



**St. John Paul II High School Athletics
2018-2019 Athletics Handbook**

ST. JOHN PAUL II HIGH SCHOOL ATHLETIC PHILOSOPHY

St. John Paul II High School provides students with opportunities in interscholastic athletics in accordance with the mission of the school. The primary goal of JPII Athletics is to know and serve our Lord more perfectly. As such, athletics at St. John Paul II High School seek to develop character, virtue, and knowledge of God's role in the lives of our student-athletes. This guiding principle directs our efforts beyond wins and losses to the enduring truths of our faith.

St. John Paul II High School believes that participation in athletics provides a wealth of opportunities and experiences for student-athletes to develop their full potential not only physically, but also academically, spiritually, emotionally and socially. These experiences prepare student-athletes for the challenges that they will encounter during and well beyond their high school years.

Participation in athletics is a voluntary endeavor. Such an endeavor requires student-athletes to develop a high degree of self-discipline and engage in good training and practice habits. Parents, too, have an important role in ensuring that these habits of character and hard-work are developed through athletics.

JPII student-athletes' priorities are

1. Faith,
2. Family,
3. Academics,
4. Athletics.

The best interests of the student-athletes are at the forefront of decision-making. Each sport, coach, and individual student-athlete is treated fairly by the Athletic Administration, and new opportunities for student-athletes are regularly explored.

St. John Paul II High School Athletics follow all policies, rules, and regulations established by the Massachusetts Interscholastic Athletic Association (MIAA), the Diocese of Fall River Catholic Schools, and the leagues and conferences to which its teams belong.

GENERAL EXPECTATIONS

General Expectations: Student-Athletes

Participation in Athletics at JPII is a privilege. With this privilege comes high expectations. In order to achieve excellence, JPII student-athletes are expected to:

1. Represent JPII with class, dignity, and sportsmanship at all times. JPII student-athletes are expected to represent themselves and the school positively through their actions and language on and off the field of play.
2. Attend all scheduled practices and games.
 - In-season practices are mandatory and should not be missed except for additional academic work, illness, or family emergency.
 - Participation in off-season and summer workout programs when conflicts do not exist
3. Follow all MIAA, school, athletic department, and team rules.

General Expectations: Parents/Guardians

Parents are asked to demonstrate good sportsmanship by displaying the following behaviors:

1. Understand the game is for students and not for the adults.
2. Recognize that student participation in athletics is a privilege.
3. Use good sportsmanship as spectators and conduct themselves in a manner that reflects well on both the team and the school.
4. Promote the team by being supportive and helpful of the school program.
5. Refrain from coaching their student from the stands or the sidelines.
6. Expect consistent student attendance at practices and games.

General Expectations: Athletic Department

Parents/guardians and student-athletes have a right to expect professionalism in athletics rooted in ethical conduct and care for each student and family. Specifically, the Athletic Department strives to:

1. Communicate with parents/guardians in as timely a manner as possible.
2. Impart correction based on identifiable skills and measures. Coaches will not impugn the character or personality of student-athletes.
3. Be fair and consistent in Athletic Department policies and procedures as well as team policies and procedures.

Relationship Between Parents/Guardians, Students, and Coaching Staff

Parenting and coaching are difficult vocations. By establishing an understanding of each role, parents and coaches are better able to accept and respect the actions of the other and provide greater benefit to student-athletes. Parents have a right to understand the expectations placed on student-athletes. This begins with clear communication from the Athletic Department, and coaching staff.

1. Communication parents should expect from the JPII Athletics Department and coaching staff:
 - a. A pre-season parent meeting.
 - b. Notification of team rules.
 - c. Expectations the coach has for student-athletes.
 - d. Location and times of all practices and contests.
2. Communication coaches should expect from parents:
 - a. Concerns expressed directly to coach in accordance with the policy outlined below.
 - b. Notification of any schedule conflicts well in advance.
 - c. Any medical or injury issues that need to be monitored.

Parent/Guardian Communication Process: Issues of Concern

Student-athletes often experience many rewarding moments. Also, there will be times when things do not go the way they wish. At these times, please follow these steps in order:

1. Student-athlete requests a meeting with his/her level coach.
2. Student-athlete requests a meeting with the Varsity coach & his/her level coach.
3. Parent/guardian requests a meeting with the level and/or Varsity coach; student-athlete is in attendance.
4. Parent/guardian requests a meeting with the AD; level coach & student-athlete are in attendance.

