



BayView Athletics



**MIDDLE SCHOOL ATHLETIC
HANDBOOK**

2021--2022

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PLEASE NOTE:

THE PURPOSE OF THE ATHLETIC HANDBOOK IS TO PROVIDE STUDENT ATHLETES AND PARENTS/GUARDIANS WITH SPECIFIC GUIDELINES AND INFORMATION PERTAINING TO ATHLETICS. IT IS NOT THE OFFICIAL SCHOOL HANDBOOK WHICH ENCOMPASSES ALL GUIDELINES AND INFORMATION PERTAINING TO STUDENT LIFE AT BAY VIEW ACADEMY.

VISION OF ATHLETICS AT BAY VIEW ACADEMY

St. Mary Academy – Bay View teaches a message of Christ and provides students with the highest quality educational opportunities. We endeavor to create experiences of Christian community and to help students achieve their full personal potential. The athletic program at Bay View plays an important role in enabling the school to accomplish its educational mission. Participation in athletics can provide young women with opportunities to develop physically and emotionally and to assimilate values that can be acquired in no other way.

Bay View Academy's athletic program has the capacity of creating life experiences where young people can learn responsibility, self-confidence, emotional control, time management, courage, leadership, honesty, perseverance and loyalty. They can learn to appreciate being humble in victory and gracious in defeat. Athletes can be inspired to acquire these qualities by witnessing the example of their coach/teachers.

The role of the athletic coach, like that of the teacher, is threefold: to impart knowledge and teach skills necessary to succeed in a given sport; to model Christian values and behaviors; to be sensitive to the personal growth needs of each athlete.

Coaches are expected to teach with preparation, with authority, with challenge and with gentleness and patience. They are expected to model the behaviors they wish their athletes to emulate. In their role as teachers, athletic coaches are recognized and applauded for the invaluable services they render in assisting the school in accomplishing its mission.

MEMBERSHIP ON AN ATHLETIC TEAM

Participation in the Bay View Interscholastic Program is a privilege available to all students. Physical skill and demonstrated ability are primary considerations in determining team membership. It is also important to realize that the school must be represented by students who are responsible school citizens, satisfactory scholars who represent the school. These student athletes must be trained and determined participants who are willing to abide by prescribed regulation and standards. It is important to remember that unlike recreational or intramural teams, equal or guaranteed playing time does not exist. The coach reserves the right to play those student athletes he or she feels are best suited to the conditions and demands of the contest at that time.

STATEMENT OF COMMITMENT

Surveys of high school female athletes throughout the United States continue to indicate that the number one reason girls play high school sports is to have fun. Keeping competition in its proper context is critical to allowing high school athletics to be a positive experience for all participants. At St. Mary Academy - Bay View, we will continue to strive to provide our student athletes with the best programs, facilities and coaching available to us.

ATHLETIC TEAMS BY SEASON

Fall

Rhode Island Principals' Committee on Athletics (RIPCOA)

Cross Country

Soccer

Winter

Rhode Island Principals' Committee on Athletics (RIPCOA)

Basketball

Spring

Rhode Island Principals Committee on Athletics (RIPCOA)

Outdoor Track

Softball

Catholic Athletic League of Rhode Island (CAL)

8th Grade Co-Ed Volleyball with Hendricken

Start Dates:

Fall - Aug. 30th

Winter - Nov. 29th

Spring - TBA

For game schedules please go on to the official websites:

www.rschoolday.com or www.calsportsri.org

REQUIRED FORMS

ALL FORMS CAN BE FOUND ON THE ACADEMY'S WEBSITE: www.bayviewacademy.org

Parent Permission: (REQUIRED EVERY YEAR)

- This form includes insurance information and parent permission to treat for injury/health issues.

Medical: (REQUIRED EVERY YEAR)

- Form to be completed by a physician stating that the student athlete can participate fully, without limitations. A copy of the State of RI Health form may be used.

Bay View Assumption of Risk Waiver: (REQUIRED ONCE WHILE IN UPPER SCHOOL)

RHIL Assumption of Risk Waiver: (REQUIRED ONCE WHILE IN UPPER SCHOOL, as long as the latest addition has been completed)

Transportation Waiver:

Transportation will be provided to the athletic event and back to St. Mary Academy Bay View. All athletes are asked to ride the bus to and from the game with their team. If you would like other arrangements a transportation waiver must be filled out for the season.

