

ATHLETIC POLICY

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Pursue Perfection, Expect Excellence

At Cathedral High School, we recognize athletics as co-curricular activities, contributing to the holistic education of the student. We also realize that athletics teaches many life-lessons that may not be found in the classroom. The most significant role of interscholastic athletics is that of the total development of the student-athlete. We support participation in more than one sport by our athletes.

Profile

Cathedral High School has a proud athletic history. The diversified high school program offered by Cathedral provides over 1200 students with competition in 20 IHSAA sanctioned and 5 non-IHSAA sanctioned sports.

As a member of the Indiana High School Athletic Association (IHSAA), Cathedral offers varsity competition in the following sports:

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|--------------------------|---------------------------|
| 1. Baseball (Boys) | 11. Soccer (Girls) |
| 2. Basketball (Boys) | 12. Softball (Girls) |
| 3. Basketball (Girls) | 13. Swimming (Boys) |
| 4. Cross Country (Boys) | 14. Swimming (Girls) |
| 5. Cross Country (Girls) | 15. Tennis (Boys) |
| 6. Football (Boys) | 16. Tennis (Girls) |
| 7. Golf (Boys) | 17. Track & Field (Boys) |
| 8. Golf (Girls) | 18. Track & Field (Girls) |
| 9. Gymnastics (Girls) | 19. Volleyball (Girls) |
| 10. Soccer (Boys) | 20. Wrestling (Boys) |

Cathedral High School also offers competition in non-IHSAA sanctioned sports. The coaches and athletes must be subject to the rules and regulations of Cathedral High School. These sports are required to have a statewide governing body and are offered as long as there is enough interest, and the team is made up of a majority of Cathedral students. At present, the following non-IHSAA sports are offered:

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|---------------------|----------------------|
| 1. Rugby (Boys) | 5. Bowling (Girls) |
| 2. Lacrosse (Boys) | 6. Hockey (Boys) |
| 3. Lacrosse (Girls) | 7. Volleyball (Boys) |
| 4. Bowling (Boys) | 8. Cheerleading |

Cathedral has a long history of offering club activities for hockey. This activity no longer meets the requirements for sanctioning as a Cathedral High School club or activity. However, participation of Cathedral students with the Central Indiana Knights Hockey team is encouraged.

Privilege to Compete

Participation in high school athletics is a student privilege and not a student's right. They are students first and athletes second.

Academics

Student athletes should manage their time in such a way as not to have to miss practices, competitions, or school in order to participate in athletics and achieve success in academics. If this cannot be done, students should not be involved in athletics. Academics must always be a higher priority than athletics.

Athletic Department Awards

All athletic awards given by Cathedral High School remain as property of the high school as prescribed by the IHSAA. The school may withhold giving the award or reclaim it if by conduct or appearance, any student brings discredit on the school or the Athletic Department. Awards are given only to students on Cathedral IHSAA and club teams.

The following will serve as specific guidelines in the presentation of awards in sports at Cathedral High School:

1. A Freshman Award shall be class numerals. If an athlete earns an additional freshman award, he/she will receive a certificate only. The freshman award is earned during the Freshman year only.
2. The Junior Varsity Award shall be a certificate.
3. The first Varsity Award earned shall be an eight (8) inch letter.
4. Repeat Varsity award winners will receive a certificate, metal pin-on emblem and a chevron.

General Qualifications for an Award

In all cases to receive an award, an athlete must:

1. Be recommended by the Coach.
2. Complete the season. (Exception: injury)
3. Pass six (6) subjects during the previous grading period.
4. Meet the specific qualifications of the particular sport.

Specific Qualifications for an Award

1. A freshman student that completes the season as a member of an athletic team could receive freshman numerals at the conclusion of the season. If a freshman is a member of a Junior Varsity team, he/she will receive numerals only if it is his/her first award. If he/she has already received numerals, he/she will be eligible to receive a Junior Varsity letter.
 - a. If a freshman earns a Varsity letter in any sport, he/she will receive the Varsity letter and numerals if numerals have not been earned in another sport. All awards are given at the discretion of the coach after consultation with the athletic director.