Appropriate Concerns to Discuss with Coaches:

1. The treatment of your child mentally and physically.
2. Ways to help your child improve.
3. Concerns about your child where the staff may provide assistance

Issues Not Appropriate to Discuss With Coaches:

1. Playing time
2. Team strategy
3. Other student-athletes

Athletics Fundraising Contribution

Parents/guardians are asked to make an athletics fundraising contribution as part of the registration process. This voluntary contribution will defray site and field costs, among other athletics expenses. The recommended fundraising contribution is \$100 for the first sport for which your child is registered, \$75 for the second sport, and \$50 for the third.

CODE OF CONDUCT

Student-athletes choosing to participate in athletics assume responsibility as representatives of their school and community. These responsibilities require a high standard of conduct as a condition of participation. JPII Athletics particularly expects student-athletes to meet high standards with regard to morality, honesty, school citizenship, sportsmanship, and leadership. Students who choose to participate in the athletic program are responsible for behaving in accordance with this Code, and those whose behavior or conduct does not meet this standard may lose the privilege of participating in athletic programs.

Code of Conduct: Basic Expectations

1. Student-athletes must not possess or use tobacco, alcohol, illegal drugs, or controlled substances.
2. Student-athletes may not host or knowingly attend a party at which the following are present: illegal consumption of alcohol, use of controlled substances, steroids, or look-alike drugs.
3. Student-athletes shall practice good citizenship in all environments by respecting the property and rights of others (Poor citizenship includes actions such as stealing, vandalism, and other illegal acts).
4. Student-athletes shall display proper sportsmanship.
5. Student-athletes must not utilize social media and/or other websites in an inappropriate manner.
6. Bullying and hazing are prohibited at all times.

Chemical Health Policy

St. John Paul II High School is committed to maintaining a school community that is drug, alcohol and tobacco free. It is the responsibility of all students, parents, faculty and administrators to work together to achieve this goal. It is a major violation of school and athletic rules for any student to possess, use, sell or distribute alcohol, drugs (including steroids), and any tobacco products.

Student-athletes in violation of this policy are subject to sanctions outlined in the MIAA Handbook (Rule 62) and subject to being suspended from the team. Specific school policies regarding violations of the chemical health provision for athletes are published in the *Parent-Student Handbook*.

Contest Discipline

Any student that is ejected from a contest will, at a minimum, be subject to the MIAA by-laws regarding contest expulsion. There are no exceptions to this rule. Moreover, the Head Coach will report all such ejections to the Athletic Director. The Athletic Director will review all facts from the incident and has the discretion to impose additional penalties, including (but not limited to) a longer suspension or removal from the team.

Hazing

Hazing will not be tolerated and will be subject to disciplinary action up to and including a permanent ban from athletics in addition to school administrative discipline that may be levied. Each incident will be handled on an individual basis by the school administration. Students who are witnesses to or are the subject of hazing should immediately report the incident to their level coach, the varsity coach, the Athletic Director, or any other school personnel. More complete school policy can be found in the *Parent-Student Handbook*.

Process for Investigation and Determination of Findings

Student-athletes who are alleged to have violated the Athletic Code of Conduct shall meet with the Athletic Director to explain the incident prior to any consequence being applied. The Athletic Director will then determine the consequences based on the Code and the facts at hand. Parents/guardians will be informed by the Athletic Director when allegations are pending and of the Athletic Director's determination.

Student-athletes and parents/guardians who wish to appeal a consequence administered under this Code may seek a review of the Athletic Director's determination and consequence by requesting a review by the Principal. The Principal or designee shall convene a meeting with the student-athlete and his or her parent/guardian to allow the student and parent/guardian to offer an explanation, and/or demonstrate that the Code was not violated. During the appeal process, the decision of the Athletic Director shall be enforced. The decision of the Principal after an appeal is requested will be final and binding.

Social Media

Student-athletes are responsible for their actions on social media and other websites, including but not limited to Facebook, Twitter, Instagram, Snapchat, and YouTube. Any photos, comments, or other evidence that suggests a Code violation has occurred will be investigated by the Athletic Director. Photos that show a student-athlete in possession of tobacco, alcohol, drugs, or controlled substances will fall under the consequences of a violation related to tobacco, alcohol, drugs, controlled substances, and citizenship as outlined. Inappropriate postings to social media by a student-athlete will be handled on an individual basis by the Head Coach or Athletic Director. Inappropriate postings include but are not limited to obscene or vulgar language; graphic images or videos; sexually explicit language, imagery, or videos; threats; and unkind or inflammatory remarks about JPII, its faculty, staff, and administration, coaches, and students, or other high schools and their coaches and athletes.

