seek to instill in our students, principles of justice, fair play, and good sportsmanship within a Christian environment.

In order to accomplish these objectives, it is necessary to develop and maintain a team and school spirit that is based on Christian principles, discipline, and uniformity of goals. Certain regulations are necessary to prevent the disruption of team spirit. The benefits to be gained in the formation of personal character, initiative and teamwork will far outweigh any possible impairment of student right.

We will also be in accordance with the Arizona Interscholastic Association's "Pursuing Victory with Honor" program. The mission statement for this program is as follows:

Pursuing Victory with Honor

The AIA "Pursuing Victory with Honor" initiative has created an environment in Arizona where the student-athlete, coach, official, and spectator are committed to Pursuing Victory with Honor and teamwork through **TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, AND CITIZENSHIP.**

Objectives

- To develop a comprehensive, pervasive and sustaining AIA "Pursuing Victory with Honor" initiative.
- To encourage all AIA member schools to Pursue "Victory with Honor" through character development in all athletics and activities.
- To establish character development expectations for the AIA student-athletes, coaches, administrators and spectators involved in AIA athletics and activities.
- To develop standards of accountability for all AIA member schools, student-athletes, coaches, administrators and spectators.
- To implement a program of assessment and accountability of the AIA "Pursuing Victory with Honor" initiative for all participating AIA member schools.
- To incorporate community outreach as a part of a character development outreach for youth sports and activities.
- To establish a clearinghouse of information and research for member schools to affect character traits, educate people on character principles, and develop initiatives for character education.

Definition of Terms: The Six Pillars of Character

Trustworthiness

- Always pursue victory with honor.
- Demonstrate integrity in all things and observe the spirit and letter of rules.
- Do not engage in any form of dishonesty, cheating or dishonorable conduct.
- Always put education first.
- Strive to develop and demonstrate good character and high ethics as well as athletic ability.

Respect

- Be a good sport.
- Treat the traditions of the sport and other participants with respect.
- Do not engage in or tolerate disrespectful conduct including verbal abuse of opponents and officials, profane or belligerent “trash talking”, taunting or unseemly celebrations.
- Win with grace and lose with dignity.

Responsibility

- Be a leader and role model on and off the field.
- Strive to develop life skills to help you become successful and socially responsible.
- Maintain a healthy balance between school, social life and sports.
- Learn and follow basic rules of safety and safeguard your physical and mental well being by avoiding the use of alcohol, tobacco, illegal drugs and unhealthy eating habits.
- Master the rules, strategies and techniques of your sport.

Fairness

- Adhere to high standards of fair play.
- Treat teammates and opponents fairly.
- Never take unfair advantage.
- Be open-minded.

Caring

- Play safe – never intentionally injure any player or engage in reckless behavior.
- Help safeguard the well being of teammates by counseling and encouraging them – or, if all else fails, by reporting unhealthy conduct to coaches.

Citizenship

- Avoid gamesmanship and demonstrate sportsmanship by honoring the rules and goals of your sport.
- Abide by the spirit and letter of rules and codes of conduct, including those concerning eligibility, recruitment, compensation and gifts, gambling, drug use, and improper conduct.

STUDENT ATHLETE RESPONSIBILITIES

It is the primary responsibility of each student-athlete to do everything in his/her power to promote good sportsmanship and a healthy spirit at **Bourgade Catholic**.

- The student-athlete must realize that he/she represents a tradition of fairness and compassion in competition
- The student-athlete is to develop the self control necessary to perform one's best in competition and prepare for the future; avoiding poor sportsmanship, loss of temper, fighting, abusive language and/or gestures
- The student-athlete is to learn that performing to the best of one's ability is far more important than winning or losing

STUDENT/PARENT SPECTATOR RESPONSIBILITIES

Purchasing a ticket to an athletic event and/or attending an athletic event means that the spectator has assumed a responsibility for proper representation of **Bourgade Catholic**, just as the athlete does. These rules apply to all spectators; students and parents alike.

- Spectators are to appreciate and give proper recognition to the good in others
- Spectators are to cheer positively and are to totally avoid "booing" and using abusive language and vulgarity. Spectators are not permitted to engage in any kind of intentional display of rude behavior toward members of the opposing team or game officials
- Spectators are to respect and obey the officials' decision as final

These rules are in effect at both home and away games for **Bourgade Catholic** student-athletes, student spectators, and parents, even when not observed by opposing teams and fans. Failure to meet these standards will result in disciplinary action. Situations will be reported to the Principal via the Athletic Director. Any students involved will meet with the Principal and Director of Students. Adults involved will meet with the Principal.

Our tradition holds us to the highest of expectations; therefore more is expected of us in terms of how we live our Christian faith and values, even on the athletic field. A difference must be seen in our behavior, decorum and sportsmanship. We believe that if the student-athletes, student spectators and parents of **Bourgade Catholic** live in the spirit, as well as in the letter of the stated regulations; fun, victories and championships will surely follow.

To Athletes and Parents

This handbook is designed to provide you with information concerning all opportunities offered by the **Bourgade Catholic** Athletic Program. Furthermore, the handbook lists the rules and policies all student-athletes are expected to follow.

While academics are the top priority, athletics are an integral part of your high school students' education. **Bourgade Catholic** makes available over 27 different teams to students during the course of their high school years. The main objective of our athletic program is to encourage participation, teamwork, and an enjoyment of the sport. The values learned through commitment to a team effort are numerous and beneficial to all individuals as athletes and as students.

