

2019-2020
STUDENT HANDBOOK
CONVENT of the VISITATION SCHOOL



2455 Visitation Drive
Mendota Heights, MN 55120
651-683-1700

- Student-athletes are expected to be knowledgeable of the Visitation student handbook and Minnesota State High School League (MSHSL) rules and thus realize that violations of these rules may result in a loss of eligibility.

FEES PER SPORT:

- K-8 sports: \$159
- 7-12 sports: \$214
- Hockey: \$1,000

FUND RAISING: The Athletic Department, as well as individual teams, may from time to time fundraise. Approval must be obtained from the Athletic Department and the Advancement Office before any fundraising project is undertaken. The money raised will be deposited in the appropriate restricted account. Restricted account spending must be approved by the Director of Competitive Activities.

GUIDELINES FOR POST-SEASON CELEBRATIONS: In keeping with the Salesian virtue of Simplicity, the cost per person for post-season celebrations must be limited to \$20 or less. Some ways to accomplish this include the following:

- Hold postseason celebrations on-campus or at a team member's house.
- Make the occasion a potluck or
- Limit the celebration to a beverage and cake.

LETTERING STANDARDS: Letters are awarded for varsity participation. While the requirements for lettering vary somewhat from sport to sport, all sports include the following minimum criteria:

- Good practice habits
- Knowledge of and compliance with team, conference and MSHSL rules
- Sportsmanship
- Regular attendance
- Good academic and disciplinary standing

See individual sport information for more detail.

MEDICAL POLICY: In the event that a student-athlete sees a physician for major surgery, serious illness or injury, or if a coach or the athletic trainer requires a student-athlete to see a physician, Visitation requires that the attending physician certify in writing the student-athlete's readiness to return to competition. It is the sole responsibility of the student-athlete and his/her parents to ensure that the written certification is provided to the Athletic Department. A staff member at Visitation may not contact a physician's office to ask for the certification or for an oral confirmation of ability to participate.

Whenever a student-athlete receives treatment from a physician, Visitation strongly recommends that the parents discuss with the physician the student-athlete's athletic activities to ensure that the health condition and treatment, including any medication, does not compromise the student-athlete's ability to participate safely in after-school athletics. It is the responsibility of the parents to promptly notify the Athletic Department if a student-athlete's medical condition changes during the course of a season in a way that compromises or limits the student-athlete's ability to participate safely in athletics.

All student-athletes wishing to participate in MSHSL level Alpine Ski, Basketball, Soccer, Softball, Hockey or Lacrosse will be required to take the ImPACT Concussion Test once every two years before they are allowed to participate in those sports at Visitation. The cost of the baseline test will be covered by the Athletic Department only on the dates advertised and managed by the athletic trainer. Any post-concussion testing cost will remain the responsibility of the student-athlete's parent. Should an injury of this nature occur to a student-athlete, school officials will inform the parents immediately. The Athletic Department views the ImPACT Concussion Test as only one tool in the process of determining whether or not a student-athlete is fit to resume competition. Ultimately, it is the responsibility of each family to see a doctor of their choosing if an injury like this occurs and determine if the results of the ImPACT test will be utilized in making a decision about a return to competition.

OVERNIGHT TRIPS:

State Tournaments

The Athletic Department will pay for pre-approved transportation, lodging and competition expenses for the coaches, varsity team members and managers. Non-varsity team members, parents and other spectators will be responsible for making their own arrangements and paying their own way. The coaches are responsible for varsity team members and managers ONLY.

Parents are responsible for any other student attending the competition.

Non-State Events (invitationals, training weekends, etc.)

Overnight trips are not budgeted for by the Athletic Department. Therefore, coaches must make a budget request prior to the start of the school year for funding of an overnight trip. In addition to obtaining funding and planning the event, coaches must work with the Athletic Department in arranging approved chaperones and securing written parental permission for all participating student-athletes.

PEP RALLIES: Pep Rallies may be held during the school day when a Visitation student-athlete or team qualifies for a state tournament. The Dean of Student Life and the Director of the Upper School will determine, based on the daily schedule, whether a pep rally is possible and, if so, the date, time and location. The Student Council will work with the Director of Competitive Activities, the school administration and the coaching staff on the planning and execution of the pep rally. All Upper School students will attend the pep rally and Middle School students will be allowed to attend at the discretion of the Middle School Director.

PLAYING TIME: There is no guarantee of playing time at the varsity level. At the junior varsity level and below, all participants who are eligible, follow team policies and attend practice regularly will participate in every game. The amount of actual playing time for each participant is at the discretion of the coach.

