

Nerinx Hall

Home of the Markers



NERINX HALL

Athletic Department Handbook

2019-20

ATHLETIC STAFF:

Athletic Director: Nancy Milward

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Assistant Athletic Director: Jody Patterson

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Varsity Coaching Staff at Nerinx Hall

Field Hockey	Jody Patterson
Golf	Steve Lestmann
Softball	Dawn Grass
Cross Country	Gaylerd Quigley
Tennis	Patricia Ott
Volleyball	Ed Naeger
Dance	Madison Thorpe
Swimming	Jenoa Olson
Diving	Renee Hamm
Basketball	
Racquetball	Nina Klein
Soccer	Brain Haddock
Track and Field	Gaylerd Quigley
Lacrosse	
Athletic Trainer	Mark Macias

Athletic Calendar

The athletic calendar can be found on the Nerinx Hall website. All team schedules are posted on individual sports pages.

Welcome to the Nerinx Hall Athletic Department

It is important that students who elect to participate in athletics at Nerinx Hall read this handbook as a guide about what to expect from the athletic department.

Students and parents who choose to participate in athletics are expected to support and abide by the regulations in this handbook as well as all rules and policies outlined in the Nerinx Hall Student-Parent Handbook. If you have any questions that are not directly answered in the following pages, please feel free to contact the athletic office any time at 314-968-9461 or send an email to nmilward@nerinxhs.org or jpatterson@nerinxhs.org.

Let's Go Markers!

Nancy Milward – Athletic Director

Jody Patterson – Assistant Athletic Director

Nerinx Hall Athletic Department Philosophy

The philosophy of the Nerinx Hall Athletic Program has five primary concerns.

1. To develop the physical, emotional, social abilities of each athlete. The program stresses teaching student athletes core values, life skills, not just developing the athletic skills.
2. To educate each athlete to practice good sportsmanship.
3. To encourage excellence in both Academics and Athletics.
4. To develop good leadership skills for each athlete. To challenge each athlete to lead their teams to the best that the team can do.
5. To optimize participation opportunities for all students.

State Affiliation

Missouri State High School Activities Association (MSHSAA)

As a member of MSHSAA, Nerinx Hall has agreed to adopt and follow those rules and practices contained in the official handbook of the Missouri State High School Activities Association. Nerinx Hall applies the rules and practices of MSHSAA to all MSHSAA sponsored sports and emerging sports. Parents, and student athletes and coaches are responsible to know the content and philosophy of the rules and by-laws outlined in the MSHSAA handbook that apply to their sport. A copy of the MSHSAA handbook and A copy of the MSHSAA publication, "How to Maintain and Protect Your High School Eligibility," is available online at www.mshsaa.org.

MSHSAA Sponsored Sports: Cross Country, Volleyball, Tennis, Golf, Softball, Basketball, Swimming and Diving, Soccer and Track and Field

MSHSAA Emerging Sports: Field Hockey, Lacrosse,

Club Sponsored Sport: Missouri High School Racquetball Association

League Affiliation – Metro Women's Athletic Association (MWAA)

Nerinx Hall is a member of the Metro Women's Athletic Association (MWAA). The league is made up of eight member schools: Barat Academy, Cor Jesu Academy, Incarnate Word Academy, Ursuline Academy, St. Joseph's Academy, Nerinx Hall, Visitation, and Whitfield, Villa Duchesne.

Athletic Department Information

Nerinx Hall Athletic Participation

To be eligible to participate in school athletics is a privilege, not an inherent right. Students must meet the eligibility standards set forth by the Missouri State High School Athletic Association and by Nerinx Hall. According to MSHSAA eligibility standards, athletes must be good citizens in their school and community. More specifically, any student who represents her school in interscholastic activities must be a credible citizen and be judged so by the proper school authority certifying the list of students for competition. A student whose character or conduct discredits her school is not considered a credible citizen. Her conduct shall be in accord with the standards of good discipline. It is understood that cases of ineligibility are handled on an individual basis at the school level.

