

**St. Vincent DePaul High School**  
**Sports Handbook**  
**2023-2024**



## **ATHLETIC HANDBOOK AND POLICIES**

\*For all SV policies, please refer to the Student Handbook.

**NOTE:** Junior High Students who volunteer to help with high school sporting events may not leave school to attend any games or practices; no junior high student may have a role in any high school production, or participate in any clubs/organizations.

### **IN ORDER TO PARTICIPATE IN SPORTS**

In order to participate in sports: All SVHS athletes must sign an Athletic Guidelines and Code of Conduct Document. (See last page of this document, sign and turn in by first practice of your participating season)

Participation in all SVHS sports is considered an honor and a privilege that entails an obligation by both the student athlete and the parent(s) to follow all athletic rules, guidelines, and codes of conduct. SVHS has a right to discipline a student whose out-of-school conduct brings negative attention to the school and church community or which seriously detracts from the reputation of the school. To act in a non-Christian and selfish manner, disregarding the rights, health, and safety of others, can result in withdrawal of cause/expulsion from St. Vincent High School.

### **PARENT AND FAN BEHAVIOR POLICY - 2017**

As a Catholic School, St. Vincent prides itself on parents that are respectful and act responsibly. Any parent, Grandparent or relative of any player that harasses and/or undermines a player, coach, or other SV employee through social media, email, or other source, or verbally confronts players or other individuals at an athletic contest or other event/activity may be removed from the specific contest or event and may be banned from attending any activities throughout the year. Note: Alcoholic beverages /drugs / tobacco are not allowed at school or any St. Vincent function.

It is also essential for the success of the program that parents and coaches communicate effectively with one another. Positive communication is key to a healthy athletic environment which ultimately benefits the student athlete. **Representing St. Vincent High School as a leader within school or in the broader community is a privilege and a responsibility.** This includes St. Vincent athletics and clubs.

### **Play Like a Champion Today**

St. Vincent School participates in and trains in the "Play Like a Champion Today" program for its athletes, coaches, and parents/guardians. The program educates individuals in America's sports community to provide a positive sport culture. Play Like a Champion today is an educational series of unique and comprehensive programs designed

to meet the needs of youth and high school partners by delivering research-based programs, resources, and consultation. *Play Like a Champion's* curriculum is designed to **elevate the culture of sport** and enhance the life of every athlete by fostering their holistic development. Whether athletes grow socially, emotionally, mentally and morally through their sport experience depends upon how the athletic environment is conducted. All SV coaches and assistant coaches will undergo coaching training prior to the start of the season. Parents will be expected to attend the parent training sessions after the fall parent meeting prior to the beginning of the season.

## **DEAD WEEK POLICY FOR ALL SPORTS AND ACTIVITIES**

St. Vincent Catholic School System, Pre-K through 12, will have a seven consecutive day "dead" week specifically designed for SV families wherein no sports or activities are scheduled. This week will not conflict with the MSHSAA mandated "dead" week.

## **ATHLETICS PROGRAMS**

<b>Fall</b>	Football (Boys/Girls) Volleyball (Girls) Cheerleading (Girls/Boys) Cross Country (Boys & Girls)	<b>Winter</b>	Basketball (Boys/Girls) Cheerleading
<b>Spring</b>	Baseball (Boys) Golf (Girls & Boys) Track (Girls & Boys) Soccer (Girls)		

## **CONCUSSIONS AND TAKING TESTS POLICY**

All athletes take a baseline concussion test prior to participation in athletic programs. A student must have a written note from the doctor stating their limitations. In the event that a student has a concussion, s/he will not be allowed to take class tests until the Doctor has released the student.

