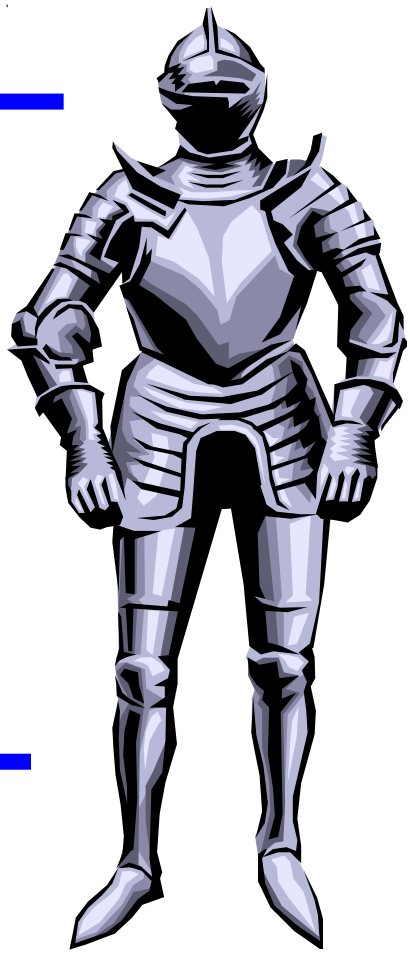
St. Dominic School

Athletic Handbook

Fall 2011



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St. Dominic School Athletic Handbook

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The contents of this handbook are reviewed periodically by the St. Dominic Athletic Committee and the St. Dominic School Board, and the rules and guidelines herein are subject to change. Any changes will be published for all those affiliated with St. Dominic sports. This handbook is for information only and does not create any contractual rights whatsoever.

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Introduction

Mission Statement St. Dominic School Athletic Program

An integral part of the parish and school, the St. Dominic School Athletic Committee is committed to emphasizing the dignity of every student athlete as a child of God while supporting his/her pursuit of athletics.

We Believe...

- All athletes, coaches, and parents will do their best to promote Christian values
- Players and coaches will perform at levels of competitiveness that place learning and developing sport skills first and foremost above winning
- Sportsmanship and respect for our competitors must NEVER be compromised
- We must strive to maintain a cooperative spirit among parents, coaches, teachers, and student athletes that will make it possible for our athletes to develop into leaders in the parish and community

Purpose

The athletic program is established at St. Dominic School by the Pastor of St. Dominic Parish as an extracurricular opportunity operated under the direction of the Athletic Director and the Athletic Committee. The purpose of the Athletic Committee is as follows:

- To provide opportunities for student athletes to play in well-organized and supervised sport leagues;
- To select volunteer coaches willing to teach sportsmanship at all times and in all situations while participating in these leagues;
- To teach the participants to play their sport well;
- To emphasize the importance of performing at high levels in the classroom while working within the athletic eligibility guidelines of the school.
- To teach young people to develop their God-given talents to the best of their ability while gaining a sense of good sportsmanship, fair play, and Christian values in a healthy, fun environment is of primary importance, along with promoting academic excellence and community service.

Athletic Committee

St. Dominic School Athletic Program

In addition to the Pastor, the composition of the Athletic Committee at St. Dominic School is as follows:

- Athletic Director
- Assistant Athletic Directors (Representatives from each sport)

Baseball	*Football*
Boys' Basketball	*Girls' Basketball*
Boys' Developmental Basketball	*Girls' Developmental Basketball*
Cheerleading	*Girls' Volleyball*

- Principal
- At-Large Parish Representative

The Athletic Director and Assistant Athletic Directors must be St. Dominic School parents and/or parishioners in order to serve on the Athletic Committee. The Athletic Director is selected and subject to annual review by the Pastor. Assistant Athletic Directors will be selected by the parents of the student athletes in each sport. ***The Athletic Director and Assistant Athletic Directors may coach a sport if there is a lack of coaches for the sport.***

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Athletic Director

Responsibilities of the Athletic Director ***& Assistant Athletic Directors***

- To recruit and select the Assistant Athletic Directors who, along with the St. Dominic School Principal, comprise the Athletic Committee;
- To determine all operating rules, participation fees, and budgets for each sport with oversight from the St. Dominic School Athletic Committee;
- To select and approve all team managers, coaches, assistants, etc., for the programs they organize, fund, and/or direct with oversight from the St. Dominic School Athletic Committee;
- To implement the philosophy and guidelines established by the Catholic Schools Athletic Association (CSAA), the St. Dominic School Board, and the Athletic Committee;
- To manage the finances of the athletic program;
- To recruit coaches who are willing to abide by the philosophy and guidelines established by the St. Dominic School Board as well as those established herein;
- To schedule and conduct a coaches' meeting to include discussion of the St. Dominic School athletic program guidelines and the league rules as they pertain to each sport;
- To attend league organizational meetings;
- To ensure that all league fees and game officials are paid promptly;
- To ensure that all athletic uniforms are delivered to players and returned;
- To coordinate and/or ensure that all participation fees and associated forms are completed and returned in order for a student to be eligible to participate in a sport;
- To supervise the organization of teams and obtain the necessary uniforms/equipment for each team;
- To learn and abide by the rules of the host facility for games and practice sessions and to make all coaches, athletes, parents, and St. Dominic fans aware of those rules;
- To secure the necessary concession supplies, gate workers, qualified officials, and other volunteers necessary in order to maintain a safe, clean and orderly environment before, during, and after games.
- To ensure that gyms and playing fields are available for games and to work with coaches to secure appropriate practice facilities for each team;
- To maintain up-to-date records of program schedules, participants, coaches, and required paperwork, including background checks, Safe Environment training, and athlete physicals;
- To meet with the St. Dominic School principal on a timely basis to keep the school informed of league schedules, game cancellations, special programs, etc.;
- To coordinate awards programs and other special events, including fundraisers (as needed);
- To schedule periodic meetings of the Athletic Committee.
- To make quarterly reports to the St. Dominic School Board and to seek approval from the Board for any changes in policy related to the athletic program.

