

**St Joseph High School**  
**Student Athlete Handbook**  
**Mr. Kevin Butler, Assistant Principal for Athletics**  
**(203) 378-9378, ext. 328**



## **Welcome**

Welcome to the St Joseph Athletic Department. We are pleased that you have expressed an interest in participating in our athletic program.

We are very proud of the great reputation and rich tradition that St Joseph High School has achieved in Athletics. We have been blessed with skilled and dedicated athletes and coaches. Our coaches always strive to be fair and impartial in selecting the members of their teams and deciding playing time.

I hope that all of our athletes will benefit from being part of our athletic program and their experience will be both successful and enjoyable.

Best,

Mr. Kevin Butler  
Assistant Principal for Athletics

## **Vision Statement**

### **VISION**

St Joseph High School strives be the premier college preparatory school in Southern Connecticut. The school provides a learning environment that embraces the Gospel values of the Roman Catholic faith and promotes a commitment to family and community. The school prepares our young women and young men to realize their potential, helps them excel in higher education and provides a foundation to guide them throughout their lives.

### **VALUES**

To support the vision, St Joseph High School will continue to focus on all of the following:

- Providing an environment where the faculty, administration, support organizations, and students, by example and program, actively promote
  - Roman Catholic teaching and values (morals, ethics, and spirituality) - Family values
  - Community responsibilities
  
- Developing educated and creative thinkers who exhibit superior intellectual and communication skills
- Instilling passion for learning and teaching in a safe and secure environment
- Providing a strong, holistic foundation to enable all students to enter and succeed in competitive higher learning institutions
- Providing a strong program for social and physical development in an atmosphere of healthy competition.

## **Athletic Department Mission Statement**

St Joseph High School is a Roman Catholic educational institution whose primary function is to educate the whole student. The students' spiritual and academic growth is our focus, but we recognize the value of a comprehensive athletic program to enhance their experience. We will support our teams and our athletes in a positive and caring way. We will follow all C.I.A.C., F.C.I.A.C. and St Joseph High School regulations, goals, and objectives.

We encourage our coaches to stress the importance of physical fitness, conditioning, and safety in all athletic activities.

## **The Privilege of Representing St Joseph High School through Athletics**

Participating in the athletic programs at St Joseph High School is a privilege. It is our belief that athletic involvement presents to students unique opportunities: to build community, character, integrity, discipline, and sportsmanship. To develop physical and athletic skills to compete in interscholastic sports and to participate in the tradition of athletic excellence at St Joseph High School. Participating in athletic programs also offers our students the opportunity to represent our entire school community. As such, any student wishing to represent St Joseph High School through athletics must be above reproach. His or her conduct and attitude must comply with the stated rules of the Community Handbook. Students may be denied participation in athletics if they fail to meet academic or behavioral expectations.

## **Commitment to Academic Success**

All students of St Joseph High School are responsible for their academic success. This essential responsibility serves as our guideline for the role athletics has in the life of the student. Athletics, as

with any extracurricular activity, is secondary to his or her education at St Joseph High School. Academic commitments take precedence over any athletic interest. Given the demands of time and schedule made on the athlete, the planning and preparation of academic work is critical. Participation in athletics is not an acceptable excuse for poor academic performance. In other words, schoolwork comes first! In addition, all disciplinary obligations must be fulfilled before a student may participate in any extracurricular activity.

## **Prerequisites for Athletic Candidates**

### **Physicals and Permission**

A yearly physical examination is required of all athletes **before** they tryout for a team. These physicals must be on file with the School Nurse. A physical examination is valid for 13 months following the date of the exam.

A parent permission form and emergency medical form must be signed by a parent and the athlete to participate in each sport.

### **Eligibility**

In order to participate on athletic teams, a student must maintain academic eligibility. If a student receives two failing marks in a marking period, the student becomes ineligible until the next marking period. Two incompletes or one incomplete and one failure will also result in ineligibility until the incompletes are successfully resolved. All eligible students are entitled to tryout. Academically ineligible students can participate in tryouts for all sports where they can be cut. If selected, they will not be able to participate or attend practice or games until declared eligible.

In addition to academic eligibility, if a student wishes to represent St Joseph High School in extracurricular activities, his/her school conduct and attitude, as well as out of school behavior, must be beyond reproach. Participation in sports, student activities, or field trips is a privilege, and students may be denied participation if they fail to meet academic, attendance, or behavioral expectations.

## **Expectations of Athletes**

### **Code of Conduct**

The conduct of athletes representing St Joseph is to be above reproach even if the behavior of others is not. Students are expected to be courteous, polite, and respectful at all times. Any conduct, which is detrimental to the reputation of the school, will be subject to disciplinary action.