## **EXPECTATIONS OF ATHLETES AND PARENTS**

The St. Vincent Athlete should be an individual who is proud to play for St. Vincent as well as someone that St. Vincent can be proud to have as a representative. The athlete must remember that he/she is representing the team and the school in everything he/she does and everywhere he/she goes. The athlete must keep in mind the following policies:

1. A parent of an athlete must attend a **REQUIRED** pre-sport meeting with the Athletic Director and Coaches which is one week before each season's start. At the meeting the **PARENTAL AND STUDENT CODES OF CONDUCT** will be distributed. Each form (Parent and Student) must be completed and returned to the Athletic Director before the student may participate in the sport. **ONLY 1 REQUIRED ATHLETIC MEETING PER YEAR** is expected for the parent and student involved in sports.

2. Each athlete is encouraged to attend church on Sunday and strive to be a Christian role model.
3. Representing St. Vincent High School as a leader within school or in the broader community is a privilege and a responsibility. Each athlete is responsible for maintaining good grades and proper classroom behavior throughout any school year. Student-athletes comply with academic standards and behavioral standards set forth by St. Vincent High School.
4. Each athlete **must attend the entire day of school - arriving by 8AM** -in order to participate in an athletic contest that day, unless he has received an excused absence from the administration (Students must attend the entire day of school on Friday for competitions on the Saturday and Sunday). Students must be present for the entirety of the day unless a doctor's note is given for an appointment or an approved time of absence from administration.
5. If a student misses practice the day before a game, he or she may be eligible to play in the sports competition.
6. Each athlete is responsible for his/her uniform and all equipment which is issued to him/her and must maintain these items in good condition. The athlete will be financially responsible for any loss or damage. Each athlete will wear the entire uniform and wear it properly when participating in an athletic contest.
7. Each athlete will show respect for his opponents and officials at all times and will never taunt or attempt to demean the opponents.
8. All athletes will work together to keep the locker room neat and clean at all times. It is expected that each athlete cleans up after him/herself. This rule applies to the home field/locker area at SV as well as the opponent's field and locker area.
9. No spikes or cleats will be worn in the gym lobby or hallway.
10. Each athlete will refrain from the use of vulgar, obscene or abusive language.
11. Athletic Citizenship  
You must be a creditable citizen. Creditable citizens are those students whose conduct – both in school and out of school – will not reflect discredit upon themselves or their school.

## **Hazing and Initiations**

It is the policy of the MSHSAA Board of Directors that hazing and harassment have no place in school-sponsored activity programs and pose a significant risk to the physical and mental welfare of students. Coaches, directors, sponsors and administrators must take an active role in the prevention of all forms of hazing and harassment. Students directly or indirectly involved in hazing incidents, on or off school grounds, could be considered ineligible by the school administration under the MSHSAA citizenship standard,

Hazing: Willful conduct directed at a student that is intended to physically or emotionally intimidate, punish, embarrass, humiliate, ridicule, or place any student in a disconcerting position for the purpose of initiation, affiliation, inclusion or membership in any team or organization.

Harassment: Unwelcome conduct by a person that is sufficiently serious, persistent or pervasive, so that it affects another person's ability to participate in or benefit from the school program or activity by creating an intimidating, threatening or abusive environment.

## **STUDENT LEADERSHIP: ATHLETICS & CO-CURRICULAR ACTIVITIES**

Representing St. Vincent High School as a leader within school or in the broader community is a privilege and a responsibility. Each student leader, for extra-curricular activities and on athletic teams, is responsible for maintaining good grades and proper classroom behavior throughout any school year. Students must comply with academic standards and behavioral standards set forth by St. Vincent High School and MSHSAA standards. It is a privilege to represent St. Vincent High School and its student population. Students who exhibit poor judgment or behavior or that brings dishonor to the school are ineligible to hold leadership positions in clubs, societies and on athletic teams, as they are not positive role models for other students.

Leadership positions include team captains/co-captains for athletic activities, officers for student clubs and societies, and other positions of responsibility within an organization that is a part of St. Vincent High School.