As the parent of an aspiring student-athlete you are asked to assume the following responsibilities:

- Support all training rules, policies, and procedures of the athletic program
- Encourage your student in his/her commitment to academic success
- Plan your time so that you arrive to pick up your student as soon as possible after practices and games. Coaches are not allowed to leave until every athlete has been picked up, so please be as prompt as possible
- Read this handbook with your student athlete so that there is a complete understanding of the rules, regulations and policies before you and the athlete sign the contract
- Volunteer at Athletic Events each season

BOURGADE CATHOLIC HIGH SCHOOL ATHLETIC DEPARTMENT PHONE DIRECTORY

Coach's Name	Title	School Phone
Main Office	N/A	(602) 973-4000
Main Office Fax	N/A	(602) 973-5854
Shawn Gatson	Athletic Director	(602) 973-4000 ext. 125
Chris Andreadis	Varsity Football Coach	(602) 973-4000 ext. 103
Melinda Espinoza	Varsity Volleyball Coach	(602) 973-4000
Regina Iversen	Varsity Swim Coach	(602) 973-4000
Sam Steuter	Chess Coach	(602) 973-4000 ext. 108
Kyra Davis	Pom Coach	(602) 973-4000
Robin Ferguson	Cheer Coach	(602) 973-4000 ext. 166
Nick Williams	Varsity Boy's Basketball Coach	(602) 973-4000 ext. 105
Steve Rohde	Varsity Girl's Basketball Coach	(602) 973-4000 ext. 129
Jonathan Sang	Varsity Soccer Coach	(602) 973-4000
Jim Konyha	Varsity Wrestling Coach	(602) 973-4000
Greg Henke	Varsity Baseball Coach	(602) 973-4000 ext. 438
Jinhee Huff	Varsity Softball Coach	(602) 973-4000 ext. 109
James Golden	Varsity Track Coach	(602) 973-4000
Steve Rohde	Varsity Golf Coach	(602) 973-4000 ext. 129
Donna Stossel	Varsity Tennis Coach	(602) 973-4000 ext. 302
Chris Yujuico	Head Athletic Trainer	(602) 973-4000 ext. 151/174

INTRODUCTION

To the parent:

This material is presented to you because your son or daughter has indicated a desire to participate in **Bourgade Catholic** interscholastic athletics. By accepting this, you are requesting that he/she be allowed to compete. Your family's interest in this phase of our school program is gratifying. We believe that participation in sports provides a wealth of opportunities and experiences, which assists students in personal adjustments.

We, who are concerned with the educational development of boys and girls through athletics, feel that a properly controlled, well-organized sports program meets with the students' needs for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline, self-denial, and a **commitment to the goals of the team**. These are the reasons we place such stress on good training habits. This concept of self-denial, self-discipline, and commitment, is tempered by our responsibility to recognize the rights of the individual within the objectives of the team. We are striving for excellence and do not want our athletes to compromise with mediocrity.

Participation in extracurricular activities is a privilege, not a right. A minimum requirement of all students for participation is good citizenship. All students are expected to abide by all school and team rules, policies, and regulations and to comply with all state laws as well as Arizona Interscholastic Association regulations.

Bourgade Catholic is committed to provide the best possible situation for all of our student-athletes. Every effort has been made to allow our student-athletes to have a safe, structured, and supportive environment in which to play.

It is the role of the Department of Athletics, Arizona Interscholastic Association, and the National Federation of High Schools, to make rules that govern the spirit of competition for the school. These rules need a broad base of community support, which is achieved through communication to the parent. It is our hope to accomplish this objective through this athletic publication for students and parents. Please read this material carefully and insure your student-athlete understands all aspects of the requirements of the athletic program.

To the athlete:

Being a member of a **Bourgade Catholic** athletic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. As a member of an interscholastic squad at **BCHS**, you have inherited a wonderful tradition. A tradition you are challenged to uphold.

Our tradition has been to win and endure defeat with honor. We desire to win, but only with honor to our student-athletes, our school, and our community. Such a tradition is worthy of the best efforts of all concerned. Over many years our squads have achieved many league and tournament championships. Many individuals have set records and won All State and All-Region honors.

It will not be easy to contribute to such a great athletic tradition. When you wear the colors of our school, we assume that you not only understand our traditions, but also are willing to assume the responsibilities that go with them.

Responsibilities to yourself:

The most important of these responsibilities is to develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies and your participation in other extracurricular activities prepare you for your life as an adult.

Responsibilities to your school:

Another responsibility you assume as a squad member is to your school. **Bourgade Catholic High School** cannot maintain its position as an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school. You assume a leadership role when you are on the athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make **Bourgade Catholic** proud of you and your community proud of your school, by your faithful exemplification of these ideals.

Responsibilities to others:

As a squad member you also bear a heavy responsibility to your family. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability everyday, and that you have played the game “all out”, you can keep your self-respect, and your family can be justly proud of you. If you do not give your parents anything to be ashamed of, you will have measured up to the ideal. Also, the younger students are watching you. They will model you in many ways. Do not let them down. Set good examples for them. Additionally, your positive and contributing participation builds the strength and success of the team.

REQUIREMENTS FOR PARTICIPATION

Expectations and Standards for Participation:

It is the philosophy of the administration, faculty and coaches that students representing the school in extra-curricular activities have a responsibility to themselves and the school above and beyond that of the average student. In short, when students volunteer for an extra-curricular activity in school:

- They are asking for the **privilege** to be chosen
- They agree to conform to the requirements and rules adhered to by that activity
- Foremost in importance, they agree to represent the school

Directly and indirectly, the conduct of student-athletes reflects standards, attitudes, and the philosophy of the school. Thus, schools obtain reputations (good and bad) from the conduct of their students and coaches. As long as this is a fact and as long as students are representing their school, **Bourgade Catholic** will have guidelines for participating students. At the beginning of each extra-curricular activity season, students and their parents will be given written guidelines (this booklet and individual coaches' guidelines) concerning the expectations for that activity. Students and parents alike will be required to sign this document showing their understanding and acceptance of these guidelines. Guidelines are in effect during the time period that the students are participating.

Since the student represents the school, the guidelines may extend beyond the school day and school grounds. Students choosing to participate in extra-curricular activities need to be aware that violation of the guidelines may be grounds for suspension or expulsion from the activity and in some instances from school.

