ATHLETICS HANDBOOK
2017 - 2018
Dear Bourgade Catholic Parents and Students,

The athletic department at Bourgade Catholic High School is committed to the overall mission of the school. The athletic department strives to have its athletes reach their full potential in all areas of the athletic experience; academically, socially, and through the realm of competition. Athletes are held to the highest standards both on and off the field and in the classroom.

All of the coaches and the entire athletics staff are anxiously anticipating the upcoming sports seasons and are excited to have the opportunity to work with you. In order to facilitate your participation in athletics at BCHS, an athletics handbook has been put together. All student-athletes at Bourgade Catholic High School are required to live up to the rules and guidelines outlined in this handbook. Each standard outlined builds upon the values of our school and community and helps provide a level of personal discipline that will enable greater individual and team success. Student-athletes are accountable for upholding these standards for the duration of their interscholastic season. Thank you for taking this contract seriously and for doing your best to make your participation a positive team experience.

All athletes and parents must review and abide by any/all expectations, codes of conduct, and guidelines as set forth by the BCHS Athletic Handbook, AIA, and the Diocese of Phoenix, including pursuing Victory with Honor and the Six Pillars of Sportsmanship.

As a parent, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of the respective team. Communication from your child’s coach that you should expect is:

• Philosophy of the coach and program
• Location of practices and games
• Team requirements
• Team discipline and behavior

As an athlete at BCHS, students will experience some of the most rewarding moments in their life. It is important to understand, that just like life, there may be times when things do not go the way one expects. At these times, dialogue with the coach by the athlete is encouraged. Student-athletes are striving to succeed in two demanding areas simultaneously- academics and athletics. Student athletes have the responsibility of developing and working toward an educational goal as well as training in their sport. The athletic department encourages and assists student athletes in maintaining academic eligibility so they can continue to participate in athletics.

Parents, it can be very difficult to accept when your child is not playing as much or where you may hope. The coaching staffs at BCHS are professionals. They make judgments based on what they believe to be best for all athletes involved. Certain things can be discussed with the coach but other things, such as team strategy, other players, etc., should be left to the discretion of the coach.

Thank you for your participation in and your commitment to Golden Eagle Athletics. We are looking forward to an exciting year in athletics at Bourgade Catholic High School.

Respectfully,

Kim Higginbotham
Athletic Director
MISSION STATEMENT

We are a college preparatory high school that educates the hearts and minds of students in the Catholic tradition and in partnership with families to be servant leaders and stewards of the Gospel.

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 sportsperson, 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’ experience at Bourgade Catholic. The main objective of our athletic programs are 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:

- Do not force an unwilling athlete to participate in sports. Keep your goal and agenda’s separate from your child’s experience. However, when your child commits to a team, assist him or her in fulfilling this commitment.
- Read this handbook with your student athlete so that there is a complete understanding of the rules, regulations and policies.
- Support all training rules, policies, and procedures of the athletic program
- Encourage your student in his/her commitment to academic success
- Good sportsmanship and respect for officials, players, opponents, spectators, and coaches is mandatory. Be a positive role model.
- Participate in fundraising activities that will help fund BCHS athletic programs.
- 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
- Come to athletic competitions, but let the coaching come from the coach. Cheer and encourage always!
- Help monitor your child’s time management, eating, and sleeping habits, stress level, and priorities.
- Support BCHS Athletics: Volunteer at Athletic Events each season

<table>
<thead>
<tr>
<th>Coach’s Name</th>
<th>Title</th>
<th>School Phone</th>
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<tbody>
<tr>
<td>Main Office</td>
<td>N/A</td>
<td>(602) 973-4000</td>
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<tr>
<td>Main Office Fax</td>
<td>N/A</td>
<td>(602) 973-5854</td>
</tr>
<tr>
<td>Shawn Gatson</td>
<td>Athletic Director</td>
<td>(602) 973-4000 ext. 134</td>
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<tr>
<td>Marcel Lopez</td>
<td>Varsity Football Coach</td>
<td>(602) 973-4000</td>
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<tr>
<td>Melinda Espinoza</td>
<td>Varsity Volleyball Coach</td>
<td>(602) 973-4000</td>
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<tr>
<td>David O’Neill</td>
<td>Varsity Swim Coach</td>
<td>(602) 973-4000</td>
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<tr>
<td>David Domotor</td>
<td>Chess Coach</td>
<td>(602) 973-4000</td>
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<tr>
<td>Carrie Nelson</td>
<td>Cheer Coach</td>
<td>(602) 973-4000</td>
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<tr>
<td>Shelton Simmons</td>
<td>Varsity Boy’s Basketball Coach</td>
<td>(602) 973-4000</td>
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<tr>
<td>Kelsie Sanborn</td>
<td>Varsity Girl’s Basketball Coach</td>
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<td>Alejandro Luna</td>
<td>Varsity Soccer Coach</td>
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<td>Varsity Wrestling Coach</td>
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<tr>
<td>Mike Brigiglio</td>
<td>Varsity Baseball Coach</td>
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<tr>
<td>Jinhee Huff</td>
<td>Varsity Softball Coach</td>
<td>(602) 973-4000</td>
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<tr>
<td>Amber Christenberry</td>
<td>Varsity Track Coach</td>
<td>(602) 973-4000</td>
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<td>Varsity Golf Coach</td>
<td>(602) 973-4000</td>
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<tr>
<td>Donna Stossel</td>
<td>Varsity Tennis Coach</td>
<td>(602) 973-4000</td>
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<tr>
<td>Ritesh Khatri</td>
<td>Head Athletic Trainer</td>
<td>(602) 973-4000</td>
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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 meet the requirements and rules of the 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.

