

ST. DOMINIC HIGH SCHOOL ATHLETIC HANDBOOK

2018-2019



Participation in athletics at St. Dominic High School is a privilege. As such, student athletes and parents must follow the policies and expectations required to participate in athletics at St. Dominic High School. Each student athlete and a parent or guardian must read this Athletic Handbook and acknowledge acceptance of these policies and expectations by completing the proper form electronically at www.stdominichs.org.

Latest Revision 07/2018

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St. Dominic Mission Statement

St. Dominic is a Catholic, college preparatory high school offering young men and women an education rooted in the Gospel of Jesus Christ. Living the Dominican tradition of prayer, study, community and service, we encourage life-long growth in faith, knowledge and leadership and involvement in the global community.

St. Dominic Vision

St. Dominic will be recognized as a premier Catholic high school in the St. Louis Archdiocese for academic and co-curricular excellence. Guided by Catholic teaching, students will become leaders in the local and global communities.

Purpose of Athletics

Rooted in the spirit and tradition of St. Dominic, St. Dominic High School Athletics is built upon the four pillars given by our patron saint; prayer, study, community, and service. Athletics serves as means of drawing students closer to their faith life with God, while developing the whole person in prayer, health, and spiritual wellness. Additionally, athletes are required to maintain good academic standing in order to participate. Through teamwork student athletes should build a sense of community with one another and a larger spirit community for the entire school. Lastly, through personal sacrifice, our student athletes should have a foundation of serving one another and others.

All members of the athletic community at St. Dominic High School; athletes, coaches, parents, and fans, must keep these four pillars at the center of our activities. In doing so, the true purpose of athletics can be realized and appreciated by all members of the St. Dominic community.

Collaboration with St. Dominic Student Handbook

The Student Handbook, available at <http://www.stdominichs.org/handbooks-forms.html>, and the St. Dominic Athletic Handbook work in collaboration with each other. Both handbooks serve to provide the policies and expectations for our school community. As such, they work together. In the event that the Athletic Handbook does not address a particular situation, the St. Dominic Student Handbook should be used for clarification. In the unforeseen circumstances that a policy or expectation appear to conflict between the two handbooks, the Student Handbook will supersede the Athletic Handbook.

It is also not possible to foresee every situation or circumstance and address it in the Athletic Handbook. In these circumstances, the school Administration will take the most appropriate action deemed necessary.

Collaboration with the Missouri State High School Activities Association

St. Dominic High School is a member of the Missouri State High School Activities Association (MSHSAA), and as such adheres to all MSHSAA Bi-laws and Policies. In several areas, St. Dominic has athletic and activity policies that may be more stringent than the MSHSAA policy. St. Dominic students will be held to a higher standard that best reflects their capabilities and expectations. These local school policies do apply beyond the MSHSAA policies. Student Athletes must follow all MSHSAA Bi-Laws and Policies as well as our St. Dominic local school expectations and policies.

Organizational Structure and Resources

President: Mr. Jim Welby, jwelby@stdominichs.org

The President of the school is responsible for the executive function of establishing the ways and means of efficiently executing all school policies, school finances, and overseeing all school personnel.

Principal: Ms. Cathy Fetter, cathyfetter@stdominichs.org

The Principal of the school is responsible for all academic activities within the school as well as overseeing all interscholastic athletics and activities.

Athletic Director: Mr. Kevin Roberts, kevinroberts@stdominichs.org

The Athletic Director of the school plans, coordinates, promotes, and supervises the total athletic program for the school. The Athletic Director is directly responsible for the supervision and leadership of all coaches and athletic activities.

Athletic Administrative Assistant: Mrs. Ania Wyant, awyant@stdominichs.org

The Athletic Administrative Assistant of the school helps to execute the daily functions of the athletic program including publication of athletic schedules and information on the school website, transportation schedules, and roster publication.

Athletic Director: 636.240.8303, ext. 105

Athletic Office: 636.240.8303, ext. 118

Certified Athletic Trainer: Mrs. Ruth Young, ryoung@stdominichs.org

Missouri State High School Activities Association, www.mshsaa.org

National Federation of State High School Associations, www.nfhs.org

A complete list of Coaches and contact information is available at www.stdominichs.org/athletics

Requirements for Participation in St. Dominic Athletics

The following forms and information must be completed online prior to a student athlete trying out or participating for any athletic team:

- MSHSAA Pre-Participation Physical Evaluation (Privit)
- Medical Insurance (Privit)
- Transportation Release
- Media Authorization Release
- Athletic Handbook Acknowledgement

A current Impact assessment must be on file in the Athletic Office. This assessment is completed at school under the Athletic Trainer's supervision and is required every other year.