*Representing **Bourgade Catholic High School** is a privilege and an honor. Participating students should always take pride in their activities and in the image of **BCHS**.*

Academics:

Students representing **Bourgade Catholic High School** are expected to be in good academic standing. If a student receives an **F** on a progress report, or at the end of the first or third quarters, or at the end of the first or second semester, he/she will be declared ineligible for extra-curricular activities.

A student declared ineligible has two options:

- He/she may remain ineligible until the next grading time (Progress Report or Report Card)
- After a minimum of two weeks he/she may apply for probational eligibility. If the grades in all classes are **D** or better, the student is eligible

During the first two weeks of the ineligibility, the student may practice with the team but the student-athlete **may not** play in a game. This practice is after the **mandatory** study hall time. During the second two weeks of consecutive ineligibility the student **may not** practice or participate in a game.

If a try-out period for a new sport or activity occurs during the ineligible period for a student, the student may try out after mandatory study hall. If practice is required prior to tryout times, this practice is done after the study hall. If it is during the student's second two-week period, the student may try-out, but cannot practice. If the student is not eligible by the third consecutive ineligibility two-week period, the student will be dropped from the team.

School Absences:

Students must attend school on a regular basis in order to succeed. No student should use athletics as an excuse to miss a class, extra help session, detention, or any other school event. The attendance requirement for participation in after school activities is as follows: Students must be in attendance for at least 4 periods of the day (**no unexcused tardies**) if they are to participate in an after school activity (includes practices, games or interscholastic activities). **ALSO**, if a student-athlete is **put out of class by a teacher, the student-athlete MAY NOT participate** in an after school activity. Exceptions to this policy:

- No tardy will be recorded for students who miss part of the day for a documented medical/dental appointment (*The student must bring a signed note from the medical office as he/she returns to school*)
- No absence will be recorded for students who miss due to participation in school, conference, or state sponsored extra-curricular activities
- The principal may grant exceptions to this policy

Acknowledgement of athletic policies:

Upon entering high school or at the time a student tries out for an athletic team, he/she will be presented with this Student Athlete Handbook (this booklet) containing the information and forms for participation in athletics. Parents should read the handbook and become familiar with the responsibilities that are being assumed by the student-athletes. Parents and student-athletes are required to sign the athletic contract, and emergency form. Please make sure that you understand everything that you have read before you sign. If after reading the handbook you have any questions or concerns, they should be brought to the attention of the Athletic Director before the contract is signed. Phone #: 602-973-4000 ext. 125.

Physical examination

A physical exam is required to participate in athletics each year prior to starting practice. The Physical must not be any earlier than March 1st of the preceding year. Documentation of this exam must be on the AIA physical form (form 15.7 A, B and C) per Arizona Interscholastic Association rules (AIA rule 15.7.2). An athlete may not participate until this form has been completed (both sides, including signatures from student, parent and physician) and turned into the health center in the front office.

Health and Emergency Information Card

Parents must complete and sign the Health and Emergency information card. This card is the parent's authorization to have medical treatment rendered for their student athlete. This card will be valid for the entire school year. **This card will be SENT in the SUMMER MAILING (July) from the School. You MUST send it back with all your FORMS for SCHOOL in the Summer Mailing PACKET.** The Health and Emergency Information Card shall be completed and on file before the student-athlete will be allowed to participate.

RISK OF PARTICIPATION IN ATHLETICS

It is very important that you understand the risk of participation. Each student-athlete and parent will be required to sign the Sports At-Risk form. Participation in competitive athletics brings with it the potential for physical injury. While we at **Bourgade Catholic** take all reasonable precautions, including the availability of an athletic trainer, you should be aware of the risks involved. Our coaching staff is trained in many of the aspects of care and prevention of athletic injuries and many are trained in first aid and CPR. We are fortunate to have the services of a certified athletic trainer who is available at all home games and most days after school.

SOME POTENTIAL INJURIES THAT MAY BE INCURRED DURING PARTICIPATION IN INTERSCHOLASTIC SPORTS:

Strains	Sprains	Contusions
Broken Bones	Dehydration	Abrasions
Blisters	Concussions	Cramping
Fractures	Punctures	Dislocations

EXAMPLES OF SPORT-SPECIFIC INJURIES

SPORT

Football

Soccer

Tennis / Golf

Track

Basketball

Cheerleading / Dance

Wrestling

POTENTIAL INJURY

Neck and Back Injuries --Knee Injuries—Head injury

Eye Damage -- Knee/Ankle Injuries -- Mouth/Teeth Injuries

Elbow Inflammation -- Heat exhaustion

Groin Strains -- Shin Splints -- Heel Contusions

Mouth/Teeth Injuries -- Eye Damage -- Dislocations

Back, neck, and shoulder Injuries -- Wrist sprains

Back, neck, and shoulder Injuries -- Mouth/Teeth/Nose Injuries

Mouth Guards

By A.I.A. By-laws all athletes participating in the following sports must wear a mouth guard at practices and games: **Football and Wrestling.**

REPORTING OF INJURIES OR ILLNESS

All injuries, which occur while participating in athletics, must be reported to the athletic trainer or coach. If the injury requires medical attention by a doctor, treatment center, or hospital, it will be necessary to have an injury report form completed by the coach and turned into the school office. Treatment and rehabilitation will be under the direction of the school athletic trainer and team physician. The coach/athletic trainer will inform the family of the Diocesan Insurance Policy and issue the appropriate forms. **Once a physician treats a student-athlete for ANY illness or injury, regardless of if it did or did not occur as a result of athletic participation, a doctor's written release is REQUIRED before the student-athlete will be allowed to return to participation. This includes any appointments for an injury or illness that may have occurred before the season began.**

Athletic Participation Fee

Each sport and A.I.A. activity that **Bourgade Catholic High School** offers requires a participation fee. This athletic participation fee is vital to each programs budget and must be paid prior to the first scheduled practice.