Athletic Handbook Agreement:

Must be signed and submitted annually, prior to the first day of practice. If your daughter participates in a fall sport and you complete and submit for the fall season you will have fulfilled your requirement for the entire athletic sports seasons.

Student Athlete and Parent / Guardian Contract

Must be submitted to the Athletic Directors office prior to the first day of the Fall, Winter, or Spring playing seasons. You are only required to submit 1 form annually.

PRACTICES

- Athletes are required to attend all scheduled practices. Individual times and days of the week are issued by the coach of each team.
- No team may practice/play more than 6 consecutive days.
- No team may practice on both Saturday and Sunday unless a day off is given during the week. Sunday practices may not begin before 12 noon. Coach will make every attempt to NOT have weekend practices.
- Students must be present in school for at least 2 class periods in order to practice or to play in any contest.

- No athlete may play in any contest if absent from the practice the day before the event. Missing or coming late to practice will only be excused for academic reasons. Athletes must supply a note from the faculty member.
- Practice sessions are closed to spectators for an important reason:
 - Practice sessions are the coach's classroom. Interruptions and interference to an athlete's concentration will not be allowed.
- **Student athletes who have three (3) unexcused absences may be subject to dismissal from the team.**
 - **Student athletes and parents will be notified via email following the 2nd unexcused absence.**
 - **The Athletic Director will evaluate each case independently and a recommendation will be made to the Coach, student athlete and parent/guardian.**

GAMES

Athletes in season who miss contest(s) for reasons of vacationing or to go on a school-sponsored trip will forfeit the right to:

- **First Infraction - Participate in one contest including the loss of a starting position where applicable**
- **Second Infraction - Participate in three (3) contest and may result in athlete moving down to Junior Varsity where applicable**
- **Third Infraction** – A meeting with the Athletic Director, Coach, Student Athlete and Parent will be held to determine if the student athlete should remain with the team and in what capacity.

AWARDS

- Certificates will be awarded to all participants provided they meet the practice/game criteria established by the coach. These awards will be given to the athletes during the end of the season meeting with the coach.

INJURIES

- Athletes injured in games or practices where medical attention is necessary, may not return to practices or games without written permission from a medical doctor.
- Injured athletes seen by the Athletic Trainer must follow the process in place by the Athletic Trainer as a condition for return to participation. In all cases, coaches must fill out an injury report and parents must be notified.

Athletic Trainer

The St. Mary Academy Bay View Athletic Trainer is available to all student-athletes for evaluation, prevention, treatment, and rehabilitation of athletic-related injuries as well as referral of student-athletes for medical or emergency care. The following procedures will be in effect for the 2021-2021 school year.

Student-athletes must contact the athletic trainer immediately in case of sports-related illness or injury, no matter how minor.

Student-athletes are to sign in to the athletic training room for treatment of sports injuries prior to practice or competition. This must be done in a timely manner so that student-athletes are not late to practice or game warm-ups.

Student-athletes should follow all recommendations and guidelines regarding treatment and rehabilitation as set by the athletic trainer.

The athletic trainer has the right to limit or prohibit student-athletes from practice and/or competition when deemed appropriate or necessary.

After an injury, return to play protocol must be followed:

When the student-athlete is under the care of a licensed physician, the licensed athletic trainer must have written documentation from the treating physician in order to return the athlete to practice or competition.

Concussion Protocol:

When a student-athlete sustains an injury to the head and presents symptoms of a concussion, the athlete will not be allowed back into the game or practice session until the athlete gets checked by a doctor.

If the student-athlete sees a doctor and the doctor determines the student-athlete has not sustained a concussion the athlete can return to play.

If the athlete goes to the doctor and the doctor diagnosis the athlete with a concussion or restricts the athlete in any way from academics or practice for any period of time as a precaution due to symptoms of a concussion, the student-athlete will automatically enter into Concussion Protocol. At this time, the Athletic Trainer will provide the Rhode Island Interscholastic League for return to play and it must be completed by the supervising physician and the athletic trainer.

Final return to play in any circumstance, however, is ultimately determined by the certified Head Athletic Trainer at St. Mary Academy Bay View.