Academic Eligibility

Eligible grade point: MSHSAA states that students are required to have passed 3.0 units of credit the previous semester in order to be eligible. Nerinx Hall additionally requires that they must have a "C" average (2.0). If a student has a 1.8 - 1.9 cumulative and or current GPA she will be placed on athletic grade probation for two weeks. In addition, if a student has received a failing grade in any course, regardless of cumulative or current GPA, she will also be placed on athletic grade probation for two weeks. Probation means that she cannot practice with a team and must devote extra time to study. The Athletic Director will then request progress reports from each of her teachers asking for an update on the student's grades. If a student has a "C" or above in all of her classes, she will be allowed to return to the team. If not, she may not return to the team for the remainder of the season or until the next grade card report. A student will not be allowed to participate on a team if her current or cumulative GPA is below a 1.80.

Athletic Physicals

According to the Missouri State High School Activities Association guidelines, "The school shall require of each student in athletics a certificate of an issued physical signed by a physician, advanced nurse practitioner in written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring physician stating the individual is physically able to participate in athletic practices and contests at her school. The medical certificate is valid if issued on or after February 1 of the previous school year." Form to be valid for a two year period (730 days) from the date of which the physical examination was received.

Only the MSHSAA PPE Form, the "physical examination", is valid for a two year period (730 days). The MSHSAA Pre-participation Documentation such as Medical History, Parent Permission-Insurance Verification, Student Agreement, Concussion Education Materials-Parent/Student Signature, Emergency Contact Information are still annual requirements that the school must secure from the students/parents annually. Students will not be eligible to participate if these forms are not completed and on file annually.

Students wanting to try-out for any sport must have a physical, Required MSHSAA insurance information, and parental consent submitted to the athletic office by July 15th for Fall Sports, October 1st for Winter Sports and February 1st for Spring Sports. No athlete may try out for a team unless the physical forms are on file the first day of try-outs in the Nurses office. The Annual Required forms must be on file in the Athletic office.

Emergency Athletic Emergency Form and Athletic Parent Permission Slip

An athletic emergency information form and athletic parent permission slip must be completed yearly. Each form must be signed by a parent or guardian. The coach of each sport will keep this sheet in case of an emergency. This sheet can be used in the absence of a parent or guardian to receive emergency treatment. Student athletes will not be eligible to participate on an athletic team until both sheets have been returned to the athletic office.

Conditioning Days

According to MSHSAA regulations, a student must have 14 conditioning days prior to competing in a contest for any sport, depending on the sport. This rule is disregarded if a student goes directly from one sport to another. For example, if a volleyball player goes into basketball season, her 14 conditioning days are accounted for because of participating in the volleyball season.

Non-School Competition

You may not practice for, or participate with a non-school team or in any organized, non-school, athletic competition and for your school team in the same sport during the school sports season.

- Students may participate on a school team and a non-school team in different sports during the same season; however, they may not practice for the non-school 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 your school administrator.*
- Students must receive approval in advance from your school principal or athletic director in order to miss school time to practice for, travel to or compete in organized non-school athletic competition.
- Students will become ineligible in any sport in which they play as a member of a junior college, college or university team.
- Before students join a non-school team or enter any non-school competitive athletic event, their school's principal or athletic director should be consulted to make certain these standards are met.
- Students should contact their school's Athletic Director for specific details regard to individual sports.

(swimming and diving, tennis, golf, cross country, track and field).

School Attendance for daily and weekend eligibility

An athlete must be in school for a full day (3 full block periods) in order to be eligible to participate in an athletic contest. If a student misses class without being excused by the principal or associate principal of student affairs, 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 (or has an excused absence(s) from class.) Senior athletes on Open Campus in sport season need to be in school for two full block periods in order to be eligible for practice or competition that day. An athlete must be in school a full day on the Friday before a weekend contest. If an athlete is not in school on the Friday before a weekend contest she will not be allowed to compete in that contest. The Athletic Director or Associate Principal will handle excused absences individually.