### **Sportsmanship**

All student athletes are expected to demonstrate the highest degree of sportsmanship at all times. Students are expected to respect opposing players, coaches, officials, spectators, and support groups.

### **Team Captains**

The position of captain is not just an honor, but a privilege. We expect our captains to be role models for other team members. They must display leadership qualities not only on the athletic field, but also in the school community. Each coach has the right, in consultation with the Athletic Director, to choose their captains.

### **Daily Attendance in School**

Regular, punctual attendance in school is critical to the learning process and is the responsibility of the student and parents. It is expected that absences, lateness, and requests for early dismissal will be infrequent and only for the most serious circumstances. Inability or unwillingness to comply with the school's

attendance policies will result in disciplinary action that may include suspension or dismissal from an athletic team. A complete description of the Attendance Policy may be found in the Community Handbook.

### **Harassment/Hazing/Initiations/Bullying**

It is our belief that being a member of a team should be an enriching and rewarding experience for all student athletes. Any and all types of actions, including written or verbal, which are intended to or cause intimidation, embarrassment, or discomfort will not be tolerated. Such actions will result in appropriate sanctions and necessary legal referrals. Examples include, but are not limited to, sexual harassment and racially motivated behavior. Students who feel they are being harassed or bullied should report such immediately to the Dean of Students and the Assistant Principal for Athletics.

### **Alcohol and Drug Policy**

A student who uses, is under the influence of, or is in possession of alcohol, drugs, or drug paraphernalia in the school, on the school grounds, at a school function, or outside of school will be subject to suspension and expulsion from St Joseph High School. “Non-alcoholic” beer and wine are also not permitted.

### **Cigarette, Cigar, and Pipe Smoking**

Based on extensive medical testimony and upon advice of the Surgeon General, the American Cancer Society, and American Heart Association, St Joseph High School is a smoke-free campus. We ask all visitors to comply with this expectation. Smoking or the use of smokeless tobacco is not permitted on the campus of St Joseph High School or at school functions.

### **Performance Enhancers**

St Joseph High School forbids the use of “creatine” or any other ergogenic aid.

### **Respect for Property**

All student athletes assume the responsibility of keeping school property (i.e. uniforms, locker rooms, training facilities, buses), and the property of the sites the team visits, free of vandalism in any form. Students and parents are responsible for the cost of repairing or replacing anything damaged by a student. Any act of vandalism will result in disciplinary action with the possibility of dismissal from St Joseph High School.

### **Care of Equipment**

St Joseph High School provides our teams with the best equipment and uniforms possible. It is the responsibility of our athletes to take care of the equipment that they have been issued. Athletes may be held financially responsible in cases where equipment is not returned. At the conclusion of each athletic season, if an athlete fails to hand in their equipment in a timely fashion, they will not be allowed to participate on another team and will be involved for the items not returned.

### **Personal Property of Athletes/ Security**

All articles of personal property should be locked securely during practices and games. Student athletes are advised to leave unnecessary valuables and monies at home.

**Dress Policy**

All practice and nonathletic attire worn by students shall be modest and appropriate to the expectations of the Assistant Principal for Athletics and/or administration.

Hairstyles must meet the expectations of the Community Handbook. Hairstyles of extreme length, style, cut, or color are not permitted. Also prohibited are any designs cut, shaved, or dyed into one's hair.

Tattoos which are visible while the student is acting as a member of the St Joseph High School community are prohibited.

Student athletes are prohibited from wearing jewelry of any kind during practices or contests.

All boys must be clean-shaven while acting as a member of the St Joseph High School community. The length of the side burns may not extend past the bottom of the ear.

**Traveling with the Team**

All athletes will remain with their team and under the supervision of the coach.

All athletes must travel to and from athletic contests in transportation provided by the Athletic Department. It is our belief that team unity and camaraderie between teammates is fostered traveling to and from contests. In the event that special circumstances cause a parent or guardian to request travel arrangements independent from the school, the parents must provide written consent to the coach and the Assistant Principal for Athletics at least 24 hours prior to the contest for transportation to be waived. All school rules will be strictly enforced on all school and chartered buses.

**Spectators**

All spectators and fans of St Joseph Athletics are also expected to exhibit sportsmanship and to be courteous at all times.

# Athletic Department Policies

## Procedures for contacting Athletic Department Personnel

1. In order to teach advocacy skills, athletes with concerns about team policies should contact the coach directly. Many times these types of meetings will resolve an issue or concern.
2. If the issue cannot be resolved, then the parents should call the coach to set up a meeting at a prearranged time.
3. If the issue is still not resolved, contact the Assistant Principal for Athletics..
4. If the meeting with the Assistant Principal for Athletics cannot resolve the issue, then call the Principal to discuss the issue.

See Parent/Coach Communication for further information.