2. A student may earn a Junior Varsity award at the discretion of the coach after consultation with the athletic director.
3. Playing time for Varsity awards is cumulative and only one Varsity letter per sport will be awarded an athlete. Any IHSA State Championship team will be awarded a special State Champion letter. It is a coach's responsibility to notify the athletic office no later than thirty (30) days after the completion of their season if they want to order patches. These patches are for varsity tournament members only.

**All awards are given at the discretion of the coach after consultation with the athletic director.

Special Awards

Managerial awards are presented on recommendation of the head coach.

Varsity letters can be awarded to cheerleaders who have completed one full year of service in the varsity cheerleading program. Awards can be presented for additional years of service. All varsity letters awarded for cheerleading are subject to the approval of the cheerleader coach and athletic director.

Senior team members may be awarded a letter for special consideration if they have made a significant contribution to the team. A senior must have participated for at least two (2) consecutive years, including the senior year. The athlete must also end the season in good standing with the school and the athletic department.

In addition to Varsity letters, a total of only five (5) special awards per sport may be awarded. The total team includes Varsity, Junior Varsity, and freshman teams. No other special awards will be given at a school-sponsored banquet. This will keep all sports on an even level of award presentations. The coach has the option to give no (0) awards, one (1) award, two (2) awards, three (3) awards, four (4) awards, or all five (5) awards. The coach will determine what the awards will be called. All awards are to be approved by the athletic director.

If any doubt arises as to the eligibility of an athlete for an award, the head coach should consult with the athletic director.

Joe Dezelan Award

This award is presented annually to a female and male senior athlete. Criteria for this award are:

- Outstanding leader
- Athlete who plays two or more sports, with senior year participation required
- Positive role model
- Strong character
- Minimum cumulative G.P.A. of at least 3.00

Outstanding Senior Female/Male Athlete

This award is presented annually to an outstanding senior female and male athlete.

Criteria for this award: Athlete must play two (2) or more sports with senior year participation required.

ATHLETIC DRESS CODE

In season organizations, clubs or athletic teams may wear their respective activity shirts only on Fridays during their season. School uniform pants must be worn on these days.

ATHLETIC PARTICIPATION

An athlete is considered part of a team if his/her name appears on the roster when the team participates in its opening contest.

No athlete who is participating in a Cathedral sponsored sport will be allowed to become involved in another Cathedral sponsored sport until his/her season is completed. Thus, an athlete that quits a team or is dropped from a team by a coach for a valid reason will not be allowed to go out for or participate in conditioning programs with another team until the season is completed.

Any unusual circumstances will be discussed with the athletic director and coaches involved.

All student-athletes are encouraged to participate on various athletic teams within the Cathedral High School structure as possible. Coaches are expected to encourage diversity and participation in other sports within Cathedral High School. No coach or coach's agent should put undue influence on an athlete to specialize in only one sport or to be a non-participant. Priority is always given to Cathedral High School interscholastic sports over outside amateur leagues. All coaches must work together in encouraging athletes to participate on various athletic teams within our school system. Coaches should encourage athletes to put all their time and effort toward competing on their high school team and should not encourage them to become involved in an outside athletic program while their season is in progress.

Attendance

Students must attend school five (5) class periods in order to qualify for participation in an after school activity. Students who are absent from school for five (5) consecutive days due to illness or injury or who are physically unable to practice for five (5) consecutive days due to illness or injury, must present to their coach or athletic trainer a statement from physician holding an unlimited license to practice medicine that they are again physically fit to participate in interschool athletics.

CHANGING A SPORT

If an athlete is cut from a team, he/she may join another team in that sport season. An athlete cannot quit one sport to join another sport until that team is no longer competing. (Example: an athlete may not quit football to try out for the basketball team). Athletes may transfer from one sport to another during a season only upon mutual agreement of both coaches.

CONCUSSION MANAGEMENT

The Indiana state legislature and Indiana Department of Education require that all parents and students receive educational materials on Concussion recognition, treatment and return to play criteria. This information must be read by both student and parent, and a concussion acknowledgement form must be signed and on file in the Cathedral athletic office prior to

beginning sports activity each year. Over the past several years, concussion awareness has become a very important topic in athletics, especially at the high school level.

