



**ST. SAVIOUR HIGH SCHOOL
STUDENT-ATHLETE HANDBOOK
2019-2020**

Table of Contents

- Athletic Department Philosophy
- Athletic offering 2019-2020
- General Information
- Academic Eligibility
- St. Saviour Injury Management Protocol
- Interest in Collegiate Play



Athletic Department Philosophy

The Athletic Department is committed to developing the whole student-athlete through connection of mind, body and spirit. The lessons and experiences on the sports teams are an extension of the St. Saviour education our student-athletes receive in the classroom. The expectations of our coaches and student-athletes is to consistently carry out the St. Saviour goals and criteria as part of the team environment in practice and in competition.

Becoming a dedicated member of a St. Saviour's sports team means our student-athletes develop camaraderie, commitment, perseverance, all while balancing a rigorous academic schedule.

Students who wish to participate on teams must:

- Submit a completed health examination/immunization history, sport tryout/participation permission form and proof of health insurance form through magnus health
- Submit an activity travel form
- Maintain passing grades in every subject
- Have a good behavioral record

Team Levels

Junior Varsity Level

This level allows students to learn new skills or develop (speak on the intensity level)

Varsity Level (Highest level of sport on the high school level)

Varsity Head Coach responsibilities:

- **Responsible for running practices (minimum 4 times/week; Max 2 hours each) (may differ for specific sports e.g cheer, boosters and swim)**
- **Teach/ guide athletes in proper techniques/strategies according to their sport**
- **Add Non-league games to the schedule when appropriate**
- **Communicate with the team, parents and Athletic Director any changes/cancellations of practices and games**
- **Ensure all student-athletes have means of transportation to and from games**

- **Responsible for fundraising to aid any additional costs for the season. (bus travel, uniforms, etc) (All fundraisers must be non-food based)**
- **Communicate with the Athletic Director all team updates**

Sports Teams

Fall Season Sports: (End of August- November)

Varsity Soccer

Junior Varsity Volleyball

Varsity Volleyball

Varsity Tennis

Boosters (Does not compete in the Fall, Step Squad)

Cheer (Does not compete in the Fall)

Tennis

Winter Season Sports (November- March) (Exception with swim, it begins mid-October)

Varsity Swim

Varsity Basketball

Cheer (competitive season)

Booster (competitive season)

Spring Season Sports (March-June)

Varsity Softball

Varsity Track

You may only participate in ONE competitive sport per season. Cheer and Boosters are two seasons sports but only compete during the Winter Season.

General Information

Athletic Department Procedure

In order to try-out for any team, the student-athlete must have her medical forms up to date on file. If a medical form expires in the middle of the season, the student-athlete will be not be allowed to participate until an updated form is filed. (No Exceptions)

Medical Clearance

If a student-athlete becomes hurt in practice or competition that requires medical attention, the student-athlete must submit a medical clearance form in order to return to physical activity.

Along with medical clearance the forms/fees must be submitted in order to participate:

- Participation Forms
- Travel Forms
- Sports Fees

Academic Eligibility

All student-athletes must maintain passing grades in all classes. If a student-athlete earns an “F” during progress reports or final report cards, they will be removed from ALL extracurricular activities that are not academic based. (e.g sports, drama, stage crew, etc.) She may not attend practice when “ineligible” in efforts to improve her grades to return to the team. She may return to sport activities when a passing grade is earned on the following report card.

Student-athletes need to remain proactive and on-top of their studies. Remember, teachers are available for additional help.

Attendance policy

Student-athletes are expected to attend **ALL** practices and games.

Students-athletes have a responsibility to avoid continuous conflicts including overcommitting to multiple activities. Where conflicts arise, the advisors, coaches, and athletic administration will coordinate a plan in the best interest for the student so the student is not put in a compromising situation.

Student-athletes must recognize that absence from practice hinders skill development and physical conditioning as well as jeopardizes team camaraderie and preparation for competition. Time missed from practice will affect the athlete’s performance, her playing time and position with the team.

Defining Excused Absences

Excused absence includes but is not limited to family emergencies, scheduled doctor/specialist appointments, full day absence from class.

Student-athletes who are absent from school cannot participate in competition or practice on that day.

Lateness

Students who arrive after 2nd period without an approved excused reason will be ineligible to participate in any competition on that day. (e.g approved excuse: morning doctor's appointment)

Notifying Coaches

At the beginning of the season, student-athletes must communicate any ongoing commitments that may interfere with participation. Any missed practice/competition must be communicated in writing, no less than 48 hours prior.

Preparedness

If a student-athlete is unprepared for a PE class or attends her team practice/game unprepared, the coach reserves the right to limit their participation that day.

Missing Significant Class Time

If a student-athlete is missing significant class time that is not excused, the student-athlete may be asked to not participate in certain athletic events.

No Bullying/No Hazing

St. Saviour High School has **ZERO TOLERANCE** for bullying or hazing. Any form of physical, verbal or written abuse is absolutely unacceptable and will result in disciplinary action.

Preseason Meetings

Team Equipment/ Uniforms

Each team may order pre-approved spirit gear. Members of the team are responsible for the purchase of gear. All gear designs must be approved by the Athletic Director.

Team Captains : Role and Responsibility

Exemplify Saviour goals and criteria at all times

- Lead warm-ups at the coaches discretion
- Be a leader NOT a boss
- Model the “first at practice/games, last at practice” mentality
- Treat others as equals and with respect
- Foster inclusivity among all teammates
- Encourage positive behavior and discourage drama
- Represent the team positively both in and out of school
- Follow team/ school policy and expectations
- Aid both the Head Coach and Assistant coach with task as needed
- Organize methods to encourage team/school spirit.

Communication

Coach to Student Athlete

- Explanation of team philosophy
- Explanation of playing time
- Explanation of team policy and procedures as set forth by Athletic department handbook
- Location and times of practices/games
- Any necessary disciplinary actions for violating team policies

Student-Athlete to Coach

- At least 48 hours notice for any scheduling conflict
- Any physical, psychological, emotional concerns that may affect participation on the team
- Will seek active interest to improve skills

Parent to Coach

Communication is key between athlete and coach. Parents should avoid contacting the coach about their child's issues or concerns until your child has met and spoken to the coach first. The following items are appropriate for parent/guardian to discuss with coaching staff in private setting. Coaches will not entertain private conversations out in the open at games/practices.

- External opportunities for their athlete to improve and compete outside of school.
- Concerns about your daughter's behavior or academics
- Physical or mental treatment of your daughter
- Recruiting process for potential collegiate play

Topics that are NOT appropriate to discuss with coaching staff

- Playing time
- Philosophy
- Practice times/schedule

Interest in Collegiate Play

If a student-athlete is interested or curious about playing in college. Please schedule a meeting with Head of Guidance Jen Maurer and the Athletic Director Annel Sanchez for next steps.

St. Saviour Injury Management Protocol

If a student-athletic becomes injured during practice/games/competition, tend to the injury, in serious injury cases call 911.

The student-athletes parents/guardians will be contacted regarding the injury.

The Athletic Director and school authority will be alerted by the coach of the student-athlete's injury and then will complete an accident report for documentation.

The coach/Athletic Director will follow up.