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Coach/Sponsor

General Guidelines for St. Dominic Coaches/Sponsors *& Assistant Coaches*

- Each coach selected must be willing to abide by the philosophy and guidelines established by the St. Dominic School Board and the Athletic Committee as established herein. Team rules and procedures established by the coach may not conflict in any way with the philosophy and guidelines of St. Dominic School and the Athletic Committee.

- The Athletic Director, with input from the Athletic Committee, will approve each coach, assistant coach, manager, sponsor, etc.

- Each coach, head or assistant, shall have on file with the school a copy of a current background check, a record of completed Safe Environment training (required and administered by the Archdiocese), and a signed Code of Conduct. **Coaches may not begin their duties without first completing Safe Environment training and filing their certificate of attendance in the parish or school office.**

- Each coach will be evaluated by the Athletic Committee at the conclusion of each season in accordance with the guidelines and policies established in this handbook and the rules for the league in which he/she has been chosen to coach.

- The Athletic Director, with input from the Athletic Committee, must approve all team expenditures and all fundraising activities, including solicitations for donations. Any donations for uniforms, equipment, or other team-related expenses must be turned over to the Athletic Director.

- All athletic designs/logos printed on apparel, gear bags, etc. must be approved by the Athletic Director and the Athletic Committee and the St. Dominic School Board.

- Coaches will not permit a student athlete to attend or to participate in a game or practice if he/she:
  A. is academically ineligible during that week
  B. has received disciplinary action at school during that week
  C. has missed school due to an illness that day
  D. was absent from school without documentation (doctor's statement or parent note) on the day following a game. (See "Ineligibility," p. 10)

- Each coach is required to:
  A. Attend required meetings and/or training sessions
  B. Have a parent meeting prior to the first scheduled practice, at which time all business related to playing will be presented;
  C. Promote good sportsmanship and conduct in accordance with school policies;
  D. Coach in a manner consistent with league rules, general team guidelines and as outlined herein;
  E. Devote enough time to each child so that he/she may progress;
  F. Maintain an accurate record of all uniforms and equipment issued to athletes, collect uniforms and equipment IN PERSON at the end of the season, report losses/damages of uniforms/equipment to Athletic Director, and assure that all items are properly stored. UNIFORMS ARE NEVER TO BE TURNED IN TO THE SCHOOL OFFICE.
  G. Collect the proper paperwork (permission forms, contracts, physicals, etc.) and participation fees by the designated date and time, and return all paperwork and fees to the **ATHLETIC DIRECTOR**.
  H. Give each player a fair amount of playing time when game situations warrant;
  I. Fill out game reports, score books, team rosters, etc., and return them promptly to the Athletic Director when needed;
  J. Stress academic success by making students aware of athletic eligibility guidelines and procedures.
  K. Make available for each player, at each practice session and game, the proper equipment, water, first aid, and adult supervision. **A first aid kit is supplied by the Athletic Director and must be present at all games and practices.**

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Practice Sessions

General Guidelines for Coaches, Parents & Student Athletes

- Coaches must work with the Athletic Director to secure appropriate practice facilities.
- Each team is required to enter/exit the practice facility in a safe, secure manner.
- Coaches must arrive at least 15 minutes prior to the scheduled start of each practice. Practice sessions must start and finish at the scheduled times.
- Practice sessions are open for parent observation only. Other students, friends, or family members may not attend practice sessions.
- Each team coach/manager is responsible for leaving the practice facility clean and properly secured after each use.
- Coaches are responsible for seeing that all students have left the practice facility before leaving. ***NO ATHLETE IS TO BE LEFT UNATTENDED FOR ANY REASON***.
- Each coach will allow only those students involved with the team's practice at the practice facility during scheduled practice times. Any scrimmages, games, and/or practice sessions, etc., involving anyone other than St. Dominic School student athletes must be approved by the Athletic Director.
- Each coach is advised to maintain an attendance/participatory log relating to each player for all practice sessions and games. Should a parent and/or player present a complaint to the Athletic Director or Athletic Committee, this log and coaches' notes will be used to evaluate a player's conduct, attitude, and participation.
- **No more than five (5) gatherings will be allowed in one week. A "gathering" is defined as either a game or a practice session. A tournament is counted as a single gathering. For example, two weeknight games and one weekend tournament would count as three gatherings; only two practice sessions could then be scheduled during that week.**
- Teams will not be allowed to practice prior to 10 AM nor later than 4 PM on Saturdays.
- **Sunday practices will not be allowed without the prior approval of the Athletic Committee and the School Board and ONLY if there is no other practice time available at a designated facility Monday-Saturday.**
- No single practice shall last more than two (2) hours. Limited practice sessions are recommended on school breaks.
- Student athletes will not be penalized if they miss practice to participate in other school or parish events or to attend ceremonial family functions (wedding or funeral). Students who miss practice for these reasons must present a parent note.
- Each coach/sponsor should schedule practice sessions within reason to that week's events. Each coach/sponsor should take into consideration any games, school events, weather, etc., that would affect the student athlete's ability to complete school work. Should the need arise, the Athletic Director would step in to establish guidelines for practice.
- Practices are open for parent observation only. Siblings or other friends and family members are not allowed to attend practice sessions.
- Parents must make the necessary arrangements for student athlete to arrive for and leave from all practices and games at the scheduled time.