EXPECTED BEHAVIOR OF ALL CATHEDRAL ATHLETES

All Cathedral High School athletes are expected to represent themselves and Cathedral High School in an exemplary manner at all times. Additionally, all Cathedral athletes are expected to exert a positive influence on their fellow students at all athletic assemblies and at all other school sponsored events.

According to the constitution and by-laws of the IHSAA, the principal in each high school has control over the giving and receiving of awards and medals. Here at Cathedral High School this is done in conjunction with the Athletic Director. IHSAA rule 8-1 and note states: *“Contestants’ conduct, in and out of school, shall be such as (1) not to reflect discredit upon their school or the Association, (IHSAA) or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school. NOTE: It is recognized that principals, by the administrative authority vested in them by their school corporation, may exclude such contestants from representing their school.”*

As a member of the IHSAA, it should be abundantly clear that Cathedral High School is governed by the above quoted by-laws and is determined that they be upheld in both letter and spirit.

Cathedral High School sets the guidelines for discipline of students as outlined in the Student Handbook (Bluebook). All athletes are expected to adhere to the guidelines and policies of the school. The Cathedral High School athletic director will investigate all cases of behavior unbecoming of Cathedral student-athletes and will recommend action to be taken in regard to withdrawal of athletic awards and/or suspension of eligibility. Some violations will result in an immediate hearing before the Cathedral High School discipline board and that board can make additional disciplinary recommendations. The recommendations of this board are subject to the principal’s approval and all coaches and athletes must adhere to the decisions. Any violations of these policies will be dealt with by the discipline board, and/or the vice principal for student conduct and/or the principal. Coaches and members of the athletic department have the responsibility to report any and all violations of department and school policies. Failure to do so could result in disciplinary action to be taken by the athletic director, principal, and/or president.

SELF-REPORT CLAUSE

It is the intent of Cathedral High School to assist students with developing responsibility for their actions and to encourage honesty. Therefore, any student-athlete who voluntarily reports on him or herself as to a first violation of the Code of Conduct before being reported by some other means will be permitted leniency. This student-athlete will pay a lesser penalty for the infraction than stated. He/she will not be permitted to participate in a number of contests equal to 10% or at least one contest of the sport season they are in or will be in next. A scrimmage does not count as a contest for purposes of this section. In cases of substance abuse, the self-reporting student-athlete must participate in a substance abuse awareness session(s) with a qualified professional to receive the benefit of this clause. This Self-Report clause can be used only once during the student-athlete’s four year career.

The total penalty will be reduced to 10% of an athletic season if the following occurs: the student or the student's parents or guardians report the violation to the athletic director or a head coach by 8am the next school day; prior to their independent confirmation of a violation. A suspension will not be eligible for the self-reporting clause if: 1.) school personnel are a witness to the infraction; 2.) the incident occurs on school property or at a school function.

TOBACCO, ALCOHOL, DRUG AND OTHER SUBSTANCE USE

First Offense

Minimum Penalty: Any student-athlete found to have been directly involved with tobacco, alcohol, drugs, and/or other substances will not be allowed to participate in the next 25% of their scheduled athletic events. Additionally, the student-athlete must enroll in a substance abuse program approved by the principal.

Maximum Penalty: The student-athlete, his/her coach, or the director of athletics could request a hearing with the Cathedral High School Discipline Board to investigate whether further penalty would be warranted. The recommendation of this board is subject to the principal's approval and all parties must adhere to the decision.

Second Offense

Minimum Penalty: Any student-athlete found to have been directly involved with tobacco, alcohol, drugs, and/or other substances for a second time will not be allowed to participate in athletics for 365 days.

Maximum Penalty: The Cathedral High School Discipline Board will investigate all such incidents. If warranted, this Board will make additional recommendations to the principal. The recommendations are subject to the principal's approval and all parties must adhere to the decision.

For sophomores, juniors, and seniors the suspension must be served in a sport in which the athlete competed the prior school year.

CARRY-OVER RULE

If a rule violation occurs such that an athlete cannot fulfill the terms of the penalty for that violation within the sport's regular season, the suspension carries over to the next season in which the athlete participates.