## Injuries

All injuries should be reported immediately to the coach and the athletic trainer.

## Practice and Game Attendance

Attendance at all practice sessions/games (including tournament and vacation periods) for all team members are mandatory. If for some reason the student athlete will be absent or tardy for a practice/games, he or she must speak personally to a member of the team's coaching staff prior to that practice/game. Athletes are not permitted to leave practice/games early without prior approval of a member of the coaching staff.

## Restricted Practices

No team may practice before noon on Sundays or after noon on Good Friday. No practices will be scheduled on Christmas or Easter Sunday.

## Students who participate in athletics and school activities

Students are encouraged to participate in a variety of activities to deepen their high school experience. Coaches and club moderators have the right to expect a certain level of commitment from the students participating in our programs. **It is recognized that when a student participates in athletics, he/she may have to forego participating in other activities that are in conflict with scheduled practices or contests.** Before any commitment is made to a sport or activity, the student must consult with the coach and/or moderator to discuss possible conflicts. The student must realize that in many instances, choices will have to be made.

## C.I.A.C./F.C.I.A.C. Ejection Policy

If an athlete is ejected from a Varsity, Junior Varsity, or Freshmen contest, they will be suspended for a period of one contest at that level of play and all contests at any level played in the interim.

Depending upon the nature and extent of any misconduct, further disciplinary action will be determined by the Assistant Principal for Athletics in consultation with the Dean of Students and the respective coach.

## Tryouts

Athletes are not permitted to begin practice until all forms (permission, emergency data, eligibility information) have been submitted. Confirmation of a valid physical examination on file must be made by the school nurse.

The length of the tryout session may vary depending on the number of candidates, the weather conditions, facility limitations, etc. Each athlete should be given a fair opportunity to tryout.

## **Captains' Practice**

The C.I.A.C. and St Joseph High School do not in any way sanction or condone "Captains' Practice" in any sport.

## **Use of Facilities**

- Athletic teams which are in season are permitted supervised, scheduled use of the facilities.
- Students are not permitted to use the gym for recreational purposes unless a faculty member or coach has the explicit permission from the Assistant Principal for Athletics.
- Athletic teams not in season are bound by league and CIAC rules and regulations regarding dates when official practices and tryouts may commence.
- The fitness center may be used by St Joseph's students if they are supervised and with explicit permission by the Assistant Principal for Athletics..
- Facilities are to be clean and secure at the conclusion of use.
- Keys are for the expressed use of salaried faculty members and coaches. Keys may never be given to students for any reason.
- The unauthorized use of school grounds or facilities by anyone is prohibited.

## **Students who participate in more than one sport at St Joseph High School**

It is recognized that many students play sports at St Joseph High School over multiple seasons. When a student athlete is "in season" for a particular sport, no "out of season" coach affiliated with St Joseph High School shall approach the student concerning the interests of their sport.

## **NCAA Clearinghouse**

[NCAA Initial – Eligibility Clearinghouse]: All high school students who plan to participate in college athletics at Division I or Division II School must be certified by the NCAA Eligibility Center. The forms may be obtained in our Guidance Office or from the Assistant Athletic Director and should be completed by the end of the student's junior year.

Any athletes who wish to allow our Guidance Department to issue unofficial transcripts to college athlete recruiters must have their parents sign a release form in the Guidance Office.

## **Meeting with College Recruiters**

Formal meetings with college recruiters on the campus of St Joseph High School require written consent of a parent or guardian. Academic transcripts will not be released to recruiters without the written consent of a parent or guardian. These meetings will be arranged by the Guidance Department with the assistance of the Athletic Department.

## **Athletic Association**

This organization is intended to provide an opportunity to all parents, alums, etc. to provide support to the school in its athletic programs. This club is responsible to the Assistant Principal for Athletics and through its president. A membership application is enclosed in this booklet. No individual team fundraising will be allowed without the express consent of the president.

## **Recruitment**

The C.I.A.C. defines "recruitment" as the influencing or inducing of a student to attend a particular high school for athletic purposes. A member school or any one affiliated with that school may not recruit a student for athletic purposes. The coaches of St Joseph High School are strictly prohibited from engaging in such activities.