Sunday Scheduling

Every effort must be made to avoid scheduling any athletic or school events on Sundays. Sundays are set aside for Mass attendance and to provide rest from the week's labors. Only in special circumstances will Sunday scheduling be permitted, and in these cases, events must be scheduled to commence after 1 PM. Any event requiring students at school prior to 1 PM on Sunday must include provision for Holy Mass. Such provisions should be made in consultation with the School Chaplain.

Sportsmanship

Student-athletes are representing not only themselves, but also teammates, adults and the entire school community. As role models, student-athletes are expected to exhibit the following characteristics of sportsmanship:

1. Respect for the sport
2. Respect for officials and rules of the contest
3. Respect for opponents
4. Maintain self-control at all times
5. Recognize and appreciate opponent's skill level

If a student-athlete is deemed to have exhibited poor sportsmanship, he/she may face disciplinary action set forth by the Athletic Director.

OTHER POLICIES AND PROCEDURES

Academic Eligibility

In order for a student to participate in athletics in any season, he or she must be in good academic standing on the first official day of that season. The school's policy regarding academic eligibility for athletics is published in the *Parent-Student Handbook*.

Concussion Policy

Due to the serious nature of any head injury, it is critical that proper procedure is followed as set forth by the MIAA. The concussion policy can be found on both the MIAA website as well as the JPII website. Parents and student-athletes are required to sign and submit the concussion form indicating they are familiar with the policy and training program before they will be allowed to participate in any school-sanctioned athletics.

Dismissal

A student-athlete may be dismissed from a team for serious and/or repeated violations of team rules or the demonstration of grossly improper conduct. The decision to dismiss a student-athlete can only be made in consultation with the Athletic Director. Prior to a final determination, the student-athlete and his/her parents will be afforded an in-person meeting with the Head Coach and Athletic Director.

Equipment and Uniforms

All student-athletes will be issued equipment and uniforms that are appropriate for the sport. All equipment and uniforms are school property and are loaned to student-athletes for the duration of the season. Student-athletes are responsible for the care and clean return of all issued equipment and uniforms. Should equipment not be returned in satisfactory condition, the individual student-athlete will be responsible to reimburse the school for repair or replacement.

Fitness Center and Locker Rooms

In-season student-athletes and students using the fitness center have permission to use the locker rooms. Students will only be permitted to use these areas under the direct supervision of a coach, trainer or teacher.

The locker rooms are to be used for the purpose of changing clothes, restroom use and showering before and after practices and/or games. Locker rooms are not intended to be a place of gathering for students and the following guidelines must be followed at all times:

1. Respect other people's privacy and property
2. No hazing or harassing
3. No physical contact or confrontations
4. Properly secure all valuable items
5. Pick-up after yourself when leaving the locker room area

The fitness center is intended to further develop an athlete's physical strength and conditioning. All weight room users must leave the weight room in an organized and orderly manner once workouts are completed.

Injuries

All injuries, minor or serious, must immediately be reported to the coach or athletic trainer. Any injury that requires medical treatment will be documented with a medical injury report. This medical injury report will then be submitted to the Principal, Athletic Director and School Nurse within a reasonable time frame (generally 24 hours). Any student-athlete who requires medical treatment, physical therapy, or any other form of rehabilitation must receive medical clearance from their doctor before resuming participation in any sport.

Non-MIAA Teams

For the purposes of school policies and guidelines, non-MIAA teams such as cheerleading and sailing must adhere to the same standards and expectations as sanctioned MIAA teams.

Parent Meeting

Parents and student-athletes are required to attend preseason sports information sessions prior to the start of each athletic season in order for the student-athlete to participate.

Participation

All student athletes may participate in only **one** sport per season (maximum of 3 per school year)

Participation: Attendance Policy

Student-athletes absent from school are not permitted to participate with the team in any capacity on the day of absence. Student-athletes are considered absent from school if they have not attended sixty percent of the school day. Students must arrive no later than 10:30 am on a regular school day to be considered present for the day, or they cannot be dismissed before 12:15.

Student-athletes will not be permitted to participate in athletic contests should they be absent from school on that same day, even in cases of an excused absence. However, student-athletes will not be penalized for excused absences for medical/dental appointments, but they must bring a doctor's note to school documenting this absence. Also, student-athletes will not be penalized when utilizing excused college visit days (Seniors are permitted three excused college visit absences. Juniors are permitted two excused college visit absences).

Participation: Transferring Sports

Student-athletes desiring to transfer from one sport to another in the same season will be permitted to do so within the first two weeks of that season, provided the student athlete is in good athletic standing (no unexcused absences). Such student-athletes must meet with the Athletic Director and head coaches of the sports that are affected to explain their situation. Student-athletes will not be allowed to transfer sports if he or she has had any unexcused absence during the initial two weeks of that season.