ATHLETIC SEASONS

The seasons have been broken down into three: fall, winter, and spring. Athletes are asked to be a positive influence in the school and community during all seasons. Training between seasons is important and athletes found violating training between seasons will be documented to the athletic director and parents. Lack of adherence to the principles of good training and/or repeated violations will result in the student being denied an opportunity to participate in athletics.

The IHSAA and non-IHSAA sanctioned sports shall be played during the following seasons:

Fall

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| Girls: | Cross Country Golf Soccer Volleyball Cheerleading | Boys: | Cross Country Football Soccer Tennis |
|--------|---|-------|---|

Winter

| | | | |
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| Girls: | Basketball Swimming Gymnastics Cheerleading Bowling | Boys: | Basketball Swimming Wrestling Bowling |
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Spring

| | | | |
|--------|---|-------|--|
| Girls: | Softball Tennis Track & Field Lacrosse | Boys: | Baseball Golf Track & Field Lacrosse Rugby Volleyball |
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COMMUNICATION

As a student becomes involved in his/her choice of sports at Cathedral, he or she will experience rewarding moments and times when things do not go as wished. At these times, the best choice is to express any concerns directly to the coach. It is always appropriate for the athlete to discuss position, consideration for future play, treatment, behavior and ways to improve. Also, it is important for each athlete to inform his/her parent(s) and that they are encouraged to discuss treatment, improvement, and behavior with the coach. However, it is not appropriate for parents to discuss playing time, team strategy, play calling, or other student-athletes with the coach.

PARENT/COACH COMMUNICATION GUIDE**Parent/Coach Relationship**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to our students. As parents, when your child becomes involved in our program, you have a right to understand the expectations placed on your child. This begins with clear communication from the coach of your child's team.

It is important to remember that the first link in the communication network is the one established between coach and student. Encourage your child to speak directly with his/her coach with concerns and questions.

Communication You Can Expect From the Coach

- Coaching philosophy.

- Expectations the coach has for members of the team.
- Locations and times of all practices and contests.
- Team requirements; i.e.: fees, special equipment, off season conditioning.
- Procedures should your child be injured during practices or contests.
- Discipline that results in the denial of your child's participation.

Communication Coaches Can Expect From Parents

- Concerns expressed directly to the coach.
- Notification of any potential schedule conflicts well in advance.
- Specific concerns regarding a coach's philosophy and/or expectations.

As your child becomes more involved in the programs of Cathedral High School, they will experience some of the most rewarding moments of their lives. However, it is important to understand there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate Concerns to Discuss With Coaches

- Treatment of your child mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

As a parent, it is very difficult to accept your child is not playing as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you see above, certain things can be and should be discussed with your child's coach. Other issues, such as those below, must be left to the discretion of our professional staff.

Issues Not Appropriate to Discuss With Coaches

- Playing time
- Team strategy
- Play calling and game strategy
- Other student-athletes

There are situations that arise that may require a conference between the coach and parent. This dialogue is encouraged. It is important that both parties have a clear understanding of the others position. When a conference is necessary, the following procedure should be used to help promote a resolution of the concern:

1. Call or email the coach to set up an appointment.
2. If the coach cannot be reached, please call Doug Seagrave, athletic director, at 968-7341. He will make sure the coach contacts you.
3. Please do not attempt to initiate a discussion or confront a coach after a contest or practice. This can be an emotional time for all parties. Meetings in this setting usually do not promote resolution.

The Next Step

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the athletic director to discuss the situation further with you, your son or daughter, the coach, and the athletic director .At this meeting, further appropriate steps can be discussed and determined.

GENERAL IHSAA ELIGIBILITY RULES

These rules should be read carefully and understood thoroughly. Participation in athletics is a privilege earned by meeting the standards set by Cathedral High School and the IHSAA. Any questions regarding eligibility and participation should be directed to the athletic director before endangering athletic eligibility rather than after it is too late. Ignorance of the rules is not an excuse.