It is the responsibility of the student-athlete to keep his/her obligations and priorities in line with good judgment. If the student-athlete is participating in a sport, then he/she is **committed** to that sport for its entirety. If the student-athlete **quits or is asked to leave the team during the season** (this means from the point the “team” has been selected) without following proper procedures, the student-athlete **will not** be refunded the Athletic Participation Fee and **will not** be allowed to **participate** in the next sport season. Exceptions may be granted by agreement between the coach and the Athletic Director in circumstances involved that warrant an exception. **NOTE:** The participation fee **will not** be **refunded** after the first two weeks of practice for any reason. Please make sure when the student-athlete wants to be involved in an activity they are **committed**.

In addition to this participation fee we are asking parents / guardians to volunteer during athletic contests. Over the past few years the Bourgade Catholic Athletic Department has found that parental volunteering has fell upon the same few generous parents. We are asking that each parent volunteer a minimum of 3 games during their student-athletes season (if their student-athlete participates in the fall season then the parent has to volunteer for 3 games during the fall season. If the student-athlete participates during the spring season also, the parent has to volunteer for 3 games during the spring, etc.). The volunteering does not have to be your son/daughter’s sport – just a sport during that particular season.

There are many areas in which parents can lend a hand during athletic events. The following list is just a few examples:

- Sell tickets at the ticket gate
- Monitor entrances
- Snack bar service
- Running the game clock
- “Chain Gang” during football games
- Line judges during Volleyball games

If you prefer not to volunteer during the time your son/daughter is involved in a contest, please sign-up early and the parent volunteer coordinators will make all attempts to accommodate your needs so you will be able to enjoy your son/daughter during their contest. We are in need of your cooperation in this endeavor. Thank you in advance for all your help. Without you we could not excel in all that we do.

Fee (Male or Female): Freshman – Junior Varsity – Varsity

Baseball:	\$150.00	Soccer:	\$150.00
Basketball:	\$150.00	Softball:	\$150.00
Chess:	\$150.00	Tennis:	\$150.00
Football:	\$200.00	Track & Field:	\$150.00
Golf:	\$150.00	Volleyball:	\$150.00
Pom (Fall & Winter):	\$225.00	Wrestling:	\$150.00
Cheer (Fall & Winter):	\$225.00	Swim:	\$150.00

ATHLETIC CODE OF CONDUCT

Conduct/Behavior of all athletes at Bourgade Catholic High School

The extracurricular participation policy of **Bourgade Catholic High School** is a combined effort of coaches, teachers, students, parents, and administrators. The extracurricular participation policy is not intended to weaken the standards of clubs and/or teams that have written regulations more specific than those contained in this policy. A firm and fair policy of enforcement is necessary to uphold the rules, regulations and standards of the A.I.A. and, **Bourgade Catholic** (this applies before, during and after the event of participation including in and out of uniform). The community, school administrators, teachers, and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a strong program of athletics. The welfare and growth of the student is our major consideration and transcends any other consideration.

All student-athletes shall abide by a code of conduct that will earn them the honor and respect that participation and competition in the interscholastic program affords. Student-athletes will conduct themselves in an appropriate and responsible manner at all practice and games. At no time shall the student-athlete leave the practice or game area without the coach's knowledge. Proper conduct is to include respect for the rights and privileges of players, coaches and officials. Any conduct that results in dishonor to the student-athlete, the team, or the school will not be tolerated. The use of profane / vulgar language is not acceptable and will not be tolerated at any time whether during a game, at practice, in the locker room, or in the school.

16.3 A.I.A. Sportsmanship Rule (Disqualification policy)

16.3.1 Ejection From A Contest

If an A.I.A. contest official determines that a coach or player has acted in an unsportsmanlike manner during either a period or intermission, the coach or player may be ordered to leave the contest.

16.3.1.1 Penalties For Ejection

A coach or player ejected from a contest for any reason shall be subject to the following without appeal:

16.3.1.1.1 First Ejection

Ineligible for the next contest at that level of competition and all other contests during that interim at any level.

16.3.1.1.1.1 Any person ejected from a contest shall not participate the remainder of that day.

16.3.1.1.2 Second Ejection

Ineligible for the next two contests at that level of competition and all other contests during that interim at any level.

16.3.1.1.2.1 Any person ejected from a contest shall not participate the remainder of that day.

16.3.1.1.3 **Third Ejection**

A similar infraction of Article 16, Section 16.3, Paragraph 16.3.1 of the A.I.A. Bylaws by the same player during the same season will result in cessation of the season for the player concerned.

16.3.1.1.4 **End-Of-Season Ejection**

If a penalty is imposed at the end of the sport season and no contest remains, the penalty shall be enforced at the beginning of the subsequent season of competition in which the coach or player participates, regardless of the sport.

16.3.2 **Leaving the Bench Area**

When two or more persons (including the coaches, non-playing contestants and nonparticipating school personnel) leave their team's bench area to initiate a confrontation, or during an altercation in progress, the following shall occur without appeal:

16.3.2.1 The contest officials shall eject any person they determine to be in violation of Article 16, Section 16.3, Paragraph 16.3.2 of the A.I.A. Bylaws.

16.3.2.2 The contest officials may terminate the contest.

16.3.2.2.1 If the contest is terminated, the team (s) that left the bench area must forfeit the contest and record a loss.

16.3.2.2.2 If the contest is terminated during a tournament or post-season play, the offending team (s) will be removed from further tournament or post-season competition.

16.3.2.3 Further penalties may be imposed against the offending team (s) by the A.I.A. Executive Board, as set forth in Article 16, Section 16.1 of the A.I.A. Bylaws.