Participation: Late Participation

Student-athletes may request permission to join a team after the sport season has started. Such student-athletes must obtain permission from the principal, athletic director and coach involved. This permission will only be considered within the the first one-half (½) of the season and may vary per sport due to safety concerns.

Participation: Dropping of a Sport

Although the JPII athletic staff does not promote quitting and believes it can become a dangerous habit, on occasion it may be necessary for a student-athlete drop a sport in the midst of the season. Student-athletes who drop a sport, however, may lose the privilege of participating in that sport in the future if he or she does not follow the following procedure:

1. Inform and discuss the situation with the Head Coach
2. Report and discuss the situation with the Athletic Director
3. Return all team gear assigned in satisfactory condition

Should a student-athlete drop more than one sport spanning multiple seasons, a parent and student athlete conference with the Athletic Director will be mandatory if the student athlete wishes to participate in any other sports in the future.

Physical Examination Requirement

All student athletes must complete and pass a physical examination administered by a certified professional, ie. physician, nurse practitioner, physician's assistant, prior to participation in athletics. Physical examinations cover student-athletes for 13 months from the exam date. Student-athlete's eligibility will terminate once their physical has reached the 13 month limit. Student-athletes will not be allowed to try out, participate in practice, scrimmages or games until they have a valid physical on record that satisfies MIAA requirements. Please refer to rule 56 in the *MIAA Handbook* for a detailed explanation of this policy.

Practices

Student-athletes who willingly elect to participate in athletics commit themselves to their team. Student-athletes will be required to attend all practices, games, and team activities required by the coaching staff. Student-athletes who fail to comply with this rule will be subject to the following penalties:

1. First unexcused absence will result in the student athlete sitting out the next scheduled contest. Multiple day absences will result in suspension from contests equal to the number of missed practices/games.
2. Second unexcused absence may result in the student athlete being dismissed from the team.

Any unexcused absence from a scheduled contest is a serious offense against the team and will result in sanctions, which may include dismissal from the team.

Practice Attire ("Lion Gear")

JPII Athletics promotes pride in school and proper attire at all times. As such, student-athletes who are participating in practices, games, weight room activities, or any other related athletic events, will be required

to wear JP II gear at all times. Teams will also be required to wear JP II gear when traveling to away contests to maintain a consistent appearance that is acceptable to the school. Any violation of this rule may result in a student-athlete not being able to participate in that day's events. Lion gear may be purchased at the JP II school store.

Risks of Participation

Student-athletes and parents are advised of the risk of injury associated with athletic participation. By agreeing to participate in athletics, parents and student-athletes are acknowledging and assuming the risk and liability associated with athletic participation.

Transportation

St. John Paul II High School will provide bus transportation to and from athletic events when required. All team members are required to travel with the team to and from away contests and must display proper behavior and respect at all times. Any misconduct on a bus could lead to disciplinary action or dismissal from a team. If a student-athlete would like to leave a contest with a parent/guardian, he/she must receive permission from the head coach prior to leaving the premises where the contest has taken place.

Vacations

During school vacations and holiday reprieves, team members will be expected and required to attend all practice sessions and contests that are scheduled for their specific teams. Failure to do so will be considered an unexcused absence and student-athletes will be suspended the total number of games equal to the total number of practices and contests that were missed during the absence. This rule will apply to all levels of competition: varsity and junior varsity.

Appendix A

Parent-Student Handbook (Excerpt: Athletics)

For the purpose of school policy, a student athlete is defined as any member of an interscholastic sports team, a manager or a cheerleader. Further policies and expectations are outlined in the *Athletics Handbook*.

Attendance Policy

Student-athletes absent from school are not permitted to participate with the team in any capacity on the day of the absence. A student-athlete is considered absent from school if he/she has attended less than sixty percent of the school day. Students must arrive no later than 10:30 AM on a regular school day to be considered present for the day, or they may not be dismissed before 12:15.

Students with medical/dental appointments may participate with proper documentation. Students may also participate when utilizing excused college visit days. (Seniors are permitted three excused college visit absences. Juniors are permitted two excused college visit absences.)

Academic Requirements for Athletes

As required by the Massachusetts Interscholastic Athletic Association (MIAA), student-athletes must attain a passing grade in the equivalent of four major subjects during the marking period preceding the season in which the student wishes to participate. Student-athletes who do not meet these criteria will be ineligible for participation.