Concussion/Return to Play Protocol steps are as follows:

Day 1: Being symptom-free for 24 hours

Day 2: 15 minutes of light aerobic exercises (bike, jog, etc. no weight lifting)

Day 3: 20-30 Minutes of aerobic and anaerobic exercise

Day 4: Practice with no contact

Day 5: Full contact practice

Day 6: Return to full participation and gameplay

Each step will be supervised and monitored by the Athletic Trainer or a supervising physician.

Student-athletes who have symptoms anytime during this protocol, will not be permitted to advance to the next step. Should the symptoms increase during any step of the Concussion Protocol the athlete must be seen by the supervising physician.

Any student who tests positive for COVID-19 will have to complete the recommended return to play protocol established by the CDC and the RIDOH in accordance with the RIIL requirements.

UNIFORMS AND EQUIPMENT

All uniforms and equipment are the property of the Bay View Academy Athletic Department. No athletes are allowed to keep any portion of their athletic attire or equipment.

TRANSPORTATION

Bus transportation is provided for most athletic contests. Parents will be notified in advance if the bus transportation will be drop-off only so they may arrange to pick-up their student athlete at the site of the contest and not at Bay View. Athletes are not to drive their cars to contests when school transportation is provided. Under some circumstances, (a game or contest being played in a community near where the athlete resides) and with written parent permission 24 hours in advance of the away event, athletes who drive to school may be allowed to drive to that contest.

If parents are taking their daughters home from an event where school transportation has been provided, they must give a written note to the coach at least 24 hours prior to the event. The note should specify a reason for the athlete not traveling home with the team. Prior to leaving the contest, the parent must speak with the coach to confirm that the athlete is going with the parent and not with another person.

Since our student athletes live in a variety of different geographic locations, on all non-school days transportation to athletic events will not be provided by the school.

No student athlete may transport another student athlete in her car without written permission from the parent/guardian of the driver as well as the rider. Written permission in the form of the Academy's Transportation Waiver must be submitted to the Assistant Athletic Director no less than 48 hours prior to the event in which transportation is required. If the transportation will be

over the course of the sport season you may indicate that on the waiver.

ACADEMIC/ATHLETIC ELIGIBILITY

Any student who receives two or more F's and/or one or more incompletes in a marking period or who has not brought her grades up after being in the Academic Assistance Program will be placed on Academic Probation until the end of the following quarter. Probation begins the day report cards are distributed. The student's school counselor will notify parents of their daughter's placement on probation and a meeting with administration and the school counselor is required.

A student who is placed on Academic Probation is not eligible to participate in any co-curricular activities including all athletic events and performing arts.

An upper class student on Academic Probation forfeits on/off campus privileges and will be placed in an assigned study.

The student will be removed from probation contingent upon the following quarter's report card that indicates makeup of missing work and /or improvement in the subject matter and demonstrates that the student is succeeding in all other courses.

FUNDRAISING

A limited amount of fundraising may be allowed on an as needed basis but **never without prior approval from the Athletic Director, Principal and Advancement Office.** *If a coach is in need of something for his or her team, it must be discussed with the Athletic Director, at least one year in advance of the need.* If the need is approved, money for the item will be put in the budget for that team for the following year.

BENGAL BACKERS is the parent group that organizes fundraising activities to benefit all of the sport programs.

GUIDELINES FOR USE OF WELLNESS/FITNESS CENTERS

- **Teams in season will have priority in using the Wellness Center.** The Athletic Director, together with the coaches of the teams in season, will set up a building use schedule. In the case of Fall Sports, volleyball will have priority for use of the gymnasium. On rainy days, the outside fall teams will have to work around the volleyball schedule.
- **Use of the Fitness Center during after school hours will be scheduled by the Athletic Director.** Teams in season will have priority use. Other groups will need to see the Athletic Director for a time schedule. In no case may a student be in the Fitness Center without permission from the Athletic Director/s and without supervision by a coach or teacher employed by Bay View.

- **Coaches and teachers who use the gymnasium and Fitness Center are responsible for the athletes in those areas**, as well as shutting off lights, turning off the treadmills, making sure all windows and doors are locked, and that equipment is properly cleaned and stored.