14.4 A.I.A. Non-School Participation Policy

14.4.1 A student who is a member of a school team shall not practice or compete with any other group, club, organization, association, etc., in that sport during the interscholastic season of competition. This rule applies to team sports only, which are football, baseball, basketball, volleyball, soccer, softball, track relay and swimming relay teams. For purposes of this rule, the interscholastic season of competition shall begin with the first regularly scheduled game and conclude with that particular team's final game. Any student violating the above rule shall forfeit his/her eligibility for a minimum of the balance of the season for that sport or up to a maximum of one calendar year.

14.4.1.1 **EXCEPTION**

Athletes are permitted to tryout for and compete with the U.S. Soccer Federation and the Olympic Development Program.

A.I.A. Policy on Transfer Students

15.10 After enrolling and attending one or more classes, students changing enrollment to/from one school to another school shall be considered a transferring student. Students shall be eligible to participate in interscholastic competition at the school to which he/she is transferred providing there is a corresponding change of domicile of parents or guardian. This rule is intended to and shall encompass all transfer situations and shall apply to any and all member schools be they public, private or parochial.

If there is not a change of domicile of parents or guardian, the transfer student will become ineligible for all A.I.A. sports and activities in which they competed in interscholastic competition during the 12 months preceding the transfer. These activities are listed on the A.I.A. 530 form and include:

Archery	Golf	Tennis
Badminton	Soccer	Track & Field
Baseball	Softball	Volleyball
Basketball	Music	Wrestling
Cross Country	Speech, Debate & Theatre	J.R.O.T.C
Chess	Spirit Line	
Football	Swimming	

To be eligible for interscholastic competitions at **Bourgade Catholic High School**, a student must have moved residence into Maricopa County from another county in Arizona or from out of state. According to A.I.A., our attendance boundary is Maricopa County.

In individual cases, the A.I.A. Appeals Committee may waive or modify the transfer rule when, in its opinion, enforcement of the rule would work an undue hardship upon the student. The appeals will be heard before the fall, winter and spring seasons of competition.

BCHS ATHLETIC DISCIPLINARY CODES AND ACTIONS

These Athletic Disciplinary Codes and Actions are designed to inform parents and the student-athlete of the conditions and procedures that are to be adhered to during the student-athlete's years at **Bourgade Catholic High School**. Specific requirements, philosophies, and beliefs will be provided to the student-athlete by the coach of the particular sport.

Drugs, Alcohol and Tobacco:

Students have to decide if they want to be athletes. If you wish to be an athlete, you must make the commitment to the rules in order to be a competitor. Medical research substantiates the fact that the use of steroids, tobacco, alcohol and any type of mood modifying substances produces harmful effects on the human organism. You cannot compromise athletics with substance abuses. We are concerned with the health of student-athletes.

State Law prohibits smoking by minors. Athletes shall be forbidden from using or possessing any cigarettes, cigarette lighter, matches, chewing tobacco, snuff, or other tobacco products in school, on school grounds, or during participation in a school activity or function. Athletes shall refrain from the use of drugs, alcohol, or tobacco. An athlete may not **possess, use, transmit, be in the presence of, or be in the possession of paraphernalia for the use of, or be under the influence of any alcohol, unlawful drug, or narcotic at any time, on or off school premises**. Any athlete who violates this policy may be subject to a suspension from all athletic activities and the School Handbook Consequence.

BOURGADE CATHOLIC HIGH SCHOOL ATHLETIC POLICIES

Ninth Grade Participation:

Under normal circumstances ninth grade students will compete at the freshman or junior varsity level. This policy is helpful to students who are adjusting to a new school and new classmates. If a coach believes that a ninth grade athlete has the ability to move up to the varsity level, the coach will make that decision and will be supported by the Athletic Director.

At the ninth grade level, all students shall be allowed to participate in the sports of their choice. While on the team each member shall receive as much playing time as possible. There should not be any expectancy of EQUAL playing time.

Playing Time (Very Important - READ CAREFULLY):

It is a **privilege** to be a member of a **Bourgade Catholic** athletic team. At the varsity level the determination of the coaching staff is the only factor in deciding who makes the team and who plays. This will be decided according to the skill level and experience of each student-athlete. A student-athlete must accept this and be willing to do his/her best for the good of the team, in whatever role he/she is given. The coaching staff will be willing to discuss academics or anything pertaining to a student-athlete's personal growth with parents. They will not, however, discuss playing time.

At the JV and freshman level the goal is that all players receive some playing time in each game or match. Some sports, (soccer, basketball, football, etc.) have rules that allow continuous re-entry. Sports such as baseball, softball, and volleyball have limited substitution rules, which may affect the amount of available playing time.

Commitment to sports is taken very seriously at **Bourgade Catholic**. Any student-athlete who receives a detention and comes late to practice or games will be subject to team rules regarding lateness, and may be kept out of games, or expect some other form of consequence. Any student-athlete who is late for, or misses a practice because they attended an extra help session or test makeup, will not have a consequence. Continued absences could lead to removal from a team.

Students who work during the school year should think very seriously about participating in sports. Practices and games **may be changed without notice**, and your attendance is **mandatory**. Missing practice or games because of a work commitment will not be excused.

Squad selection:

Bourgade Catholic prioritizes student involvement and therefore is reluctant to cut aspiring athletes. In accordance with this philosophy, we encourage coaches, at to keep as many students as they can without disturbing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the effective squad size for any particular sport.

At the varsity level it will be highly competitive. Therefore, we encourage all athletes to do a **REALISTIC** self-evaluation of their own potential, especially following the freshman year before trying out for any team.

Conflicts in Student Activities:

An individual student who attempts to participate in several student activities will, undoubtedly, be in a position of a conflict of obligations. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, however, a student-athlete **should not** commit to more than he/she can handle.

Students have a responsibility to do everything they can to avoid continuous conflicts. This would mean being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty advisor/coaches involved immediately when a conflict does arise. If conflicts continue to arise the student-athlete may be asked to make a choice and commit to one of the activities.