1. Rule coverage: IHSAA rules apply to all athletic teams and all sports contestants enrolled in grades 9, 10, 11, or 12 participating in any IHSAA recognized contests.
2. Consent and release certificates: Between April 1 and the student's first organized team physical activity, the student shall have had a physical examination from a physician and obtained from said physician the completed IHSAA physical form. Students properly certified to participate in interschool athletic activities, who are absent from school for five consecutive days due to illness or injury or who are physically unable to practice for five consecutive days due to illness or injury, must present to their principal a statement from a licensed physician that they are again physically fit to participate in interschool athletics.
3. Age: A student who is or shall be twenty (20) years of age prior to or on the scheduled date of the IHSAA state finals in a sport shall be ineligible for interschool athletic competition in that sport; a student who is nineteen (19) years of age on the scheduled date of the IHSAA state finals in a sport shall be eligible as to age for interschool athletic competition in that sport.
4. Amateurism: All contestants in sports recognized by the IHSAA must be amateurs in the sport in which they wish to participate. Students shall not play under assumed names nor accept remuneration, directly or indirectly, for athletic participation.
5. Conduct, character, and discipline: Contestants' conduct, in and out of school, shall be such as (1) not to reflect discredit upon their school or the IHSAA, or (2) not to create a disruptive influence on the discipline, good order, moral or educational environment in the school.
6. Unsportsmanlike conduct: Any contestant or coach ejected from a contest for an unsportsmanlike act shall be suspended from the next interschool contest at that level of competition and all other interschool contests at any level in the interim, in addition to any other penalties assessed.
7. Sundays: There shall be no interschool athletic contests, school practices or school-sponsored clinics held on Sunday. Calling one or more team members together on Sunday for studying scouting reports, viewing films of games, any kind of participation, etc., will be considered a violation of this rule.
8. Scholarship: To be eligible scholastically, students must have received passing grades at the end of their last grading period in school in at least six(6) full credit subjects or the equivalent and must be currently enrolled in at least six (6) full credit subjects or the equivalent.

Undue influence

The use of undue influence by any person or persons to secure or to retain a student, or to secure or to retain one or both of the parents or guardians of a student as residents, may cause the student to be ineligible for high school athletics for a period not to exceed 365 days and may jeopardize the standing of the high school in the IHSAA.

NOTE 1: Submission of false information and/or withholding information may result in either suspension from membership in the IHSAA or probation for the school for a period not to exceed 365 days.

NOTE 2: This rule shall include any undue influence that may be exerted by anyone on a student who has not yet entered the ninth (9th) grade, to enroll in a school other than their home school.

Undue Influence includes, but is not limited to, the following:

- a. Offer or acceptance of money or other valuable consideration
- b. Reduction or remission of regular tuition
- c. Waiving the legal requirements of transfers
- d. Offer or acceptance of board, room or clothing
- e. Offer or acceptance of remuneration for work in excess of amount regularly paid for such service
- f. Free transportation
- g. Transportation by coach, principal, teacher or school official
- h. Offer or acceptance of school privileges or considerations not granted to other students
- i. Offer or acceptance of residence with coach, principal, teacher or school official
- j. Free rent or reduced rent for parents
- k. Offer or payment of moving expenses of parents
- l. Any inducement to get parents or student to enroll in a particular school or to induce parents to change residence for athletic reasons

HAZING

Cathedral High School is committed to providing the best learning atmosphere for our students. Hazing activities are inconsistent with our educational mission and will not be tolerated in the athletic department. The Indiana Code defines hazing as “forcing or requiring another person (1) with or without the consent of the other person and (2) as a condition of association with a group or organization; to perform an act that creates a substantial risk of bodily injury.” The American Heritage Dictionary, Fourth Edition, defines hazing as: “To persecute or harass with meaningless, difficult, or humiliating tasks. To initiate by exacting humiliating performances from or playing rough practical jokes upon.” The Cathedral athletic department will not tolerate actions by student-athletes that recklessly or intentionally endanger the mental, or physical health or safety of a student. This includes, but is not limited to, paddling, beating, branding, exposure to the elements, forced consumption of food or drink, “swirlies,” forced conduct resulting in extreme embarrassment, or any other conduct which could adversely affect the mental health or dignity of another individual. Disciplinary action will be taken against student-athletes who plan, encourage, or engage in hazing activities. Athletic department employees who permit, encourage, condone or tolerate hazing will be subject to discipline.