Participation Fee—Every athlete participating in a sport is required to pay a \$115 participation fee. The participation fee for each sport must be paid prior to a student athlete being allowed to participate in any contest.

Academic Eligibility Requirements for Athletics

All students wishing to participate in interscholastic athletics and activities must maintain Academic Eligibility in accordance with the MSHSAA and St. Dominic local academic eligibility standards.

St. Dominic Athletic and Activities Academic Requirements

Through local policy, St. Dominic has academic eligibility requirements beyond those of the MSHSAA. Student athletes are required to maintain all passing grades in all courses in order to maintain their athletic eligibility. Students' academic eligibility will be reviewed at the following times of the academic year:

- **Mid-Semester (1st) Progress**
- **First Semester Final Grades**
- **Mid-Semester (2nd) Progress**
- **Second Semester Final Grades**

Mid-Semester Progress Eligibility: Students failing any classes at the Mid-Semester evaluation period will be suspended from all contests for a minimum of two weeks, following notification from the Athletic Director or the Principal. During this time a student may practice with the team. The student may attend games at the discretion of the coach, however no school time may be missed, including early dismissals to attend away contests. At the end of the two week period, the Athletic Director, upon written notification of the acceptable progress from the appropriate teachers, may reinstate the student to full participation. If the student is not making acceptable progress by this time, he or she will either continue the suspension until acceptable progress has been achieved or be removed from the athletic team at the discretion of the Athletic Director or the Principal.

Semester Grade Eligibility: A student failing two classes at Semester is ineligible to participate in athletics for the following semester in accordance with the MSHSAA eligibility standards. There is no due process for appeal of this eligibility. A student failing one class at semester will follow the Mid-Semester Progress Eligibility Protocol. *Note:* Students failing a class in the second semester will have the opportunity to restore their eligibility by making that credit up through course recovery during the summer. No more than one credit can be earned during the summer for academic eligibility. (MSHSAA bylaw 2.3.6)

Missouri State High School Activities Association Academic Requirements

The complete MSHSAA Academic Requirements, bylaw 2.3, is available at www.mshsaa.org. Additionally a copy is available upon request in the Athletic Office.

Citizenship Guidelines

Students who represent St. Dominic in interscholastic activities must be credible citizens and judged so by proper authorities and local school administration. Students whose character or conduct is such as to reflect discredit upon themselves and St. Dominic are not considered “credible citizens,” (MSHSAA bylaw 2.2) and as such may be suspended or removed from activities as deemed as such by the Athletic Director or the school administration.

St. Dominic Athletic and Activities Citizenship Requirements

Through local policy, St. Dominic has Citizenship Requirements and Expectations. Students are required to be credible citizens while in public, at school, at school sponsored activities and events, and while on the athletic field/court/course. Student athletes must understand that they are always representing St. Dominic High School and our Athletic Program. As such, students who are not being credible citizens are subject to discipline by the Athletic Director, the School Administration, and/or the Coach. For offenses deemed serious enough, the student athlete can be suspended or removed from their athletic team.

Drug & Alcohol Policy

All athletes who participate in athletics or activities should refrain from the possession or use of any alcohol or drugs including paraphernalia. Student Athletes must adhere to the Drug and Alcohol Policy published in the Student Handbook, available at <http://www.stdominichs.org/handbooks.html>.

Tobacco Policy

All athletes who participate in athletics or activities should refrain from the possession or use of any tobacco products including smokeless tobacco and smoking paraphernalia. A violation of this shall result in a one week suspension from all contests. During this time a student may practice and should attend contests. They should not wear their uniform at contests. The student athlete may not miss any academic time to attend contests, such as an early dismissal. Repeat violations will result in increased suspensions or removal from the athletic team at the discretion of the Athletic Director or the school administration.

Missouri State High School Activities Association Citizenship Requirements

The complete MSHSAA Citizenship Requirements, bylaw 2.2, is available at www.mshsaa.org. Additionally a copy is available upon request in the Athletic Office.

Due Process

Any student athlete receiving discipline for failing to meet academic and/or citizenship standards may appeal their discipline to the Athletic Director through due process. A parent or legal guardian of the student athlete should submit a request for due process with supporting materials to the Athletic Office. This can be done via email to the Athletic Director or in person. The Athletic Director, in conjunction with the Principal and/or the Dean of Student Services will review the submitted information and render a ruling in a timely manner, not to exceed 48 hours of the school week.

Attendance Requirements

If a student misses class(es) without being excused by the Principal, or the Principal's designate, the student shall not be considered eligible on that date. Further, the student cannot be certified eligible to participate on any subsequent date until the student attends a full day of classes (MSHSAA bylaw 2.2.3.d) The following are exceptions that must be pre-approved through the main office for an athlete to be eligible to participate despite not being in class: field trip, college visit, doctor's appointment, funeral, and school retreats. These exceptions must be pre-approved by the main office at least the day before they would occur.