Students are ineligible for leadership positions if in the prior quarter they:

- S/he has received one (1) Thursday Detention given due to behavior;
- Students are ineligible for leadership positions if in the prior YEAR they:
- S/he had received a Saturday Detention for behavior;  
and/or
- S/he had received either a Discipline or Probation Status Letter for behavior.

Prior to selecting leaders for extra-curricular activities or sports teams, the Head Coach or Faculty Moderator will check with the Administrator regarding grades and behavior before any student may be considered for a leadership position including Team Captain. If following the student's selection as a team leader, that student's behavior declines, s/he may be removed from his/her position.

## **ATHLETE ACADEMICS**

1. The student must have earned, the preceding semester of attendance, a minimum of 3.0 units of credit or have earned credit in 80% of the maximum allowable classes in which any

student can be enrolled in the semester, whichever is greater.

2. Currently, a student must be enrolled in, and regularly attending, courses that offer 3.0 units of credit or 80% of the maximum allowable credits which may be earned, whichever is greater.
3. The student will be ineligible if s/he failed more than 1 course the previous semester.
4. Credits earned or completed after the close of the semester or in summer school will not fulfill this requirement.
5. If the students are beginning ninth grade, s/he must have been promoted at the close of the previous school year.
6. The students must be making satisfactory progress toward graduation as determined by your local school's policies.
7. Students may not drop courses without first consulting with the Athletic Director to determine whether it will affect eligibility.

## PROBATION AND INELIGIBILITY POLICIES FOR ATHLETIC ACTIVITIES

## ATHLETIC DISCIPLINARY INELIGIBILITY

1. Athletes are expected to follow school policy, maintain good sportsmanship, and be respectful positive role models for our school. Athletes who consistently receive disciplinary notices, attend Saturday detentions, or are consistently behaving inappropriately, will be placed on Disciplinary Ineligibility. Please see SV Handbook for other disciplinary actions that could result in loss of play/leadership roles.

## ATHLETE ACADEMIC PROBATION

1. A demerit system will be used by the St. Vincent administration to determine, place, and remove student-athletes from probation. A student will be placed on academic probation if he/she accumulates 4 “demerit” points in one quarter.
2. “Demerit” points for letter grades are counted as follows:  
F = 2 demerits  
D- or D = 1 demerit.
3. A student-athlete will be on academic probation for a 2 week time period. During this time his/her progress will be monitored. A student athlete may continue to practice sports but will not be able to dress out or play in an organized game.
4. Grade checks will begin starting at week 4 of the 1st semester and every two weeks after that to determine, place and remove probations. If a student-athlete has 4 or more demerits on their quarter report card, probation will remain in effect, and those students' grade checks will continue every two weeks.
5. At the grade check a meeting will be held with the administration, athletic director, and student to inform them of their demerit status. Students will

have until the next grade check (2 week periods) to either remove their demerits, or be issued on probation.

### **ATHLETE ACADEMIC INELIGIBILITY**

1. A student will be placed on academic ineligibility if he/she accumulates 6 or more demerit points on their quarter report card.
2. A student will have one quarter to raise grades and improve academic standing.
3. During academic ineligibility, a student may not participate in activities or organizations. A student athlete will not be able to practice with the team, dress out or play in any games for one quarter.
4. If student fails more than 1 class the previous semester the student athlete will not be eligible to play or practice the next semester (MSHSAA)

**Suspension:** Students who are suspended from school will not be able to practice or participate in any extra-curricular activities or sporting events during their suspension. Suspensions include both days and evenings.

### **ATHLETES WHO TRANSFER SCHOOLS**

1. If a student transfers schools and your parents do not move into the district of your new school, you will be ineligible for 365 days-unless you meet one of the exceptions listed in the MSHSAA Residence and Transfer Rules.
2. If a student moves with your parents to a new school district, s/he will be eligible at your new school provided s/he was eligible in all other respects at the former school. A student shall not be eligible to represent two different schools in the MSHSAA state tournament series in the same sport during the same season.
3. Always check with the Athletic Director before transferring to determine whether it will affect your eligibility.