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Games & Tournaments

General Guidelines for Coaches, Parents & Student Athletes

- **No more than 20 regular season games will be played.**
- No more than five (5) gatherings per week (practices, games, and tournaments combined) will be allowed.
- All tournament participation must be approved by the Athletic Director and Principal.
- **No more than four (4) tournaments may be scheduled in a season, including pre-season and year-end league tournaments.**
- Coaches must arrive at least 30 minutes prior to the scheduled start of each game.
- An athlete's eligibility to play will not be impacted by the student athlete's ability or inability to purchase athletic apparel in addition to the school-sponsored athletic *uniform*.
- Student athletes playing the last game in the facility are required to clean up the facility. Parents are expected to support this practice.
- Parents must sign up to work the gate and help with concessions for any sport in which their children participate; if they are signed up to work at a ballgame and have to cancel, then they are responsible for finding substitute game workers.
- Parents are responsible for the supervision of any children they take to ballgames. **NO CHILD IS TO BE DROPPED OFF AT A BALLGAME UNLESS ANOTHER DESIGNATED ADULT IS PRESENT TO SUPERVISE THE CHILD IN THE ABSENCE OF THE PARENT.**
- Parents are to keep children from running on the playing field or basketball court.
- The rules of the host facility must be respected at all times.
- Transportation to all games will be provided and/or arranged by the parents.
- Uniforms must be properly cared for throughout the season and returned properly and promptly at the end of the season.
- **UNIFORMS ARE NEVER TO BE RETURNED TO THE SCHOOL OFFICE.**
- Follow the proper grievance procedures should a conflict arise.
- Parents should share their time and talents as a leader and/or coach in the athletic program if possible.

Parent/Guardian

Guidelines for the Parents/Guardians of St. Dominic Student Athletes

Parents/guardians of St. Dominic student athletes are crucial to the success of the school's athletic program. As the primary educators of their children, they must set the example for their student athletes that teamwork is essential to any athletic program's success. Just as the student athletes are members of a team, parents themselves are members of a team—the team of Athletic Committee members, coaching staffs, fundraisers, and fans who make each sport possible.

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Parent involvement in athletics is also a form of stewardship--giving of one's time, talent, and treasure. Unlike public schools, where school personnel operate athletic programs, parents are almost entirely responsible for athletics at St. Dominic School. Given this level of responsibility, the role of parents is clear: in order for student athletes to participate in the athletic program at St. Dominic School, parents also must take an active part.

As the primary educators of their children, parents also are the first and most important role models for their children. Whether on the sidelines as coaches or in the stands as fans, parents must set a Christian example for their student athletes to follow. Fair-mindedness, sportsmanship, good manners, and respect for oneself, one's fellow man, and one's environment are required behaviors for parents and student athletes alike. Understanding rules and following set guidelines are also important.

Finally, beyond instilling in children a love for sports and an appreciation for the discipline and skills required for each sport, every parent should have a primary concern for the safety and well-being of every student athlete who participates in the athletic program at St. Dominic School.

- Read this entire handbook with your student athlete; know the responsibilites, guidelines, rules, and procedures associated with every aspect of the athletic program.
- Complete and submit all of the required paperwork on time.
- Pay all fees and purchase the required items needed to complete your child's uniform.
- Help your child manage his/her time responsibly so that there is appropriate attention paid to academics.
- Attend orientation and other meetings scheduled by coaches.

Student Athlete

General Guidelines for the St. Dominic Student Athlete

What does it mean to be a "Student Athlete"?

On the court or on the playing field, at practice, or in the game, the St. Dominic athlete must be an ambassador for St. Dominic School at all times. He or she is called "student athlete," meaning, *student first* and *athlete second*. As such, the St. Dominic *student athlete* must perform well in the classroom, maintain good Christian conduct, and reflect the teachings of St. Dominic School in and out of the school setting in order to enjoy the privilege of participating in its sports programs.