Students arriving tardy to school must be in class by 9:30am in order to be eligible to participate in athletics and activities that day. A student athlete who leaves school for illness during the school day and does not return within 90 minutes and prior to the end of the academic school day is ineligible to participate in athletics and activities that day.

Equipment & Uniforms

Student athletes are responsible for all equipment and uniforms issued to them for a sport season. It is the athlete's responsibility to keep the equipment and uniform in general good care. If equipment or uniforms are not returned, returned damaged, or returned not in general good care, the student athletes is financially responsible for the replacement of this equipment or uniform. Replacement costs are generally much more expensive the initial cost as often times purchasing a single item is much more costly. Academic grades, diploma, and transcripts can all be held until all equipment and uniforms have been either returned and/or paid for. If a student athlete is issued equipment or a uniform not in general good care, it is their responsibility to return it immediately to the coach that issued the equipment or uniform. Equipment and uniforms are to be returned immediately following the conclusion of that individual sport season.

Game Uniforms & Team Apparel

Game uniforms and team apparel must be approved before being ordered by the Athletic Director. Game uniforms are only to be worn during games, unless preapproved by the Head Coach, Athletic Director, or the Dean of Students Services. No athletic team apparel (ie: sweatshirts, warm-ups, senior night shirts) can be worn during the academic school day without preapproval from the Dean of Students Services.

iPads, Money, & Valuables

Students are responsible for the security of their iPads, money, and other personal valuables while participating in practices and contests. Students are strongly encouraged to secure these items in a locked locker with a school issued padlock. Coaches and Moderators are not responsible for securing a student athlete's valuables.

Inclement Weather

The athletic policy for inclement weather directly correlates with the policy outlined in the Student Handbook, <http://www.stdominichs.org/handbooks.html>. In situations when inclement weather occurs after school hours or on a nonschool day we will notify students and parents of any changes via the St. Dominic Athletic Twitter, [@sdhsathletics](https://twitter.com/sdhsathletics). If a practice or contest has already begun, all student athletes will be supervised by their coach or a school representative until they can be safely picked up by a parent or guardian, or the coach deems it safe for the student to drive themselves home.

In general, please expect that if the weather is unsafe as such that school cannot be in session, we will not have after school activities or athletics. A very limited number of exceptions may apply, but all will be authorized by the school President. If classes are dismissed early for the day to allow safer travel for students to get home, all after school activities and athletics will be cancelled for that day as well.

In the event a contest is not able to be played because of inclement weather all efforts will be made to reschedule that contest with the understanding that varsity contests will take a higher priority than lower level contests. In some cases these contests will not be able to be rescheduled. Rescheduled contests should be communicated through the coach, and will be appropriately placed on Arbiter and Twitter.

Parent Expectations

Parents are some of the greatest assets that St. Dominic has. There are expectations of parents of student athletes that are critical to our overall athletic success.

St. Dominic Athletic Association (SDAA) & Volunteering

The St. Dominic Athletic Association, SDAA, operates through volunteer leadership to help facilitate athletic contests on and off campus as well raise funds to help support the athletics and activities of St. Dominic. The SDAA is a volunteer led parent organization that supports the athletic department with service and fundraising. Every parent of an athlete at St. Dominic is a member of the SDAA. The SDAA coordinates parent volunteers to manage the admission gates, concession stand and spirit wear sales at all home athletic contests. Parents are assigned their volunteer shifts shortly before the first contests of their specific sport season. Every effort is made to not schedule a parent volunteer to work while their child is participating in a contest.

The SDAA generates funds that support athletics and the athletic department through concession sales, spirit wear sales, and major events throughout the school year. The SDAA meets on the second Monday of the month from August through May. All parents are encouraged to be an active member of the SDAA and consider a leadership position within this volunteer organization. Additional information on the SDAA is available at <http://www.stdominichs.org/Athletics/SDAA.html>.

Parent Conduct at Contests

Just as students represent St. Dominic at athletic contests, so do Parents. Parents are encouraged to cheer for our teams and athletes, but are asked to do so in a sportsmanlike

manner. It is never acceptable for someone to yell at, taunt, or defame an opponent, coach, or an official at a high school athletic contest. If there is an incident a parent may be asked to change their behavior or leave an athletic contest. If there are repeated incidents, a parent may not be allowed at athletic contests. In extreme circumstances a student athlete may be removed from their team as a result of their parent's behavior.

Alcohol, tobacco, or drugs are never allowed or acceptable at any MSHSAA and St. Dominic athletic contest.