Additionally, St. John Paul II High School student-athletes must attain a 2.0 or better grade point average in the preceding grading period to maintain eligibility. Student-athletes may regain eligibility by attaining a 2.0 or better grade point average on the interim report card that is issued mid-quarter.

Christian Athlete

St. John Paul II High School student-athletes are expected to act as Christian young adults at all times. Discourteous conduct either on or off the playing surface will not be tolerated. Misconduct in the shower or locker room, in transit to games and practices, and on the athletic field or floor may result in suspension or expulsion from the team. Team prayer and Mass on game days and other days is encouraged.

Facilities

Students are allowed the use of athletic facilities only if a member of the faculty or coach is supervising the entire time the students are using the facilities. St. John Paul II High School students, with the permission of the Athletic Director, may use the athletic fields.

Equipment

Each student-athlete is personally responsible for all equipment issued to him/her. This equipment is to be handled with proper care. Damaged equipment should be reported immediately to the head coach. All equipment issued must be returned promptly at the end of the season. A student-athlete failing to do this will not be issued any awards or letters until the equipment is returned. A student-athlete from any St. John Paul

II High School athletic team who steals, destroys, or intentionally damages property or equipment at St. John Paul II High School, home, or another school's facility may be immediately expelled from the team.

Medical Requirements

All student-athletes must have an updated physical form and an Athletic Participation Questionnaire on file at all times, using FamilyID.

Training Rules

For many reasons, athletes are held to a strict, year-round, no-use standard with respect to tobacco, alcohol and drugs. First, it is completely contrary to the concept of athletic training and competition for athletes to use such substances. It is also incompatible with the concept of team sports and the commitment we ask our athletes to make to each other.

In addition, student-athletes are accorded a certain amount of respect and prestige as a result of their participation in St. John Paul II High School's athletic programs. They become role models to other students as well as to students in the grade school programs. With this status comes additional responsibility. Lastly, as school representatives in interscholastic competition, our student-athletes convey to the community the values and image of St. John Paul II High School. This, too, calls them to greater responsibility.

As such, we have established the following Training Rules for student-athletes:

1. Any use of tobacco, alcohol, electronic cigarettes, or illegal drugs (possession, sale, under the influence of) is not permitted throughout the athlete's four years at St. John Paul II High School. Student-athletes anywhere (on or off school premises) using these prohibited substances are in violation of this rule. Student-athletes are also cautioned that they can be guilty by association, i.e., being in the company of someone using these prohibited substances.
2. Penalties for the conduct described in paragraph 1 will be as follows:
 - a. First Offense:
 - i. In season - Two week suspension from all team activities. Loss of captain status.
 - ii. Out of season - Suspension from all team activities during the first two weeks of regular competition for the next sport the athlete participates in. Loss of captain status.
 - b. Second Offense:
 - i. In season - suspension from all team activities for the remainder of the season (minimum of six weeks). If the infraction occurs with less than six weeks remaining in the regular season, the student-athlete will complete the six weeks suspension commencing with the first week of regular competition in the next sport in which he/she participates. Student-athletes suspended for a second offense are also not allowed to participate in any off-season/pre-season activities of other sports until the completion of the regular season of the sport from which they were suspended.

- ii. Out of season - suspension from all team activities during the first six weeks of regular competition for the next sport in which the athlete participates.
- c. Third Offense - a one-year suspension from all interscholastic sports, commencing from the date of the infraction, unless the infraction occurs during the suspension period for the second offense. In that case, the suspension for the third offense will commence when the second offense suspension ends.
- d. Any infractions beyond the Third Offense will render the student-athlete ineligible to participate in interscholastic sports for the remainder of their career at St. John Paul II High School.
- e. In addition to the penalties outlined above:
 - i. Individual coaches may enforce additional penalties as part of the team rules
 - ii. When deemed necessary by the school Administration and/or its Athletic Department, a professional assessment (including a blood test), and adherence to any recommended follow-up treatment may be imposed as a condition for return to sports participation.

Prior to an offense being reported, if a student-athlete or student-athlete's parents/guardians seek assistance from the coach, the Athletic Director, or a school administrator with a tobacco, alcohol or drug problem and/or incident and the athlete agrees to undergo a urinary drug sample test and participate in a tobacco education program or a drug/alcohol assessment, the athlete will be allowed to compete in athletic events. Refusal or failure to complete the tobacco education program or drug/alcohol assessment and UDS test and to follow its recommendations will result in the denial of participation. The self-referral is still considered a violation for the purpose of accumulation of violations. Loss of captain status will be the result. All offenses described in paragraph 1 that occur on school property or at school-sponsored activities will also carry school disciplinary action as well as counseling.