### **ATHLETE PARTICIPATION LIMITS**

1. Students are eligible to participate in any sport for a maximum of four seasons. Any part of a contest played during a season counts as a season of participation.
2. Student eligibility to participate in high school activities begins when s/he first enters the ninth grade and lasts for the next succeeding four consecutive years (eight consecutive semesters).

### **ATHLETE ELIGIBILITY FOR EACH SEMESTER**

Students must enter school within the first 11 days of the semester in order to be eligible for sports.

### **ATHLETIC - AMATEUR AND AWARDS STANDARDS**

1. After entering a member school, the student will become ineligible in the sport

concerned if you receive cash for participating in an athletic contest. This restriction applies to all sports in which MSHSAA member schools conduct interscholastic programs. (Note: Merchandise shall not exceed \$100 suggested retail price.).

2. Students may accept awards which are symbolic in nature, such as medals, ribbons, trophies, plaques, etc. for participating in a school athletic program.
3. Awards as described above presented by a person or group other than your school, must be approved in advance by your Principal or Athletic Director and the suggested manufacturer's retail price of a merchandise award shall not exceed \$100.
4. Students may accept awards for participating in non-school sponsored athletic competition only if the awards are symbolic in nature or the merchandise item does not exceed \$100 in suggested retail value. (See items above)

### **ATHLETIC AGE LIMITS**

If a student reaches nineteen (19) years of age prior to July 1, s/he will be ineligible the next school year.

### **ATHLETE NON-SCHOOL COMPETITION**

1. Students may not practice for or participate with a non-school team or in any organized non-school athletic competition and for the school team in the same sport during the same season.
2. Students may participate on a school team and a non-school team in different sports during the same season; however s/he may not practice for the non-school team or participate in organized non-school athletic competition on the same day that you practice with or participate for the school team without prior approval of the school administrator.
3. Students must receive approval in advance from the Principal or Athletic Director in order to miss school time to practice for, travel or compete in organized non-school athletic competition.
4. Students may not play at any time on an organized non-school basketball, football, or volleyball team made up only of members of the school team unless: a) the teams are nontraditional as defined in 235.2-b with limits to out of season; or b) during the summer month when there is no limit on teams rosters/line-ups (235.2-b).
5. Students will become ineligible in any sport in which you play as a member of a junior college, college or university team.
6. Students may participate in international competition during the school year, however, the competition must meet the established criteria published in the MSHSAA Official Handbook and must be approved in advance by the MSHSAA Board of Directors.
7. Before students join a non-school team or enter any non-school competitive athletic event, the school Athletic Director should be consulted to make certain these standards are met.

### **ATHLETE COLLEGE AUDITIONS/TRYOUTS**



Students may participate in an “audition” or “tryout” for a college team only after s/he has completed the last season of eligibility in the sport for which you wish to “audition” or “tryout”.

### **ATHLETE ALL STAR GAMES**

1. Students may not compete in an all-star game or contest before s/he completes eligibility in each high school sport. Participation in an all-star game or contest before ending the high school eligibility will result in becoming ineligible to participate in any high school sport.
2. A senior with no high school eligibility remaining for a specific sport may participate in two all-star games for that sport during the school year. See school administration before agreeing to play.

### **ATHLETIC SPORTS CAMPS/CLINICS**

1. Students may attend a specialized summer athletic camp(s) clinic(s) where s/he receives instruction or coaching from a member of the school’s coaching staff for a maximum of two calendar weeks in any one sport. A calendar week for any sports camp is defined as any seven consecutive days and any consecutive grouping of days shall be counted as one calendar week.
2. Students may attend a non-school sponsored summer specialized sports camp(s) or group instruction for as long as you wish where s/he does not receive instruction or coaching from a member of the school’s coaching staff.
3. Students may attend a non-school sponsored specialized sports camp(s) or group instruction during the school year provided it does not result in any loss of school time; attendance does not occur within 14 days of the start of the school season for the sport concerned; it is not a team camp; and no member of the coaching staff of the school the student attends or will attend the following year is involved in any way.
4. Before attending any specialized athletic camp(s) clinic(s) or group sport instruction, the student should consult with Athletic Director to make sure it meets the criteria published in the MSHSAA Official Handbook.