INSURANCE (SECONDARY)

Coaches and administrators are safety conscious and trained to teach athletes safety measures. The school has supplemental insurance to help cover the costs of an athletic injury. The cost for this insurance is included in student fees and is collected by the business office at the beginning of the school year. The insurance may cover costs not covered by primary insurance. (Forms should be obtained through the Business Office.) Parents must initiate the process.

INTRAMURALS

Students may participate in intramural sports at any time during the school year except members of any IHSAA school team during the authorized practice-contest season. If a student wishes to participate in an intramural contest and is participating in a different sport during the authorized practice-contest season, the coach of that “in season” sport may restrict intramural participation. That expectation should be fully communicated to all players at the beginning of the authorized practice-contest season.

MULTIPLE SPORT PARTICIPATION

The Cathedral High School athletic department supports the concept of participating in more than one high school sport. High school coaches should not establish expectations “out of season” which would prohibit or restrict a student’s participation in another sport which is “in season.” A student athlete who wishes to participate in more than one sport in the same season (fall, winter, spring) must have prior approval of the coaches and athletic director. A schedule resolving all practice and competition conflicts must be established prior to the season and the student athlete will be asked to designate a “primary” sport if necessary.

PHYSICALS (IHSAA Pre-participation Physical)

All student athletes are required each year to have a physical prior to participating in any Cathedral sport-related activity (conditioning, open facility, weights, practice). Cathedral, in conjunction with Methodist Sports Medicine, will have a physical night on the Cathedral campus. The cost of the physical is \$20. The IHSAA Physical Forms are available on the athletic website. Please watch the website as this date gets closer for more details.

FIRST PRACTICE REQUIREMENTS

The following items are to be completed by the athlete and parent/guardian and submitted to the athletic office before the first practice with any team:

- Have an IHSAA physical examination and have supporting student, parent and doctor signatures and turned into the athletic office.
- Have the Concussion and Sudden Cardiac Arrest Acknowledgement forms signed and turned into the athletic office.
- Meet eligibility requirements.
- Have athletic transfer filed (transfer students new to Cathedral cannot compete in interscholastic contests until an athletic transfer is complete).

PRACTICES: REGULAR AND VACATION

All team members are expected to attend all practices. Practice schedules during fall, winter, and spring breaks are set by the coach and only the coach can excuse a student-athlete from practice.

SOCIAL MEDIA

Participation in activities, groups, and teams is a privilege at Cathedral High School. The use of social media by a student considered to be “unbecoming of a Cathedral student” may result in discipline including suspension or removal from the activity, group, leadership position, or team.

SPORTS MEDICINE

The goal of the Cathedral sports medicine team is to provide high-quality healthcare to our student athletes. The sports medicine team consists of two full-time certified athletic trainers and a designated sports medicine fellowship trained team physician. Our certified athletic trainers are available throughout the school day to evaluate, treat and rehabilitate athletic related injuries. They also provide immediate care of injuries as they occur during practices and games.

TRANSFER STUDENTS

Parents of students who wish to participate in athletics at Cathedral but who have attended another high school are required to complete an Athletic Transfer Report Form when meeting with the athletic director. The transfer will be sent to the student’s former school and to the IHSAA for approval. The student cannot become eligible for competition until approval has been granted by the IHSAA. Cathedral High School will strictly enforce IHSAA by-laws regarding student-athlete transfers. Students who transfer without a corresponding change in residence by the parents or guardians will be recommended for “Limited Eligibility” which allows for participation at the junior varsity level only for a period of 365 days. If there is reason to believe that the change of schools involves athletics in any way, the recommendation from Cathedral High School will be “No Eligibility” in athletics for a period of 365 days. Cathedral High School will consider any hardships relevant to the transfer if necessary.

WEIGHT ROOM

No student shall use the weight room facilities without adult supervision. Students are urged to request assistance from the weight room supervisor or coaches when planning and initiating a workout regimen. Cathedral has advanced physical conditioning (APE) classes offered before school (zero hour) and throughout the school day. A full-time strength coach is in charge of the strength and conditioning program. Athletes are strongly encouraged to take the APE classes.