Chain of Communication

Communication is the cornerstone of any relationship. As such it is important that coaches and student athletes have a strong relationship. Parents need to feel comfortable with their child's communication with their coach. Parents that have a concern about their child, as it relates to a particular team or athletic program, are encouraged to seek resolution in the most appropriate manner. Conversations and correspondences between coaches and/or student athletes and/or parents should all stay positive and centered on the student athlete and their opportunity to help the team. Playing time is a coach's decision, and is not an available topic for discussion with a parent. A student athlete who wishes to increase their role on a particular team should communicate directly with the coach regarding this.

The following provides a chain of communication that will maintain and build a positive relationship between the athletes and the coach.

Step One: Student Athlete-Coach Communication

Step Two: Student Athlete-Coach-Parent Communication

Step Three: Student Athlete-Coach-Parent-Athletic Director Communication

Communication at any level should always stay student centered. If an issue is not addressed to a student athlete's understanding, then they should move to the next step of the chain of communication.

24 Hour Rule

In the unfortunate circumstance that a student athlete or parent is upset about something that has occurred during a practice or contest, they are always asked to follow the 24 Hour Rule. The 24 Hour Rule asks that a student athlete or a parent who is upset wait until the next day to contact a coach with their concerns. This allows for the emotion to leave the situation and allow everyone to communicate in a more effective way that focuses on the student athlete. In cases where waiting until the next day could cause injury or harm to a student, communication is encouraged to happen immediately.

Coaches' Expectations and Responsibilities

A Coach is an educator and mentor who should always serve as a positive role model to our student athletes. There are many expectations of a coach; just as a coach will have many expectations of their student athletes. Coaches should continually communicate these expectations throughout the offseason and while in season.

The following are expectations of our coaches:

Supervision: A coach must remain present with their student athletes until they have been picked up from practice or contests, or they have been designated under another coach or supervisor's care. Parents are expected to pick up their children in a reasonable time following practices and games.

In-Season Scheduling: A coach is responsible to create a regular practice schedule that is communicated in advance with the members of the team. Athletes should expect to practice 5-6 days a week while in season. Attending daily practice is required to participate on any athletic team at St. Dominic.

Off Season Expectations: Most successful programs require a level of preparation that must begin long before tryouts. Most programs will have some level of off season participation in activities. No off season expectation can be mandatory, however; athletes who dedicate themselves beyond just the regular season perform better. The nature of competitive sports is that you must continue developing your physical skills, fitness, and mental skills beyond the in season time and training.

Multiple Sport Athletes: St. Dominic's athletic success has been built upon multi-sport athletes. Athletes are strongly encouraged to participate in more than one athletic program or activity. Student athletes become well rounded athletes and learn different styles and approaches by playing multiple sports.

Communication with Student Athletes: Coaches must openly communicate with student athletes. They should speak to them in person whenever possible. When not possible to speak in person, a coach is encouraged to communicate with the student athlete through an approved means. Some messages a coach will communicate are not always what a student athlete wants to hear, but if they are honest and student centered it will benefit the student athlete.

Sports by Season

Fall Sports:

Boys

Football
Soccer
Cross Country

Girls

Volleyball
Softball
Cross Country
Golf
Field Hockey
Tennis
Dance
Cheer

Winter Sports:

Boys

Basketball

Girls

Basketball
Swimming
Dance
Cheer
Competitive Cheer

Spring Sports:

Boys

Baseball
Volleyball
Track & Field
Golf
Tennis

Girls

Soccer
Lacrosse
Track & Field

Helpful Resources

Athletic Calendar (Arbiter):

<http://arbiterlive.com/School/Calendar/19974>

MSHSAA Athletic Physical Form (Privit):

<https://stdominiccrusaders.e-ppe.com/index.jspa>

NFHS Concussion Course:

<http://nfhslearn.com/courses/38000>

MSHSAA Return to Play Form:

http://www.mshsaa.org/resources/pdf/ReturnToPlayForm_13114.pdf

MSHSAA Most Current Handbook:

<http://www.mshsaa.org/resources/pdf/Official%20Handbook.pdf>

NCAA Eligibility Center for Students Seeking to Play NCAA Athletics

https://web3.ncaa.org/ecwr3/?DB_OEM_ID=9600

NAIA Eligibility Center & Information for Students Seeking to Play NAIA Athletics

<http://www.playnaia.org/>

Acknowledgement of Athletic Handbook

Each student athlete and a parent or guardian must read this Athletic Handbook and acknowledge acceptance of these policies and expectations by completing the proper form electronically at

<http://www.stdominichs.org/handbooks-forms.html>

Reservation of Right to Amend

St. Dominic reserves the right to amend this handbook at anytime to more accurately serve the needs of the school with reasonable notice.