Season of Sport:

A student-athlete may not participate in a similar sporting activity outside of the school during the season of participation. This includes but not limited to city leagues or clubs, practices or games. This is stated in the A.I.A. Bylaws, Article 14, and Section 14.4.1 through 14.4.1.1.

Equipment:

- All uniforms are property of the **Bourgade Catholic** athletic program and are only to be worn by the student-athlete during contests for that sport. Uniforms may not be worn for recreational use
- Uniforms/equipment will be issued to the student-athlete at the beginning of the season only when the athletic handbook is read, signed, and turned into the athletic department with the appropriate athletic fee. All student-athletes are responsible for the proper care and security of equipment issued to them
- School-furnished equipment is to be worn only for contests and practices. During the season all equipment, including uniforms, must be kept clean. All equipment not returned clean, and in good condition at the end of the season will be subject to a financial penalty
- Uniforms will be returned washed to the coach **within two school days** following the **last game of the season**. If it is not, a **financial penalty** will be assessed to the student-athletes account.
- Student-athletes are to furnish their own athletic shoes

Grooming and dress code:

Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards expected of student-athletes in this school. All **Bourgade Catholic** student-athletes will be well groomed, according to the school dress code policy. Appearance, expression and actions always influence peoples' opinion, opinions of athletes, the team and the school. Student-athletes who are traveling to away games are to be dressed in game uniform or athletic department approved attire (see coaches rules / guidelines). Wearing a team warm-up suit or other approved team attire, with the prior approval of the Athletic Director, is acceptable. The following are **dress code** guidelines in regards to **Game Day Dress (Game Day Dress is only allowed on first and last game of season):**

MALE ATTIRE

Dress Slacks

- Button down dress shirt with Tie (top button must be buttoned and tie to the top of shirt collar)
- Leather dress shoes – NO tennis shoes
- Outerwear **MUST** be BCHS approved:
 - Letterman's Jacket
 - Navy BCHS Fleece Jacket
 - **NO Sweaters or Sweatshirts**

FEMALE ATTIRE

- Dress Slacks (**Not** form fitting)
- Dress Skirts (**No** denim and **Not** form fitting)
- Dresses **MUST** be collared and sleeved
- Dress Blouses with sleeves and collars
- Leather dress shoes – with stockings at **ALL** Times
NO tennis shoes

NOTE: The above GAME DAY dress attire MUST, at ALL times, follow BCHS guidelines on page 12 in your student handbook. To dress “up” on GAME DAY is a PRIVILEGE. If this is violated in any way the PRIVILEGE to participate in these dress days will be revoked.

Locker Room:

- No one except assigned coaches, players and authorized staff are allowed in the locker room
- **No one** is allowed in the locker room **without a coach**
- Rough housing or throwing towels or other objects is not allowed in the locker room
- Any unauthorized activities such as HAZING or any INITIATION RITUALS not sanctioned by the A.I.A. or **Bourgade Catholic High School** are not permitted and will result in serious disciplinary action, including possible suspension or withdrawal from team or school, in accordance with the student handbook
- No glass containers allowed in the locker room
- Cleats must be cleaned off either outside or into a trash barrel in the locker room. Banging cleats on the walls or washing them in the shower is not allowed
- All players should be assigned lockers. During and after practice all items should be put in the lockers and the lock secure
- Student-athletes **MUST** keep all shirts, socks, etc., clean in their lockers (rotate dirty clothing out and clean clothing in every couple of days)
- Anything left outside the lockers will be confiscated and you may be charged for its return
- The locker room should be kept clean and all soap and containers picked up in the shower area as well as the locker room. If the locker room is left in a mess, part of your next practice will be spent cleaning it. **DO NOT** use the excuse **IT WASN'T ME/US. The custodians will do NORMAL cleanup of the locker rooms, however, they are not our maids**

Release from Class:

Student-athletes who are released from class early so that they may travel to away games or matches will be responsible for any schoolwork missed during their absence. Arrangements should be made ahead of time with all the teachers involved. Any teacher may refuse to release a student for academic or disciplinary reasons.

Transportation:

Games

Transportation to games is provided by **Bourgade Catholic** mini buses or rented charter buses, in some cases students may obtain their own transportation. All passengers **WILL** use their **SEAT BELT**. If they do not they will be **suspended the next game**. To encourage team spirit, safety, and the security of all student-athletes, all student-athletes will travel to and from all athletic events in designated school transportation. If an exception is needed, it is recommended that **EVERY** family complete a written transportation notification form, have it notarized, and turned into the Athletic Director at the beginning of the year. This form will be on file for the entire school year for emergency purposes. Without this form (notarized for the entire year) on file, the student-athlete will have to return with the team and be picked up from the **Bourgade Catholic High School** parking lot. **This policy is subject to each coach/team policies.**

Missing Practice:

Any student-athlete who is late for, or misses, a practice because they attended an extra help session or test makeup, will not be penalized. Any student-athlete who receives a detention and comes late to practice or games will be subject to team rules regarding lateness, and may be kept out of games, or expect some other form of consequence.

Vacation policy:

Student-athletes who go on vacation during the playing season and miss games and/or practices should expect to earn their position back on the team.

LETTER REQUIREMENTS

Letters

Any varsity student-athlete who participates in more than half of the contests for that sport's season will earn a varsity letter provided that student-athlete has not resigned or been removed for academic or disciplinary reasons. A student-athlete may not receive a varsity letter if he / she has been on academic probation for more than one – two week period. Varsity student-athletes who previously received a letter for a particular sport will be awarded a certificate for subsequent varsity awards in that sport.

In a single level sport, the student-athlete must abide by the above requirements and participate in three-fourths or more of the contests for that sport's season.