PRE-SEASON PARENT/STUDENT-ATHLETE/COACH MEETINGS: Parents and student-athletes are encouraged to attend pre-season meetings at which, among other things, the responsibilities of captains, coaches, student-athletes, and parents will be discussed; team policies, processes and expectations will be outlined; communication protocols will be established; and obligations regarding the sharing of concerns will be addressed by the coaches and the Director of Competitive Activities.

STUDENT DRIVING: All student-athletes are required to complete a Visitation Consent form and Indemnity Agreement that identifies the types of transportation that will be used during the season. This may include student-athletes' driving to practices and competitions. However, no student-athlete may ever drive to an overnight school-sanctioned athletic event (state or non-state). No student-athlete may ever drive a coach's vehicle or one that the school owns or has rented.

TEAM SIZE: There is a "no cut" policy for Middle School teams. If enrollment on a specific team becomes too large, the participants will be divided into multiple teams based on numbers.

For Upper School teams, the Athletic Department will maximize the number of participants at all levels, but especially at the freshman level. However, in order to maintain an effective program, some "cuts" may be necessary at the varsity, junior varsity, "C" squad, and/or freshman levels. There is a "no cut" policy for 9th grade student athletes in the fall season only.

ATHLETIC TRAINER/TRAINING ROOM/FITNESS CENTER: The athletic trainer is on duty during general after-school practice and competition hours and oversees the training room and fitness center during these hours.

UNIFORMS AND EQUIPMENT: Student-athletes are responsible for uniforms and equipment issued to them. Uniforms and equipment must be turned in to the coach within one week of the final contest. After that time, any outstanding uniform or equipment item must be turned in to the Athletic Department, with the student-athletes name visible on the uniform or bag. Lost, damaged, or stolen articles must be paid for by the student-athlete. A student-athlete may not try out for any further athletic teams nor take semester exams until all uniform and/or equipment items issued to her are accounted for.

INDIVIDUAL SPORT INFORMATION: FOR MORE DETAILS GO TO >>>>

*7th and 8th graders are eligible to try out for all Upper School (9-12) teams, if roster sizes allow.

ALPINE SKIING (Gr 7-12)

Season Dates: Nov.–Feb.

Practice: two-to-three times per week at Buck Hill

BASKETBALL (Gr 9-12)

Upper School

Season Dates: Nov. – Mar.

Practice:

- M-F, Saturdays as needed

BASKETBALL (Gr 5-8)

Lower/Middle School

Season Dates: Nov. – Mar.

- No-cut policy

Practice:

- 5th and 6th grade: two-to-three times per week
- 7th and 8th grade: five times per week

CROSS COUNTRY (Gr 7-12)

Season Dates: Aug – Nov

- No-cut policy

Practice:

- M-F, Saturdays as needed

GOLF (Gr 7-12)

Season Dates: Mar.- June

Practice:

- Daily at area golf courses

HOCKEY (Gr 7-12)

Season Dates: Oct.– Feb.

Practice:

- Daily at Drake Arena and times will vary pending rink availability

LACROSSE (Gr 7-12)

Season Dates: April - June

Practice:

- Daily: after school

NORDIC SKIING (Gr 7-12)

Season Dates: Nov.– Feb.

Practice:

- M-F, Saturdays as needed

SOCCER (Gr 9-12)

Upper School

Season Dates: Aug.– Nov.

- No cut policy for 9th grade

Practice:

- M-F, Saturdays as needed

SOCCER (Gr 5-8)

Lower/Middle School

Season Dates: Aug.– Nov.

- No-cut policy

Practice:

- M-F: after school, Saturdays as needed

SOFTBALL (Gr 9-12)

Upper School

Season Dates: Mar. - June

Practice:

- M-F, Saturdays as needed.

SOFTBALL (Gr 5-8)

Lower/Middle School

Season Dates: Mar. - May

- No-cut policy

Practice:

- M-F, Saturdays as needed

SWIM/DIVE (Gr 7-12)

Upper School

Season Dates: Aug – Nov.

- 9th grade: no cut policy
- Practice:
- M-F, Saturdays as needed

TENNIS (Gr 7-12)

Season Dates: Aug.– Oct.

Practice:

- M-F, Saturdays as needed

TRACK AND FIELD (Gr 7-12)

Season Dates: Mar. - June

Practice:

- M-F, Saturdays as needed

VOLLEYBALL (Gr 8-12)

Upper School

Season Dates: Aug.– Nov.

- 9th grade: no cut policy
- Practice:
- M-F, Saturdays as needed

SWIM/DIVE (Gr K-8)

Lower/Middle School

Season Dates: Jan.– Apr.

- No-cut policy
- Practice:
- Two days a week and Saturdays

VOLLEYBALL (Gr 5-8)

Lower/Middle School

Season Dates: Aug.– Oct.

- No cut policy
- Practice
- Three to five times a week