### **ATHLETIC SPORTSMANSHIP**

1. If the student should commit any unsportsmanlike act while participating in a high school event, s/he could become ineligible.
2. If a student’s conduct as a spectator is found to be unsportsmanlike, s/he could be barred from attending any high school athletic contests.
3. The unsportsmanlike conduct of any spectator regardless of age could cause that spectator to be barred from attending school athletic contests.

### **ATHLETE PHYSICAL EXAMINATION**

1. Every athlete must complete a physical examination before participating in the

athletic program. One physical exam will cover every season for the current school year. An exam taken on or after February 15 of the previous school will be accepted; however it is recommended that the exam be performed near the start of the athlete's first season of the year.

2. In addition to the completed physical examination form, the athlete and his/her parents must provide verification of accident insurance, parent permission and authorization for treatment, emergency information and personal information.

## **ATHLETIC TRAINING POLICY**

At St. Vincent High School a student-athlete has the responsibility to exercise leadership at all times in matters of conduct. Representing St. Vincent in interscholastic competition is a privilege and must be recognized as such by the student athlete. Along with this privilege, the student-athlete must make a commitment to his/her teammates and accept the responsibility of maintaining a healthy life style. Therefore, the use or possession of tobacco products, alcohol or non-prescribed controlled substances is strictly prohibited for all student-athletes. This policy is enforced twelve months a year, whether in season or out of season, whether on campus or off campus. The consequences for violating this policy are indicated in this handbook. Violations are progressive. For example one alcohol and one tobacco offense will be considered two violations.

## **ATHLETIC ELIGIBILITY FOR LETTER JACKETS**

Any student may purchase a letter jacket. It is the letter that makes the jacket special. On this jacket you can have the SV Indian placed on the right shoulder, year of graduation on the left shoulder. No nicknames are permitted on school letter jackets, only the students first or last name. Non- Sports team members may place their name on the flap. The SV Letter, the official school emblem, and the Indian may be placed on the jacket only AFTER the student has lettered. After completion of lettering, the coach or band director will submit a list of students, who lettered in that sport, and the insignia for which they are eligible, to the official distributor of SVHS insignia. Only these students may purchase these letters or insignia.

1. **Sports**—Coaches decide who letters. Students who letter JV receive a smaller JV letter with the sport's symbol on it. Students who letter Varsity receive a Varsity letter, a chevron on the left arm for each year lettering Varsity, the team symbol and a bar on the letter for each year lettering Varsity. Varsity captains receive a large star above their chevron.
2. **Managers and Trainers**—letter Varsity and they receive the Varsity letter, the manager stripe, the sports symbol, and a bar for each year. Managers do not receive chevrons. Trainers do receive chevrons. Coaches make the distinction between the two.
3. **Band**—The Band Director sets the standards for Band Letters. Students receive the Varsity letter, the band stripe, and a bar for each year of lettering. Band students receive no chevrons.
4. **Flag Carriers**—receive a Varsity letter and a band stripe on the letter, bars on the

letter for each year, and the head Flag Carrier receives a small star on the letter. Flag Carriers receive no chevrons.

5. **Cheerleaders**—Varsity cheerleaders receive the Varsity letter, bars on the letter for each year, chevrons for each year and the captains receive large stars above the chevrons. JV cheerleaders receive the smaller JV letter and a megaphone.
6. **Individual Clubs**—present their own pins. No letter is awarded for clubs.
7. **Honor Students**—Students who have made 1<sup>st</sup> honors for 6 quarters are eligible to letter. These quarters need not be consecutive. When a student becomes eligible, this must be verified with the office. The letter is SV with Honor Student imprinted upon it.