Attendance at Practice

Attendance will be taken at every practice, and excused absences noted. It is the responsibility of the student athlete to notify a coach about an absence from practice. If a coach is unable to resolve the nature of an absence through a discussion with a student, the athletic director will be asked to assist in determining the status of the absence.

Inclement Weather

The safety of the student athlete will always be the first priority when inclement weather arises.

- If the heat index reaches 105 degrees, then all activity must be halted immediately. Coaches of outdoor sports must take heat index readings regularly and chart those measurements when dealing with extreme heat situations.
- If lightning is spotted or thunder is heard, all activity must stop and the fields be cleared for 30 minutes. All participants and spectators should move to an appropriate shelter. Practice/play may resume after 30 minutes of the last roll of thunder or flash of lightning.
- Changing weather conditions may force practice time to be reduced or cancelled after 2:00 p.m. The Nerinx Hall Athletic Department Calendar will be updated after 2:00 p.m. for all game day cancelations.

Athletic Trainer and Injuries

The athletic department has an athletic training service for all athletes to use. The trainer is available at all home volleyball, field hockey, basketball, soccer and lacrosse games. If an athlete should need athletic training attention outside of the campus hours the athletic director or coach can schedule an appointment with the trainer.

Athletic Injuries

All injuries must be reported to the athletic trainer or the coach immediately and an injury report placed on file. Subsequent to any serious injury and prior to further participation in a sport, students must provide a signed medical release from a physician if a game or day of practice has been missed due to injury.

Concussion Guidelines for Nerinx Hall

Participation in all-sport activities carries an inherent risk of injury. While many preventative actions can be taken to reduce the risk of injury such as proper fitting equipment, conditioning programs and good nutrition practices, this will not prevent injury occurring in all instances. Should a student suffer a known concussion during activity **or** outside of school sport events, such incidents should be reported to the athletic director, coaching staff, school nurse, and athletic training staff.

Concussion Management and Practices

- If symptoms of a concussion are displayed at an athletic practice, the coach will notify the athlete's parent of the injury.
- If symptoms of a concussion are displayed at an athletic contest, the athletic training staff will perform an evaluation to determine the nature and severity of the concussion.
- The athlete's parents then will be notified of the outcome of the evaluation, and a recommendation will be made for the athlete to seek a professional medical evaluation.

Return to Play:

When it has been determined that a concussion has occurred, the athlete will not be allowed to return to activity and return to play decisions can only be made by healthcare professionals.

- The state of Missouri defines a healthcare professional as athletic trainer, nurse, or physician.
- The athlete must report the outcome of the evaluation by the medical professional to the school nurse. The medical release statement will determine when the athlete can return to practice and what the athlete can do at practice.

Head Strong Concussion Insurance Program

The Athletic Department purchases yearly the *Head Strong Concussion* Insurance for each athlete. If a athlete experiences a concussion the Athletic Director will contact the athlete's parents about the information needed for the Insurance Program. For additional information about the insurance *The Head Strong Concussion flyer is posted on the Web site.*

Communication between Parents/Coach/Student Athletes

Steps for Student athlete/Parents/Coach communication

Listed below are a number of steps to enhance athlete/parent/coach communication. It is important also to remember that the first link in the communication network is the one established between coach and student athlete. Student athletes shall be encouraged to exercise the opportunity to speak directly with their coach about any topic. Parents are asked NOT to confront a coach before or after a contest or practice without setting up an appointment with the Athletic Director. When conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

- First meeting: player and coach
- Second meeting: player, parent, coach and athletic director, assistant athletic director
- Third meeting: A call or email to the athletic director should be made to set up an appointment. Present at the meeting are player, parent, coach, and athletic director, assistant athletic director and administration.