Athletic Eligibility

General Requirements for the St. Dominic Student Athlete

- Every student athlete is required to:
  - (1) Be familiar with and follow the St. Dominic School student conduct code and all other rules and guidelines in the *St. Dominic School Student-Parent Handbook*.
  - (2) Abide by the philosophy and guidelines established by the St. Dominic School Board and the Athletic Committee as outlined in this handbook.

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- Eligibility to play will not be impacted by the student athlete's ability or inability to purchase athletic apparel in addition to the school-sponsored athletic uniform.
- Student athletes must attend scheduled practices and games and abide by the team rules and procedures established by the coach.
- Athletes must be passing in every subject in order to participate in practices or games.
- Student athletes must maintain good conduct at school and will not be allowed to attend practices or games if they have committed disciplinary infractions during the week.
- Any St. Dominic student athlete will be dismissed from participation in the athletic program for the remainder of the season if he/she is found smoking, consuming alcohol, using non-prescribed drugs, and/or any other action deemed inappropriate.
- St. Dominic student athletes may not play on any high school team.
- **Student athletes playing the last game in the facility are required to clean up the facility.** Student athletes must have respect for any and all athletic facilities and equipment. They must do their part to keep practice and play facilities clean and orderly, and they must abide by the rules of any facility in which they practice or play. Damages or property loss caused by the student athlete will be the responsibility of the student athlete and his/her parents, and the student athlete will not be allowed to practice or play until the necessary repairs, replacements, and/or payments have been made. Depending on the severity of the situation, the student athlete may be dismissed from the team for the rest of the season.

Athletic Ineligibility

Guidelines for Determining Ineligibility of Student Athletes

Absence from School

- **ATHLETES MAY NOT PARTICIPATE IN EITHER A GAME OR PRACTICE IF THEY HAVE BEEN ABSENT FROM SCHOOL THAT DAY DUE TO AN ILLNESS.**
- For absences due to reasons other than illness, the decision is to be made by the Principal.
- A student must be present at school on the day after a game or have a doctor's statement or parent note. Without this documentation, the student must sit out the next game.

Academic Deficiencies

A student athlete can be ruled academically ineligible to participate in St. Dominic sports:

(1) If the student athlete's average in any subject falls below 70%;

(2) If the student's academic performance indicates a lack of attention to classroom assignments, homework, meeting deadlines, or inability to follow class rules and expectations.

- Teachers will document academic deficiencies on the weekly Athletic Eligibility report by 1 PM each Monday throughout the season.

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- A student athlete who has been reported as deficient will have a conference with the principal to discuss the report, the conditions of the ineligibility, and the terms for reinstatement. Following the conference, the principal will contact the parent or guardian, the Athletic Director, and the coach.
- **At minimum, the student athlete will remain ineligible until the next Athletic Eligibility reports are submitted on the following Monday.** The Principal will notify the student, parent or guardian, the Athletic Director, and the coach when the student athlete is once again eligible to participate.

Disciplinary Infractions

- Athletes may not be allowed to participate in sports if their misconduct results in a detention, suspension, or other disciplinary action.
- The principal will notify the student athlete, his/her parent or guardian, and the coach of the student athlete's ineligibility and the terms for return to eligibility.

Ineligibility = No Participation & No Attendance

Students who are not allowed to participate in an athletic event (practice session or game) are not permitted to attend the event.

Uniforms

- All uniforms and equipment purchased by the Athletic Program shall remain the property of St. Dominic School.
- All uniforms and equipment damaged beyond normal wear or not returned will be replaced at the expense of the student athlete's family.
- At the conclusion of the season, all uniforms will be cleaned, bagged and labeled with the athlete's name, and returned to the team coach in accordance with his/her instructions.
- **UNIFORMS ARE NEVER TO BE RETURNED TO THE SCHOOL OFFICE.**
- In an effort to keep uniforms in the best possible condition, they are to be worn only during designated times. Uniforms are not to be worn at practice sessions or as street wear.
- Uniforms are not to be worn on Spirit Days, but they may be brought to school so that they can be worn during special programs such as pep rallies.

General Information

Admission*

$3.00 per Adult
$2.00 per Student
$10.00 per family (4 or more)

* *Admission rates are subject to change for some tournaments and out-of-town games.*

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Athletic Programs

Athletic Opportunities at St. Dominic School

BASEBALL	Grades 7-8*	BASKETBALL	Grades 4-8
BASKETBALL	Grades 4-8	CHEERLEADING	Grades 6-8*
FOOTBALL	Grades 7-8*	VOLLEYBALL	Grades 4-8

**Teams may include players from lower grades if players are needed in order to form a team.*

Competitive & Developmental Teams

Developmental Team Goals

While winning the game is the object, equal playing time is a higher priority on the developmental team. Participation on a developmental team allows the student athlete to develop and strengthen skills and build confidence. This type of team is outstanding for the growth of the player, whether with St. Dominic sports teams or another league.

The 4th and 5th grade teams at St. Dominic are considered developmental teams.
The 6th grade teams also may play in a developmental league.

Competitive Team Goals

A competitive team is designed to be as competitive as possible with the team it plays. For that reason, playing time may not, and likely will not, be equal for all players in each game. In some games, the more skilled players may receive a majority of the playing time, while less skilled players may play less. However, coaches are to allow as much participation as possible by each player in order to develop bench strength, create a better overall team, and enhance the self-esteem of every individual athlete.