**Bourgade Catholic High School
Athletic Eligibility Packet**



THIS PACKET MUST BE COMPLETE BEFORE A STUDENT ATHLETE IS ALLOWED TO PARTICIPATE IN ANY A.I.A. SPORT AT BOURGADE CATHOLIC HIGH SCHOOL.

Please return the following forms with your athletic fee to the secretary for the athletic office. It will not be accepted unless ALL forms and fee are together. When all the forms are checked for accuracy, the Athletic Director or assistant will issue a clearance. The Athletic Director will then inform the coach in that sport.

_____ **Physical** - A student athlete must have a complete physical by a physician and that physician must sign off on the attached paper work. (Form 15.7-A & Form 15.7-B) A physical must be completed once a year and will be valid for the entire school year.

_____ **Bourgade Catholic Consent Form** – This is a one page form and includes:
Risk Acknowledgement / Consent to Participate – The form is to be signed after viewing sports risk video. Parent/guardian (s) and the student athlete are required to read and sign. This form will be handed out the night of the viewing and will be valid for all years participating in athletics.

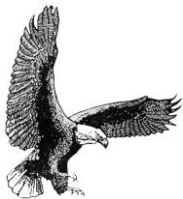
Parent-Guardian Codes and Actions Consent Form/Game – This form reminds Parent/Guardian (s) to display good sportsmanship at all times and will be valid for all years participating in athletics.

Athletic Contract – Parent(s) and the student athlete are required to read the Student-Athlete Handbook that contains the rules, regulations, disciplinary codes, and procedures. Both must sign stating that they have read and understood the information. This form will be valid all years participating in athletics.

Game Travel Release Form –Parent(s) and the student athlete are required to read and sign. This form will be handed out on book night and will be valid for all years participating in athletics. This is for **Freshman and Transfers** athletes **ONLY**.

_____ **HEALTH and EMERGENCY Information CARD** - Parents must complete the Health and Emergency Card. This card is the parent’s authorization to have medical treatment rendered for their student athlete. This card will be valid for the entire school year. **This card will be SENT in the SUMMER MAILING (July) from the School. You MUST send it back with all your FORMS for SCHOOL in the Summer Mailing PACKET.**

_____ **Athletic Fee** – This fee must be paid prior to a student athlete participating in the sport. If your student athlete participates in more than one sport, an additional fee will be charged for each sport. This fee is only valid for **one** sport. **NOTE:** The participation fee **will not be refunded** after the first two weeks of practice for any reason. Please make sure when the student-athlete wants to be involved in an activity they are **committed**. Please see **page 13** in this booklet for more details.



Home of the “Golden Eagles”



BOURGADE CATHOLIC HIGH SCHOOL CONSENT FORM

RISK ACKNOWLEDGEMENT / CONSENT TO PARTICIPATE

(Students Name) _____ wishes to participate in sport (s) in the BOURGADE CATHOLIC HIGH SCHOOL sports program during the student's year (s) (starting through ending year) _____. I/We realize that there are risks involved in participating in sports and that I/We attended a school meeting, where these risks were discussed and I/We received an opportunity to have all our questions answered. I/We understand that the risks include a full range of injuries, from minor to severe, from death to paralyzation and other serious permanent injuries. I/We realize that neither the protective equipment and padding, the safety rules/procedures of the sport, the coaching instruction received, nor the sports medicine care provided to athletes will guarantee safety or prevent all injuries they might sustain. I/We agree to accept these risks as a condition of participation in sports at BOURGADE CATHOLIC HIGH SCHOOL. I/We also understand that it is our responsibility to inform the coaching staff, the Athletic Trainer, and Director of Athletics of any pre-existing medical condition. This contract will be binding all years participating in athletics and while the student is enrolled in Bourgade Catholic High School.

Student-Athlete: _____ Date: _____

Parent/Guardian: _____ Date: _____

Parent/Guardian: _____ Date: _____

PARENT/GUARDIAN CODES AND ACTIONS

It is the responsibility of the student and the parent/guardian to read and abide by all the rules and policies of both the Student Handbook and the Athletic Handbook. As a member of the AIA Pursing Victory with Honor, all students and parents/guardians are required to display good sportsmanship at all times. I/We understand that a failure to do so will result in me/us being asked to vacate the area where the BOURGADE CATHOLIC HIGH SCHOOL is participating. I/We, by signing, are stating that we have read both the Student Handbook and the Athletic Handbook and will abide by all rules stated therein. This contract will be binding all years participating in athletics and while the student is enrolled in Bourgade Catholic High School

Student-Athlete: _____ Date: _____

Parent/Guardian: _____ Date: _____

Parent/Guardian: _____ Date: _____

Student's Last Name
First Name

ATHLETIC CONTRACT

I request that Bourgade Catholic High School include:

Athletes Name: _____ Date of Birth: _____ Class: _____

Sport(s) _____

This contract will be binding all years participating in athletics and while the student is enrolled in Bourgade Catholic High School.

1. To represent Bourgade Catholic High School in athletic activities approved by the Arizona Interscholastic Association.
2. To accompany any school team of which he/she is a member on any of its local or out of town trips
3. To receive services from the athletic trainers.
4. I agree not to hold the school or anyone acting in its behalf responsible for any injury occurring to the above named student in the course of any athletic activities or travel.
5. I have read and agree to abide by the rules, regulations and procedures contained in the Bourgade Catholic High School Student Athlete Handbook.
6. I am aware that playing or practicing in any sport can be a dangerous activity involving many risks of injury. Certain sports are violent contact sports involving even greater risk of injury. This contract will be binding all years participating in athletics and while the student is enrolled in Bourgade Catholic High School.