Parents or Student Athlete should communicate the following:

- Notification of any schedule conflicts well in advance
- Specific questions regarding a coach's philosophy and/or expectations

Parent/Coach appropriate issues to discuss with coaches

- The mental and physical treatment of the student athlete
- Ways to help their student athlete improve
- Concern about the student athletes behavior

Coaches communicate with student athletes and parents.

- Philosophy of the coach
- Location and times of all practices
- Explanation of athletic department training rules
- Team requirements (special equipment, fees, off-season conditioning recommendations)
- Procedures if the athlete is injured during participation
- Explanation of excused and unexcused absences from practices/contests

Nerinx Hall Athletic Code of Conduct

Nerinx Hall Students who participate in athletics are thought of as school leaders. They represent the school in the eyes of the community. They serve as role models for other students. As such, these students should be held to a high standard of behavior. Such students need to maintain their physical and mental well being not only while at school and school-sponsored activities, but at other times as well. In an effort to achieve these goals, the Nerinx Hall Athletic Department has an Athletic Code of Conduct for all athletes to follow while in their athletic season.

The Code of Conduct

Citizenship

The athlete must be in good standing with Nerinx Hall. Any behavior which discredits the student-athlete or Nerinx Hall or any behavior which does not support the school's mission will not be tolerated. Behavior of this sort may result in suspension or removal of the student-athlete from the team. All athletes must follow the MSHSAA and Nerinx Hall citizenship standards.

Sportsmanship

Nerinx Hall will not tolerate unsportsmanlike conduct from any coach, athlete, or fan. Each coach and team member is responsible to conduct him or herself with proper sportsmanship at all times. Our opponents expect the same of the fans supporting our teams. Participants should remind fans that negative comments are not acceptable sportsmanlike behavior. All athletes, coaches and fans will show respect for contest rules and officials and opponents. All athletes and coaches will show respect and concern for social convention with positive attitudes towards participation.

Respect

That proper behavior and respect towards others will reflect positively on the team, and in the Nerinx Hall community. A Nerinx Hall athlete will treat all people with respect at all times. A Nerinx Hall athlete will be a good sport, be gracious in victory and accept defeat with dignity. Athletes will treat contest officials with respect, and will refrain from complaining about or argue with officials on decisions during or after an athletic contest. An athlete that continues to engage in disrespectful behavior of any sort will be subject to disciplinary action.

Responsibility

It is the responsibility of all Nerinx Hall Athletes to be responsible for their actions when playing on an athletic team. Athletes must be in good academic standing, must follow all team rules set by the coach. Consistently exhibit good character and being a positive role model. All athletes must protect the integrity of the game by playing the game according to the rules. All athletes have the responsibility of being positive team leaders for their teams and school community. Athletes are expected to refrain from using any illegal substance, including being under the influence of alcohol and other drugs (other than prescription or non-prescription) during school or at a school sponsored function.

Sportsmanship Expectations

Behavior Expectations of the Student-Athlete

- Accept and understand the seriousness of your responsibility and the privilege of representing Nerinx Hall and the community.
- Learn the rules of the game thoroughly and discuss them with parents, fans, and fellow students. This will help everyone to better understand and appreciate the game.
- Treat opponents the way you would like to be treated, as a guest or friend.
- Wish opponents good luck before the game, and congratulate them in a sincere manner following each victory or defeat.
- Respect the integrity and judgment of game officials. Never argue or make non-verbal gestures, which indicate disagreement.
- Thank the officials after each contest. Officiating is a difficult and often stressful job. Show them some appreciation for what they do.

Behavior Expectations of Parent or Parents and Spectators

- Remember that participation on an athletic court or field is an opportunity for learning experiences similar to a classroom, and mistakes can and will be made. Please do not be critical or jeer athletes who make mistakes. It is part of the learning experience.
- Admittance is a privilege to observe a contest.

- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- Show respect for the officials, opposing players, coaches, spectators, and support groups.
- Respect the integrity and judgment of game officials. Do not question an official's call. Even if a mistake was made, questioning the official will not help our team.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of controlled substances (alcohol, drugs, etc.) before, during, and after school competitions on or near the site of the event.
- Refrain from cheers which downplay the opponent.
- Do not use profane or abusive language.

Consequences of Unsportsmanlike Behavior

Athletes: who continues to display poor sportsmanship will be given a warning and a two-week period to improve performance. If sportsmanship performance does not improve the athlete will be subject to removal from the team.

Student Spectators: who display poor sportsmanship at an athletic contest will be warned about behavior. If behavior continues a meeting with the Athletic Director, Assistant Athletic Director and Associate Principal will be scheduled to discuss the student's behavior. If the student continues to show poor sportsmanship behavior the student will not be allowed to attend games.

Parent or family members: who display poor sportsmanship at athletic contest will be warned about his or her behavior at the contest. If the behavior continues the parent or family member will be asked to meet with the Athletic Director, Coach and Administration. If an individual continues to display poor sportsmanship towards officials, coaches, fans, players, that individual will not be allowed to attend games.

Spectators: Any spectator, regardless of age, who is found to be unsportsmanlike may be asked to leave and could be barred from attending Nerinx Hall athletic contests.

Coach or Coaches: that displays poor sportsmanship skills. The Coach or Coaches are subject to dismissal.

The Athletic Director, Assistant Athletic Director and Administration will handle all poor sportsmanship actions.

Dismissal from an Athletic Team

An athlete may be dismissed from a Nerinx Hall athletic team for any of the following reasons:

- Ineligible grade point average before a season begins or in the middle of a season
- Possession, distribution or being under the influence of alcohol and other drugs, (other than prescription or nonprescription) during school or at a school sponsored function

- Any violations of the MSHSAA Eligibility rules
- Vandalizing one's own school or another school's property
- Athlete Under Arrest: If an athlete is arrested for a misdemeanor (shop lifting, vandalism, etc.) or felony (assault, robbery, DWI, possession, etc.) the athlete will not be allowed to represent the school in inter-scholastic activities until the matter is resolved. If the athlete in question is found guilty, termination from the team is immediate.

Athletic Eligibility Warning

An athlete will be warned for the following reasons, and given a two-week period to improve performance. Failure to meet minimum behavioral expectations after the warning period may result in dismissal from a team.

- Failing grade in any course, regardless of cumulative or current GPA
- Athletic Grade Probation is when a student athletes grades are between a 1.8 - 1.9 cumulative and current or a 2.0 or above cumulative and 1.8 - 1.9 current.
- Failure to follow team rules set by the head coach and approved by the Athletic Director
- Failure to follow school rules as stated in the Nerinx Hall Parent/Student Handbook. Examples of school policy: dress code, attendance policy, and behavior expectations.
- Displaying poor sportsmanship skills or attitude on a continuous basis resulting in receiving technical fouls or cards during athletic contest.
- Any athlete in sport season that is not following the Nerinx Hall Code of Academic Honesty or the Nerinx Hall Athletic Code of Conduct will be subject to a temporary suspension or dismissal from their athletic team.

Note: The above rules apply only to Athletes in season

Social Media

All student athletes should represent Nerinx Hall in a positive manner when using social media.

Student Guidelines

- Be careful with how much and what kind of identifying information you post on social media. Instagram and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information. However once posted, remember the information becomes property of the website.
- Be aware that potential current and future employers and college admission offices often access information you place on social networking sites. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
- Remember photos put on the social network site's server become their property. You may delete the photo from your profile but it still stays on their server. Think long and hard about what type of photo you want to represent you.