The 6th through 8th grade teams at St. Dominic are considered competitive teams.

Coaches shall honor the *developmental* role of all St. Dominic School athletics—including *competitive* athletics—in the total education of our student athletes. Coaches shall make every effort to allow each athlete playing time in each event and shall take into consideration the level of play, the ability of the competing team, and the score differential in providing maximum opportunities for play by each athlete.

Fees for Student Athletes

$25 Grades 4-8 for participation in one sport
$50 Grades 6-8 for participation in two or more sports

Fees are due along with required paperwork by the first practice. Athletes will not be allowed to participate until all fees and paperwork have been submitted.

Grievance Procedures

Authority as exercised in the Catholic school system depends in large measure upon a spirit of willing cooperation among administrator, coaches, parents, and athletes. The St. Dominic School Athletic Committee does realize that honest disagreements can and sometimes will occur. Likewise, the Athletic

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Committee believes that these disagreements or complaints can and should be discussed and resolved at the level closest to the dispute.

Normal levels for resolving grievances:

1. Coach
2. Athletic Director
3. Principal
4. Athletic Committee
5. School Board
6. Pastor
7. CSAA

Physical Examinations

Prior to the first practice session, student athletes must submit to their coach a completed physical exam form. Exams must be performed by a physician, physician's assistant, or nurse practitioner; health department exams will not be accepted. Forms available from the health service provider may be used, or see the Appendix of this handbook for a reproducible exam form. Additional physical exam forms are available in the school office or in parent information folders distributed at the beginning of each school year.

Recognition of Student Athletes

Recognition programs for teams, coaches, and parent volunteers may take the form of an end-of-year potluck dinner and awards program and/or one or more informal awards programs for the Fall and Spring sports. The type and number of these recognition programs will be decided upon and coordinated by the Athletic Director with the help of the Athletic Committee.

Developmental Teams:

Student athletes on developmental teams will receive participation ribbons, letters, or certificates.

Competitive Teams:

Recognition of student athletes at the competitive level of play includes awards based on effort and performance in the student athlete's respective sport as well as awards based on his/her performance in the classroom while participating in that sport. **Trophies will be awarded at the competitive level.**

Student Athlete Awards

Athletic Performance Awards

Academic Athlete Award

In determining academic achievement awards, the following subjects will be included when calculating the student athlete's grade point average:

Religion • Language Arts • Mathematics • Science • Social Studies

Teachers will submit trimester grade reports for each of the above subject areas to the Principal, who will determine the name of the student athlete with the highest grade in these subject areas combined.

Grades will be tabulated ONLY for the trimester in which the sport is played:

1st Trimester	Football and Girls' Basketball
2nd Trimester	Boys' Basketball and Cheerleading
3rd Trimester	Baseball and Volleyball

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The Principal will submit to the Athletic Director only the names of the award recipients. **Grades are confidential student records** and will not be shared with the Athletic Director or other members of the Athletic Committee.

Christian Athlete Award

This honor is given by the student athletes themselves to a teammate who has exhibited Christian behavior on and off the playing field/court.

Safe Environment Training

The Archdiocese of Louisville is committed to ensuring that children and youth who worship, study or participate in church-sponsored activities can do so in the safest and most secure setting possible. In an effort to fulfill this commitment, **all employees or volunteers who have regular contact with children or youth — including athletic coaches, assistant coaches, athletic directors and assistant athletic directors — are required to participate in ONE Safe Environment Training Workshop.** The Safe Environment Program will be offered through a partnership with the Center for Women and Families.

Workshops will cover the following topics:

- Identifying signs of child sexual abuse
- Understanding the dynamics of child sexual abuse, including how children are groomed and how they may attempt to reveal their experience
- How to take action in response to child sexual abuse, including obligation to report and caring for the abused child
- Becoming familiar with archdiocesan policies and Code of Conduct regarding work with children

Each workshop lasts approximately 2 hours. Workshops are offered throughout the year at various locations throughout the Archdiocese. For a listing of scheduled workshops, check with the parish office. NO REGISTRATION FOR THESE WORKSHOPS IS NECESSARY, but you must sign in when you arrive at the workshop. Participants will receive a copy of the *Archdiocesan Sexual Abuse Policies* resource manual. **The back of the manual includes a participation form which must be completed by the participant and turned in to the parish or school office.**

Screenings for All Volunteers

1. **Safe Environment Training**
2. **Background Check**

Volunteers who work in the St. Dominic athletic program MUST complete the Safe Environment training prior to coaching. Coaches, assistant coaches, the Athletic Director and his/her assistant also must undergo a background check. The background check form can be obtained and completed through the St. Domini School office.

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Coaching Code of Conduct

St. Dominic School Athletic Program

- I understand that it is an honor and a privilege to be a Coach. My role in the development of student athletes cannot be too greatly stressed. The task I have chosen is difficult because of the important influence I will have on student athletes. They will look to me for knowledge, guidance, and direction.