Student-Athlete: _____ Date: _____

Parent/Guardian: _____ Date: _____

Parent/Guardian: _____ Date: _____

GAME TRAVEL RELEASE FORM

This request is for (Student Name) _____, a student participating in sports at Bourgade Catholic High School. I/We are requesting permission for him/her to ride either to the in-season sports event or home from the in-season sports event with his/her parent (s)/ guardian (list names) _____ Date: _____. I/We will assume full responsibility for my child once I/We transport him/she to the sporting event or once he/she leaves the in-season sporting event. I/We understand by signing this release form the Diocese of Phoenix and Bourgade Catholic High School are released from all liability. This contract will be binding all years participating in athletics and while the student is enrolled in Bourgade Catholic High School

Parent/Guardian: _____ Date: _____

Signature of Notary _____ Date: _____

State of Arizona County of _____

Notary Seal

On (date) _____ (name of signer) _____, personally appeared before me and I verify that he/she is the person who signed the above document.

BOURGADE CATHOLIC HIGH SCHOOL
ATHLETIC DEPARTMENT



PARTICIPATION FEE
SCHOLARSHIP APPLICATION

NOTE: Awards will be based upon this application and the information received back from the CTODP Scholarship application.

(See Next Page)

**BOURGADE CATHOLIC HIGH SCHOOL
ATHLETIC DEPARTMENT
PARTICIPATION FEE SCHOLARSHIP
APPLICATION**

Financially Responsible Parent

Last Name	First Name	Home Telephone	Work Telephone	email
Street No.	Street Name	Apt. No.	City	State
Occupation / Title / Rank			Employed By	How Long?
Check One:		<input type="checkbox"/> Father	<input type="checkbox"/> Mother	
		<input type="checkbox"/> Stepfather	<input type="checkbox"/> Stepmother	
		<input type="checkbox"/> Other (Explain): _____		

Marital Status (Check one): Single Both Deceased Married Divorced
 Widowed Separated Divorced / Remarried Other

Size of Family

Number of family members that are financially dependent on parents who will reside in household in the school year 2011-12:

No. of Adults _____

No. of Children _____

Student (s) Applying for AID

Student's Name	Age	Sport (ONLY ONE – each season needs new application)
Student's Name	Age	Sport (ONLY ONE – each season needs new application)
Student's Name	Age	Sport (ONLY ONE – each season needs new application)

Does the student have a job? _____ Did the Student have a job during the summer? _____

How much can the student contribute to the athletic fee? _____

Family Information

List other children who will attend tuition-charging schools, including college, in 2011-12. Please estimate the amount of tuition you will actually pay after financial assistance or scholarships per year.

Student's Name	School Name	Amt. \$ per year Est.
Student's Name	School Name	Amt. \$ per year Est.

How much can you (the parent) contribute to the athletic fee? _____

Please write a one page summary as to why you should be awarded an athletic scholarship.

Pursuing Victory with Honor Parents Letter

As a school, Bourgade Catholic High School has taken a leadership role in expecting the sportsmanship displayed by our athletic teams, student body and community at events to be outstanding. We've placed a higher value on respect than wins and losses, because there's more to be learned in educational athletics than how to shoot, score, run, and throw.

We have been incorporating the themes of the A.I.A. Pursuing Victory with Honor program for many years and we have established our athletic department and sports programs as distinguished programs designated by the A.I.A. This has been a successful program nationwide, which reinforces and rewards the need for sportsmanship as one of the values taught through educational athletics.

If we do not make sportsmanship our highest priority, our programs will lose their effectiveness in teaching young people the valuable lessons learned on the athletic field and in achieving our educational mission. Your ability to be a good sport will put you in a leadership role in your home and community.

Everyone represents our school at an athletic event. One act of sportsmanlike or un-sportsmanlike behavior by even one person paints a picture of how we are perceived by neighboring communities, schools and the media. Maintaining the proper perspective about school sports will help us in our quest for good sportsmanship. Show what is good about our school and remind us that school sports are here to educate students, and be FUN!!!

Much of the joy of being a high school sports parent comes from watching your child compete in games. Fortunately, the majority of parents behave appropriately at school sporting events. But those who misbehave can spoil it all for the rest. It takes only a few out-of-control parents to turn what should be a pleasant atmosphere into one that is stressful for everyone.

In addition to some of the obvious inappropriate actions, such as profanity, drinking alcohol, **use of tobacco on school grounds**, throwing objects and the like, the following rules of thumb for personal behavior should be followed:

- Do not interfere directly or indirectly with your child's coach. Parents must be willing to relinquish the responsibility for the child to the coach for the duration of the game. **Negative comments and gestures of displeasure** toward the coach only undermine the coach's efforts.
- Do not shout instructions or criticism to the youngsters.
- Do remain in the spectator area during the event.
- Do not make abusive comments to athletes, parents, **OFFICIALS** or coaches of either team.
- Do express interest, encouragement and support to your youngster.
- Do lend a hand when a coach or school administrator asks for help.

And what about those parents who violate the rules of conduct? Good sportsmanship among all spectators is a goal worth working for, but especially for parents, who have the obligation not only to control their behavior, but to also remind others around them of their responsibilities when necessary. When parents misbehave, it is the duty of other parents and school administrators to step in and correct the situation. A simple rule of thumb for all spectators to follow is that absolutely nothing in their actions should interfere with any youngster's enjoyment of the game. We will have a **THREE STRIKE POLICY**:

1. **First Offense – “strike one” – Warning, will ask you to remember our Pursuing Victory with Honor and our Christian ideals.**
2. **Second Offense – “strike two” – Final warning, will reinforce what is expected at games.**
3. **Third Offense – “strike three, your out!” – You will be asked to leave the athletic facilities and will be suspended from the next three home athletic events. Furthermore your participating student-athlete will be suspended from the next athletic competition.**

By signing this document I/We state that we have read the Student athlete handbook and will uphold the mission of “Pursuing Victory With Honor”. Furthermore I/We accept any and all consequences of my actions. I/We understand that athletics is to be a fun opportunity and a growing time in a young person's life.

Parent/Guardian Signature

Student –Athlete Signature

Date