Students must also be current on their Student Service Hours in order to participate in athletics. 20 Students Service Hours are required each year.

A student declared ineligible has can:

- 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
- Turn in documentation of Student Service Hours

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. If a try-out period for a new sport or activity occurs during the ineligible period for a student, the student may try out.
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 mandated school event. The attendance requirement for participation in after school activities is as follows: Students must be in attendance for at least 2 periods on a Gold/Blue Schedule or 4 periods on a Green Schedule (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 Assistant 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 Athletic 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. 134.

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 submitted with the athletics clearance packet.

Health and Emergency Information

Upon enrollment at BCHS, parents must complete and sign the Health and Emergency information card. This card is kept on file and inputted into the school’s student information system to have in case of emergency. As a part of the athletics clearance packet the parent will also fill out an Athletic Emergency Card that will travel with the program coach that allows for medical attention to be rendered if needed during participation in athletics. Both the Health and Emergency Information Card and the Athletic Emergency 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
- Broken Bones
- Blisters
- Fractures
- Sprains
- Dehydration
- Concussions
- Punctures
- Contusions
- Abrasions
- Cramping
- Dislocations

EXAMPLES OF SPORT-SPECIFIC INJURIES

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<tr>
<th>SPORT</th>
<th>POTENTIAL INJURY</th>
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<td>Football</td>
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<td>Eye Damage -- Knee/Ankle Injuries -- Mouth/Teeth Injuries</td>
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<tr>
<td>Tennis / Golf</td>
<td>Elbow Inflammation -- Heat exhaustion</td>
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<tr>
<td>Track</td>
<td>Groin Strains -- Shin Splints -- Heel Contusions</td>
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<tr>
<td>Basketball</td>
<td>Mouth/Teeth Injuries -- Eye Damage -- Dislocations</td>
</tr>
<tr>
<td>Cheerleading / Dance</td>
<td>Back, neck, and shoulder Injuries -- Wrist sprains</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Back, neck, and shoulder Injuries -- Mouth/Teeth/Nose Injuries</td>
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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 Fundraising and Volunteers

Athletic participation is included in the yearly tuition. However, in order to support the unique needs of our programs and to further advance the athletic success of Bourgade Catholic High School, additional volunteer hours and fundraising is necessary.

Fundraising

Each sport will be required to fundraise for their individual programs. There will be a minimum amount that each program is expected to raise each year. This minimum will be determined by the amount of athletes in the program. 85% of the monies raised by program fundraisers will go directly into the program’s account. 15% will be deposited into the general athletics budget to be used to offset shared athletic expenses.

It is the expectation that all athletes participate in the fundraising activities decided upon by each individual program.

Volunteer Opportunities

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.
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.

16.3.1.1.2  
**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.
16.3.1.3  **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.

16.3.1.4  **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 TRANSFER RULE – After enrolling and attending one or more classes, a student changing enrollment from one school (sending school) to another school (receiving school) shall be considered a transferring student. For information and record keeping purposes, the receiving and sending school shall reasonably cooperate and complete Form 520. The completed Form 520 shall be filed with the AIA by the receiving school.

15.10.1 In State Transfers – a student shall be ineligible for all contests at all levels until after the first 50% of the maximum allowable Power Rankings regular season contests in those sports in which the student participated during the twelve (12) months immediately preceding the transfer.

15.10.1.1 For individual sports, the student will be ineligible for 50% of allowable competitions for that school on the AIA calendar.

15.10.1.2 If a transfer occurs during the season, the student is ineligible for one year from the date of first attendance at the receiving school in that sport.

15.10.1.3 In case of any subsequent transfer by the student, the student is ineligible for one year from the date of first attendance at the receiving school.

“Statement of Philosophy / Rationale for Transfer Rule”

- Promotes the educational philosophy that participation in interscholastic athletics is a privilege, which should not take a dominant role over academics;
- Recognizes the overwhelming administrative difficulty in attempting to determine the motives or reasons for each and every transfer, and, therefore, adopts a uniform objective standard to be followed by all member schools.
- Helps to protect opportunities for participation by students who attend school in the attendance zone of their domicile;
- Helps to protect and promote continuity of school programs;
- Serves as a deterrent to students running from or avoiding an athletic discipline that has been or may be imposed; Except as otherwise stated, this rule is intended to and shall encompass any and all transfer situations and shall apply to any and all member schools, be they public, private or parochial.

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, 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:
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.

Team 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 office. 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.

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

Weight Room:
• Student-Athletes are to abide by all policies and procedures set forth by the strength and conditioning coach.
• No Student-Athletes may be in the weight room unattended.
• Workouts that are provided by the strength and conditioning coach are to be followed.

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. 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 qualify for lettering according to the requirements outlined in the individual program handbook.
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 unsportsmanlike 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 the following consent form I/We state that we have read the Athletics 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.