- I agree to remember that my first responsibility is to be a Christian in all that I do and say, and that my goal is to model the life of Jesus. Therefore, I will begin each practice and game with a prayer, and I will encourage my student athletes to model Christian behavior as well.

- It is important that there is open, consistent communication among the Athletic Director, Principal, parents, student athletes, and the coaching staff. The principal, athletes, and parents will be appropriately notified of any changes in the game or practice schedule. At all times I will support the rules, policies, and the philosophy and mission of St. Dominic School and its Athletic Program; therefore, it is my responsibility to be current on all policies and rules.

- I will demand a sports environment that is free of drugs, tobacco, and alcohol, and will refrain from their use before, during, and after games and practice sessions—whenever student athletes are present.

- I understand that I am a reflection of St. Dominic School. I understand that my behavior before, during, and after games and practices should reflect good sportsmanship. I agree to communicate at the appropriate time in an appropriate manner. I understand that improper communication, including threatening comments, profanity, or obscene gestures will not be tolerated and will be considered a serious breach of my obligations as a coach. I will display proper demeanor with athletes, coaches, game officials, opponents, other adults, and all others associated with the athletic program in any capacity. I understand that this is an important obligation as coach, since I will be an example to the student athletes.

- At all times I will be conscious of the safety of student athletes. I understand that I cannot have any inappropriate contact or communication with student athletes or other children in connection with my coaching position. I understand that it is extremely important that I am never alone with any student athlete or other child. I will make sure at least one parent/guardian is with me if only a single child or student athlete is present.

- I understand that practice time is integral to my child's success in the Athletic Program. I will make every effort to ensure that I am on time for the start and end of all practice sessions, and I will make every effort to ensure that I arrive at least 30 minutes before the start of a game.

- At all times I will be consistent with all student athletes. I understand that these guidelines have been developed to foster a safe environment, school spirit, loyalty, teamwork, and good sportsmanship. I will keep the emphasis on learning and skill development of all team members. I will refrain from attempting to "run up" the score against an opponent.

- I understand that there is a "chain of command" in force for addressing concerns and problems: Coach, Athletic Director, Principal, Athletic Committee, School Board, CSAA. In each instance, careful consideration will be given and a timely response made with no retaliatory measures inflicted upon the student athlete.

- I have read the *St. Dominic School Athletic Handbook* in its entirety, and I understand and agree to abide by and support the rules and requirements therein and included in this Code of Conduct.

Coach's Signature: _____ Date: _____

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Parent Code of Conduct

St. Dominic School Athletic Program

- I understand that as an adult and a parent, I am my child's primary role model. I have read the *St. Dominic School Athletic Handbook* with my child and agree to support and abide by the rules and responsibilities therein.
- I will demand a sports environment that is free of drugs, tobacco, and alcohol, and will refrain from their use during and when driving to all sport events.
- I understand that participation in the St. Dominic School Athletic Program is an added privilege and responsibility. Homework is not a valid excuse to miss a practice or a game. I understand that a practice or a game is not a valid reason for my child not to have his/her homework completed. I will make the necessary adjustments and assist my child in managing his/her time in order to meet both homework and athletic commitments.
- I understand that practice time is integral to my child's success in the Athletic Program. I will make every effort to ensure that I am on time for the start and end of all practice sessions, and I will make every effort to ensure that my child arrives 30 minutes before the start of a game.
- I understand that I am a reflection of St. Dominic School. I understand that my behavior before, during, and after games and practices should reflect good sportsmanship. I will not use profanity or make obscene gestures at games or practices, especially when student athletes are present. I will refrain from criticizing the athletes, coaches, game officials, opponents, other adults, and all others associated with the athletic program in any capacity. Such behavior will not be tolerated and sets a terrible example for the children. Members of the Athletic Program and/or the host facility reserve the right to ask someone to leave the premises should his/her behavior violate any aspect of this Code of Conduct.
- I understand that there is a "chain of command" in force for addressing concerns and problems. The chain of command for grievances is as follows: Coach, Athletic Director, Principal, Athletic Committee, School Board, CSAA. In each instance, careful consideration will be given and a timely response made with no retaliatory measures inflicted upon the student athlete.
- I will attend all mandatory meetings scheduled by the Coach and/or Athletic Director.

Student Athlete Code of Conduct

St. Dominic School Athletic Program

- I agree to remember that my first responsibility is to be Christian in all that I do and say, and that my goal is to model the life of Jesus.
- I agree to respect coaches, teammates, game officials, opponents, other adults, and all others associated with the athletic program in any capacity.
- I will not argue with coaches, teammates, game officials, opponents, other adults, or fans.
- I will not use profanity or obscene gestures at any time.
- I will demand a sports environment that is free of drugs, tobacco, and alcohol, and will refrain from their use at all times.
- I understand that participation in the St. Dominic School Athletic Program is a privilege and carries with it a responsibility to be available for practices and games. I agree to make every effort to be available for practices

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and games by completing my homework and all other responsibilities in a manner that will allow me to attend. In the event that homework or other schoolwork or responsibilites is too extensive to allow me to compete or to attend a scheduled practice, I agree to promptly tell the Coach about the situation.