Unacceptable Social Media Behavior

- Derogatory language or remarks about teammates or coaches; other Nerinx Hall student athletes, teachers, coaches, administrators and athletic administrators or representatives of other schools.
- Demeaning statements about or threats to any third party.
- Incriminating photos or statements depicting violence, bullying, hazing, sexual harassment, vandalism, stalking, underage drinking, selling, possessing, or using controlled substance, vaping, or any other inappropriate behaviors.
- Creating a serious danger to safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of an unreported felony theft or felony criminal damage to property
- Indicating knowledge of an unreported school or team violation – regardless if the violation was unintentional or intentional

If a student Athlete in season should violate any of the social media guidelines set by the Nerinx Hall Athletic Department they are subject to removal from their athletic team for the season. All athletic social media violation will be handled on an individually by the athletic director, assistant athletic director and school administration.

General Athletic Department Information

Nerinx Hall Try-out policy: All athletes are eligible to try out for a team that have a current physical, and annual requirement form on file and meet the GPA requirements. If an athlete has an illness or injury, at the time of tryouts that prevents the athlete from being able to fully participate, the athlete and parents are to contact the coach and Athletic Director. All cases will be handled individually for extended try outs. When the athlete is able to return and participate she will be given the same number of tryout days as the team had at the start of the season.

Any illness or injury that takes the athlete out of try outs, and is not ready to return within two weeks, may not be eligible for that season.

Nerinx Hall Athletic Teams

Fall Sports

The fall season begins on the first Monday in August and ends in early November with varsity teams that qualify for the post-season tournament. Information is distributed in the spring before to returning students and in the parent newsletter. The following sports compete in the fall: Field Hockey (Varsity, JV, Freshmen), Golf (Varsity, JV), Cross Country (Varsity, JV) Volleyball (Varsity, JV, Freshmen), Softball (Varsity, JV), Tennis (Varsity, JV), Dance Team (V).

Winter Sports

The winter season begins the 1st of November and ends late February. Varsity Basketball teams that qualify for the post-season state tournament may continue to participate into March. Informational meetings will be held in late September. The following sports compete in the winter: Basketball (Varsity, JV, Freshmen), Racquetball (Varsity, JV, JVII, JVIII), Swimming and Diving, Dance Team (Varsity). Basketball teams have tournament play over Christmas break and the Swimming and Diving teams practice over Christmas break.

Spring Sports

The spring season begins in the last week of February and ends in the middle of May. Varsity teams that qualify for the post-season tournament may be participating into June. Informational meetings will be held in January. The following sports compete in the spring: Soccer (Varsity, JV, Freshmen), Track and Field (Varsity, JV), Lacrosse (Varsity, JV, Freshmen). Spring teams may practice and have contest over spring break and Easter Break

Nerinx Hall Athletic Teams levels of play

FRESHMAN: At the entry level for high school athletics, athletes and their parents should expect the following concepts to be emphasized:

- Developing fundamental skills
- Providing equal practice opportunities for all participants
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine game time, working toward equitable playing time for all participants
- Learning the rules of the game
- Developing an orientation toward and appreciation for team effort in each athlete
- Demonstrating sportsmanship and fair play
- Developing the ambition to achieve at the next level of competition
- Prioritizing skill and character development over winning

JUNIOR VARSITY: This is a transitional level for high school athletics, and athletes and parents should expect the following concepts to be emphasized:

- Reinforcing and refining fundamental skills
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine game time
- Demonstrating sportsmanship and fair play
- Developing more sophisticated athletic strategies
- Specifically defining an individual athlete's role within the team concept
- Refining and reinforcing the concepts of commitment and team play
- Focusing on physical conditioning and development
- Developing the ambition to achieve at the next level of competition
- Prioritizing skill and character development over winning

VARSAITY: At the highest level of athletic competition in high school athletics, athletes and parents should expect the following concepts to be emphasized