## Sports Programs

<b>FALL</b>	- Football:	Varsity, J.V., Freshmen
	- Boys Soccer:	Varsity, J.V.
	-Girls Soccer:	Varsity, J.V.
	- Girls Volleyball:	Varsity, J.V., Freshmen
	- Boys Cross Country:	Varsity, J.V.
	-Girls Cross Country: -	Varsity, J.V.
	Girls Cheerleading:	Varsity,
	- Girls Swimming & Diving -	Varsity
-Girls Field Hockey	Varsity, J.	
<b>WINTER</b>	-Boys Basketball:	Varsity, J.V., Freshmen
	-Girls Basketball:	Varsity, J.V., Freshmen
	- Boys Indoor Track	Varsity, J.V.
	-Girls Indoor Track	Varsity, J.V.
	- Boys Ice Hockey	Varsity, J.V.
	- Co-Ed Bowling:	Varsity, J.V.
	- Girls Cheerleading:	Varsity
	- Wrestling	Varsity
-Gymnastics	Varsity	
<b>SPRING -</b>	-Boys Baseball:	Varsity, J.V., Freshmen
	- Boys Golf:	Varsity
	-Girls Golf:	Varsity
	- Girls Softball:	Varsity, J.V.
	- Boys Lacrosse:	Varsity, J.V., Freshmen
	-Girls Lacrosse:	Varsity, J.V.
	- Boys Track & Field:	Varsity
	-Girls Track & Field: -	Varsity
	Boys Volleyball:	Varsity, J.V. Varsity
	- Girls Tennis:	Varsity, J.V.
-Boys Tennis:	Varsity	

### Levels of Participation

**Varsity Athletes:** Varsity athletes are those athletes that exhibit the most skill of those that have tried out for the team. They will have the opportunity to compete against equally talented athletes from opposing schools. A purpose of varsity athletics is to refine the skills of the team in an attempt to provide St Joseph High School with highly competitive teams in the FCIAC and CIAC levels.

**Junior Varsity:** Junior varsity athletic programs offer those students who do not yet possess the skills required of varsity athletes an opportunity to participate in a competitive setting. Junior varsity athletes are in the process of gaining valuable knowledge, skill and experience required for varsity competition. Occasionally, junior varsity athletes may participate in varsity contests based on the decision by the coaching staff that the athlete has made sufficient progress. This should not be misinterpreted as an absolute move to the varsity level.

**Freshmen:** Ninth grade athletes may participate in all sport programs when offered at the high school level. Freshman athletic programs are offered to those ninth grade students who do not yet possess the skills necessary to participate on the junior varsity level. Freshman teams are designed to provide a competitive setting in which to gain valuable knowledge, skill and experience required for promotion to the junior varsity team. Occasionally, ninth grade athletes may participate in junior varsity or varsity contests based on the decision by the coaching staff that the athlete has made sufficient progress. This promotion should not be misinterpreted as an absolute move to the next levels of competition.

### **COVID 19 Athletic Monitoring Checklist**

Athletes and Parents are expected to self-screen for symptoms prior to attending any workout, conditioning, or practice sessions. Should an athlete exhibit any of the symptoms below, he or she should not attend that athletic session and should wait to return until symptoms have subsided. If an athlete should attend a session while exhibiting symptoms, he or she will be sent home. If an athlete attends a session and registers a body temperature (to be administered by SJ Staff) of 100 degrees or higher, he or she will be sent home.

Please do not attend sessions if you are experiencing any of the following symptoms:

- Fever or Chills
- Cough
- Nasal Congestion or Runny Nose
- Sore Throat
- Shortness of Breath or Difficulty Breathing
- Diarrhea
- Nausea or Vomiting
- Fatigue
- Headache
- Muscle or Body Aches (not caused from working out)
- New Loss of Smell or Taste

I/We understand that it is my responsibility as parent/guardian and my responsibility as an athlete to screen for any symptoms and will use my best judgement in attendance at any athletic sessions. I/We acknowledge that I/We have read, understand and agree to the conditions of participation in the St Joseph Athletic Program.

## Varsity Letters and Awards

1. Football - Play in half the total quarters of varsity game.
2. Cross Country - Participate in a least half the total of varsity meets and finish at least fifth (of St Joseph athletes) in five of these.
3. Volleyball - Play in at least half of the total of varsity game periods.
4. Basketball - Play in at least half of the total quarters of varsity games.
5. Swimming - Earn fifty (50) points in varsity meets.
6. Soccer - Play in at least half of the total halves of varsity matches.
7. Softball Pitchers - Play in at least half of the total innings of varsity games. Must appear in 10 innings.
8. Baseball Pitchers - Play in at least half of the total innings of varsity games. Must appear in 10 innings.
9. Track - Total number of points required for varsity letter varies from season to season. Determined by number of dual/invitational meets scheduled; 80% of points earned in participating/ scoring in varsity competition; 20% of points earned based on participating and attendance at meets/practices.
10. Golf - Play in half of the total varsity matches.
11. Tennis - Play in half of the total varsity matches.
12. Bowling - Play in half of the total varsity matches.
13. Lacrosse - Play in half of the total quarters of varsity matches.
14. Boys Ice Hockey - One half of periods played.

A coach will have the discretion and prerogative to award varsity status to an athlete who has not met the seasonal requirements.

**The Principal will be the final interpreter of any school rule.**