- I understand that practice time is integral to my success in the Athletic Program. I must make every effort to be present and on time for all scheduled practices and games. Failure to do so may jeopardize my playing time.
- I will meet or exceed the athletic eligibility requirements as set forth in the *St. Dominic School Athletic Handbook* and the *St. Dominic School Student-Parent Handbook*.
- I understand that I am a reflection of St. Dominic School. I understand that my behavior before, during, and after games and practices should reflect good sportsmanship. Win or lose, I will make everyone associated with St. Dominic School proud of my team and me.
- I agree that if, in the opinion of the Coach, Athletic Director, or Principal, I am not abiding by the policies of the Athletic Program or my conduct is not befitting of St. Dominic School, I may be temporarily or permanently suspended from the Athletic Program.
- I understand that these guidelines have been developed to foster a safe environment, school spirit, loyalty, teamwork, and good sportsmanship.

We have read the *St. Dominic School Athletic Handbook* in its entirety, and we understand and agree to abide by and support the rules and requirements therein as well as those stated in the Code of Conduct for Parents and Student Athletes.

Student Athlete Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

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Parent Permission & Authorization for Treatment Form

St. Dominic School Athletic Program

Student Athlete's Name: _____

LAST FIRST MIDDLE

School Year: _____ Grade: _____ Gender: _____ Birthdate: ____ /____ / ____ Age: _____

Parent/Guardian #1: _____

Address: _____ ( ) child lives at this address

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Parent/Guardian #2: _____

Address: _____ ( ) child lives at this address

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Emergency Contacts: Name: _____ Phone: _____

Name: _____ Phone: _____

Family Physician: _____ Phone: _____

If possible, Hospital preferred for treatment: _____

Child is allergic to: _____

Medication(s) taken regularly and/or other important health information: _____

_____

This document is designed to give as much information as possible should an emergency situation happen. It gives any hospital or emergency treatment center, doctor, or qualified employee of the same, and/or emergency response technicians (EMTs) consent to administer necessary treatment and care. In the event that I cannot be reached in an emergency, I hereby give permission for my child to receive any needed treatment and/or care.

I, _____ , give permission for my above-named child to participate in the sports program at St. Dominic School. I also agree to provide and/or arrange for transportation of my child to all games and practices. As a safeguard for my child, I have submitted a signed physician statement indicating that a physical exam was conducted and that my child is in sound health with notations of any special conditions. I have attached a copy of the front and back of the insurance card covering my child to show proof of health insurance. I also agree to pay the athletic participation fee in conjunction with turning in all required paperwork by the first practice session. I also understand that my child will not practice until the required paperwork has been completed. **I agree to execute the attached "Waiver and Release of Claims" and acknowledge by my signature below that this document alters or limits my and my child's legal rights and remedies for pursuing recovery in the event that negligent conduct of the parties released causes injury to my child.** Finally, I agree that all uniforms and equipment will be returned immediately following the conclusion of the respective season. Should any uniform or equipment become lost or damaged, I will replace the item(s) at my expense.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

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Waiver and Release of All Claims

St. Dominic School Athletic Program

For and in consideration of my/our above-named child's participation in the St. Dominic School athletic program, I/we hereby waive, release, acquit and forever discharge both St. Dominic School and St. Dominic Church and both entities' authorized agents and employees, including, but not limited to, its coaches, faculty members, staff, their heirs, executors, administrators, agents and assigns, of and from any and all actions, causes of action, including actions for negligence, claims, demands, costs, loss of services, expenses and compensation, or suits at law or in equity, of whatsoever kind or nature, arising out of any and all known and unknown personal injuries and damages resulting or to result from my/our above-named child's participation in the St. Dominic School athletic program, if said injuries or damages result from the conduct of any of the above persons to the extent that such negligent conduct is either uninsured or causes damage which is in excess of the available insurance. Nothing herein shall affect the legal rights of any subrogated parties and no claims of any subrogated parties are released by my signature below. Subrogation claims are specifically excepted from the effects of this release. In addition, nothing herein shall affect my/our ability or my/our child's ability to pursue any and all insurance recovery which may be available to me/us or my/our child. Furthermore, I/we do hereby agree in consideration of my/our above-named child's participation in the St. Dominic School athletic program to further indemnify and forever hold harmless all persons released by this agreement, their successors, employees, agents, or principals for loss from any and all claims that may hereafter be made seeking compensation for any and all actions, causes of action, including actions for negligence, claims, demands, costs, loss of services, expenses and compensation, or suits at law or in equity, of whatsoever kind or nature, arising out of any and all known and unknown injuries and damages resulting or to result from my/our above-named child's participation in the St. Dominic School athletic program specifically agreeing that I/we will pay any and all court costs, attorney's fees, and any other legal expenses in connection with such claims against all released persons with the exception of any subrogation claims pursued by any health insurer or other entity holding similar subrogation rights. I/we further state that I/we have carefully read the foregoing waiver and release of all claims and know the contents thereof, and I/we sign the same as my/our free act. I/we acknowledge that I/we have been given the right to review the contents of this document with an attorney of my/our choosing or any other professional with whom I/we may wish to consult prior to signing. I/we willingly, knowingly and voluntarily execute this waiver and release of all claims.