### **ATHLETIC ALCOHOL, CIGARETTES, TOBACCO, E-PRODUCTS /VAPING/PARAPHERNALIA POLICY- 2018**

The use or possession of cigarettes, tobacco, e-cigarettes (or other vaping devices or equipment), vaping liquid, concentrate, or dry herb is not allowed on school grounds or at school-sponsored functions. These products can threaten the health of young people and create obstacles to their full development.

**NOTE:** A student-athlete who is a **team captain** may be required to relinquish his/her position upon violation of these policies. If the suspension is not fully served due to the number of games remaining in the season, the remaining portion of the suspension will be served at the beginning of the next full sports season in which the student-athlete participates. If the student athlete is a senior s/he will no longer compete for St. Vincent High School.

#### First Offense (In Season):

1. Suspended for 20% of the full sports season that the student-athlete was in violation of the policy.
2. Student-athletes and parents have the opportunity to make an appointment to discuss the violation and subsequent consequences with the Athletic Director and the Head Coach of that particular sport.

#### First Offense (Out of Season):

1. Suspended for 10% of season contests of the next full sports season the athlete participates/completes.
2. Student-athletes and parents have the opportunity to make a phone call or meet and discuss the violation and subsequent consequences with the Athletic Director and the Head Coach of that particular sport.

#### Second Offense

##### **(In or Out of Season)**

1. Suspended for 40% of the full sports season that the student- athlete was in violation of the policy.
2. Student-athletes and parents have the opportunity to make an appointment to meet and discuss the violation and subsequent consequences with the Athletic Director.
3. If the violation occurs out of season, the suspension will be applied to the

next full sports season in which the student-athlete participates.

### Third Offense

(In or Out of Season)

The student-athlete will be suspended from the athletic program for 365 days from the date of violation and no practices. He/she must complete a chemical evaluation before returning to the athletic program.

## **ATHLETES WITH “DWI/DUI” OR IN POSSESSION OF CONTROLLED SUBSTANCES**

**NOTE:** A student-athlete who is a **team captain** may be required to relinquish his/her position upon violation of these policies. If the suspension is not fully served due to the number of games remaining in the season, the remaining portion of the suspension will be served at the beginning of the next full sports season in which the student-athlete participates. If the student athlete is a senior s/he will no longer compete for St. Vincent High School.

### First Offense

The student athlete will be suspended for 50% of the full sports season. He/she must complete a chemical evaluation before returning to the athletic program and may be required to have periodic evaluations for drugs.

### Second Offense

The student-athlete will be suspended from the athletic program for 365 days from the date of the violation and have no practices. He/she must complete a chemical evaluation before returning to the athletic program and may be required to have periodic evaluations for drugs

## **STUDENT-ATHLETE APPEAL PROCESS**

A student athlete may appeal his/her suspension by submitting in writing a request for an appeal hearing to the Athletic Director within 5 days of the suspension. The request should contain specific reasons/circumstances as to why the athlete is requesting the appeal and must be signed by the student- athlete and his/her parent or guardian.

In an appeal, the Athletic Director, Principal, and/or other Administrator will review the parent/student letter, meet with parents/student (if deemed necessary), and determine whether this student has a circumstance which warrants the policy to be overridden (in his/her case only). This decision is final. Legal Consequences of any and all law violations must be completed AFTER the court date (paying fines, serving service hours, court costs, etc.) in order for a student-athlete to return to competition at St Vincent High School. Administration has the authority to waive this policy for minor offenses.

## **Parent and Student Athletic Agreement**

**After having read the St. Vincent de Paul athletic handbook I understand all**

**policies and procedures listed. I also agree to abide by and accept these policies in order to participate in athletics and activities at St. Vincent de Paul School.**

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**Parent Signature**

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**Date**

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**Student Signature**

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**Date**