- Developing a high level of proficiency in the physical skills of the sport
- Having the coach's evaluation of an athlete's attitude, skills, and team role determine playing time
- Developing sophisticated strategy, situation analysis, and other mental aspects of the sport
- Specifically defining an individual athlete's role within the team concept
- Fostering maximum commitment to the athletic team
- Understanding and valuing the physical conditioning components of one's sport
- Understanding the importance of individual sacrifice for the good of the team
- Winning within the rules of sportsmanship and fair play ***Nerinx Hall Code of Conduct***

Uniforms and Equipment

The athletic department works with the teams to determine equipment and uniform needs. It is the responsibility of the student athlete to purchase any specific equipment that is required of their sport, i.e. field hockey stick, lacrosse stick, batting helmet, tennis racket, racquetball racquet, golf clubs, eyewear. Uniforms are purchased on a rotation with the newest going to the varsity teams and working their way down to the JV and freshman teams over the course of a few years. It is important that players and their families take care of the uniform set they receive for the season. Proper care instructions will be given at the beginning of each season or will be listed on the uniform itself.

Participation Fee

After being selected for a Nerinx athletic team, each athlete will be billed a \$150 participation fee through FACTS Tuition. This is a one-time fee per year, regardless of the number of sports in which the student participates. It will cover the cost of uniforms, facility rentals, tournament fees, some transportation costs, equipment, senior banners and a possible transportation for out-of-town trip (over-night trip).

Athletic Uniform Return

All uniforms will be collected at the end of the season. If the uniform is not returned, by the due date a \$50.00 fee will be charged through Tuition Account. The athlete will still need to return the uniform.

- Damage to uniforms through normal wear and tear (e.g. hole from sliding) will be the responsibility of the athletic department. However, if a uniform is lost or damaged in a manner that is not a result from playing, then the player will be responsible for the cost of replacing the uniform.
- Every uniform must be returned to the athletic department. Failure to return a uniform will result in the student being assessed a \$50.00 fee to cover the cost of the uniform.

Optional team apparel

Student athletes may choose to purchase additional optional clothing items as a team. All items must have pre-approval from the Athletic Director to be ordered through the Nerinx Hall Athletic Department.

- The Athletic Director and Assistant Athletic Director will work with the team captains to organized the ordering of optional clothing through a Web store or Direct ordering.
- The Athletic Director will send out to all the parents a spirit wear web store for their sport.

Fund Raising

Individual Team fundraising does not occur at Nerinx Hall.

Transportation

All students are asked to provide their own transportation to practices and away games. Coaches will help organize car pools for away games. The school will provide bus transportation for seasonal and post season games at the coach's request.

- **Student Drivers:**

Students are ask to help with transportation to away games. Parent's are to sign the Athletic Parent permission slip. The students must follow the driving restriction rules for Missouri.

- **Driving Restrictions**

During the first 6 months of having a license, students may not operate a motor vehicle with more than one passenger who is under 19 years old and who is not a member of her **immediate family**.

After the first 6 months, students may not operate a motor vehicle with more than three passengers who are under 19 years old and who are not members of her **immediate family**.

Students may not drive alone between 1:00 a.m. - 5:00 a.m. except to and from a school activity, job, or for an emergency, unless accompanied by a licensed driver 21 years old or older.

- **Parent Drivers**

At times parents are ask to drive athletes to practices and away contest or off campus practice/contest facilities. Please be aware that the school insurance does not cover student transported in someone else's vehicle.

- **Coach Driver**

Coaches are asking not to transport athletes in their vehicle unless it is an emergency.

Over Night -Athletic Trip Policy:

Team trips are designed for each athlete to experience traveling with their teammates and coaches. All trips must be chaperoned with two or more coaches from the coaching staff. Coaches are responsible for

Cross Country	Forest Park/Blackburn Park
Racquetball	Vetta Concord
Golf	Quail Creek and Sunset Driving Range
Softball	Kirkwood Athletic Association and Affton Athletic Association.
Soccer	St. Louis Soccer Park optional site for practices
Lacrosse	Wehner Park for optional site for practices