Witness my/our hand this _____ day of _____, 200__.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

NOTE: Both parents **must** sign unless the signing parent has been awarded sole legal custody or the other parent is deceased. If the child is in the care of more than one legal guardian, both must sign.

Witness Signature _____

(witness must be over 18 yrs. of age)

TO BE COMPLETED BY COACH/SPONSOR:

_____ PARENT PERMISSION & AUTHORIZATION for TREATMENT

_____ PHYSICAL EXAM

_____ PROOF OF INSURANCE

_____ CODES of CONDUCT

_____ FEES PAID ($25 for one sport/$50 for two or more sports)

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Student Athlete Physical Exam Form

St. Dominic School Athletic Program

Student Athlete's Name _____
LAST FIRST MIDDLE

School Year: _____ Grade: _____ Birthdate: ____ /____ / ____

Parent/Guardian Name(s) _____ _____

Address where child resides: _____

I am planning to participate in the following (circle all programs you might try to play):

Baseball Basketball Football Volleyball Cheerleading

PART I - MEDICAL HISTORY

To be completed by the parent and student and presented to the health care provider before the physical.

CIRCLE THE APPROPRIATE RESPONSE TO EACH ITEM:

1. Have you ever been hospitalized? ..... YES NO
2. Have you ever had surgery of any kind (e.g., tonsillectomy) ..... YES NO
3. Are you presently taking any medications or pills? ..... YES NO
4. Do you have any allergies (medicine, bees, or other insects)? ..... YES NO
5. Have you ever passed out during exercise? ..... YES NO
6. Have you ever been dizzy during or after exercise? ..... YES NO
7. Have you ever had chest pain during or after exercise? ..... YES NO
8. Have you ever had high blood pressure? ..... YES NO
9. Have you ever been told you have a heart murmur? ..... YES NO
10. Have you ever had racing of your heart? ..... YES NO
11. Has anyone in your family died of heart problems before 50? ..... YES NO
12. Do you have any skin problems? (itching, rashes, acne) ..... YES NO
13. Have you ever had a head injury? ..... YES NO
14. Have you ever been knocked out or unconscious? ..... YES NO
15. Have you ever had a seizure or suffer from epilepsy? ..... YES NO
16. Have you ever had a stinger, burner or pinched nerve? ..... YES NO
17. Have you ever had heat related problems? ..... YES NO
18. Have you ever been dizzy or passed out in the heat? ..... YES NO
19. Do you cough heavily, or breath heavily during activity? ..... YES NO
20. Do you use any special equipment (e.g., knee brace)? ..... YES NO
21. Have you had any problems with your eyes or vision? ..... YES NO
22. Have you ever sprained/strained, dislocated, fractured, broken or had repeated swelling or other injuries of any bones? ..... YES NO
23. Are you missing one of any paired organs (e.g., eyes) ..... YES NO
24. Have you ever been diagnosed with any form of asthma? ..... YES NO
25. Are you using an inhaler for asthma? ..... YES NO
26. Are you diabetic? ..... YES NO
27. Do you administer insulin to yourself? ..... YES NO
28. Are you presently using tobacco in any form? ..... YES NO
29. Do you have a history of sickle-cell anemia in your family? ..... YES NO
30. Have you had any other medical problems? ..... YES NO
31. Have you had a medical problem or injury within the last year? ..... YES NO
32. When was your last tetanus shot? _____

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Please explain any YES answers from questions 1-31. _____

_____

PART II - PHYSICAL EXAMINATION ***To be completed by the authorized health care provider.***

PATIENT NAME: _____

HEIGHT _____ WEIGHT _____ BP _____ / _____ PULSE _____

VISION R- 20/ ____ L- 20/ ____ BOTH- 20/ ____ CORRECTED? Y N

	Normal	Abnormal	Comment
HEART	_____	_____	_____
Rhythm (Regular/Irregular)	_____	_____	_____
Murmur (supine)	_____	_____	_____
Murmur (standing)	_____	_____	_____
ENT	_____	_____	_____
Lungs	_____	_____	_____
Skin	_____	_____	_____
Abdominal	_____	_____	_____
Genitalia	_____	_____	_____
Musculoskeletal	_____	_____	_____
Neck	_____	_____	_____
Shoulder	_____	_____	_____
Elbow	_____	_____	_____
Wrist	_____	_____	_____
Hand	_____	_____	_____
Back	_____	_____	_____
Knee	_____	_____	_____
Ankle	_____	_____	_____
Foot	_____	_____	_____
Dental	_____	_____	_____
Other _____	_____	_____	_____

After reviewing the data above and the student's medical history, I make the following recommendations:

____ Cleared

____ Cleared after additional evaluation for _____

____ Restricted from participating in the sport(s) of _____

____ Cleared only to participate in the sport(s) of _____

Recommendations/Restrictions (attach additional if necessary)

_____

I have examined the physical condition of the student and find the said student to be physically fit to practice for and participate in athletic contests.

Provider Name (print) _____ Phone _____

Address _____ City/State/Zip _____

AUTHORIZED SIGNATURE _____ DATE _____

This Physical Examination is valid for one year from date

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