PARENT/COACH/ATHLETE RELATIONSHIPS AND RESPONSIBILITIES

The player-coach relationship is one of the most critical relationships in athletics. As a parent, you can have a profound effect upon this very important relationship. While you may or may not agree with all decisions of the coach, how and when you express your feelings can have a decided effect upon your child. If you express a negative opinion in front of your child, you need to remember that she will return to practice the next day and may carry with her a negative attitude when interacting with her coach. In addition, receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practices and games. This in turn, may impede your daughter's progress on the team. In your role as a parent, you are obviously concerned about your child's welfare. You want the best for her. However, an athlete can have only one coach. Allowing the coach to instruct and guide the team is crucial.

- **PARENT/COACH COMMUNICATION***

One of the responsibilities a coach has at the conclusion of a contest is to have a brief meeting with the team. These brief meetings are essential to the learning process involved in athletics. Should parents have questions or concerns, we request that you do not approach the coach immediately after the contest. We request that you wait 24 hours. This can be an emotional time for everyone. Please call the athletic office at the end of the day following the contest to make an appointment to meet with the coach at a time convenient to both parties. We ask that all parties approach these meetings in a calm and respectful manner. One approach that will not be tolerated is to confront a coach before, during or after a meet or contest in a demanding, disrespectful way. We expect our athletes and our coaches to always show respect to one another. We expect no less from parents and other adults.

*Except in the case of an emergency, please do not contact the coach at home, either by phone or email. We respectfully request that you call 401.434.0113 x130 or 115, to make arrangements for the coach to call you or to set up a meeting with the coach.

- **SPORTSMANSHIP***

Demonstrating respect for teammates, coaches, officials and opponents is part of what we expect from our athletes, their parents and friends. The Bay View Academy Athletic Department endorses and supports the principles of appropriate behavior and sportsmanship set forth by The National High School Federation and the Rhode Island Interscholastic League.

Listed below are some of these sportsmanship goals that we feel are important:

- Realize that the benefits of involvement in athletics go beyond the final score of the contest.
- Positively encourage our student athletes to do their best, knowing that others will always turn in better or lesser performances.
- Participate in positive cheers and discourage any cheers that would redirect that

focus including those that taunt or attempt to intimidate opponents, their fans, or the officials.

- Learn, understand and respect the rules of the game, including the officials who administer these rules and their decisions.
- Respect the task our coaches face as teachers and support them in that task.
- Respect and acknowledge our opponents as student athletes who are striving to do their best.
- Maintain a sense of dignity under all circumstances.

*Bay View Academy maintains the right to remove a spectator from an event when his or her behavior becomes detrimental to the objectives of high school athletics.

RESPONSIBILITIES OF THE ATHLETE

- Place the goals, welfare and success of the team before any personal goals.
- Be faithful to attending all practice sessions, including weekends and holiday periods.
- Be receptive to coaching.
- Be responsible for all issued uniforms and equipment.
- Be responsible for following all the team rules.
- Report any injuries, illnesses immediately to the coach.
- Display good sportsmanship and respect for others at all times. This includes understanding how to be a good winner as well as a good loser.

GUIDELINES FOR SPECTATORS

- Show interest in the contest enthusiastically cheering and applauding the good plays and performances of both teams and all players.
- Show proper respect for opening ceremonies by standing at attention and by remaining silent when the National Anthem is being played.
- Understand that attendance at any contest is a privilege to observe the contest, not a license to verbally attack others or behave in a disrespectful manner.
- “Booing,” stamping feet, or making disrespectful remarks towards officials or players is unacceptable.
- Learn the rules of the game so that you may understand and appreciate the decisions made by officials and coaches.
- Obey the game supervisors who are responsible for keeping order.
- Stay off the playing area and bench areas at all times.
- Do not throw things onto the playing areas or spectator areas.
- Show respect for players, coaches, officials and cheerleaders.
- Noise makers are prohibited.
- Pay attention to half-time programs and do not disturb those who wish to watch the activities.
- Respect public and private property by not causing damage or littering the facility or grounds.
- Know the school officials and those acting on their behalf have the right to refuse

attendance to those whose conduct is improper.

- Refrain from the use of any controlled substance (alcohol, drugs, etc.) before, during and after the site of any contest.
- There is no smoking allowed on the school premises. Please respect this rule.



BayView ACADEMY

Student Athlete and Parent/Guardian Contract

We recognize that healthy sports experiences take commitment from student athletes and their parents. We

agree that the following principles are critical to the support of quality sports experiences in our school. We agree to honor and support our student athletes in a positive and healthy process.

- Student athletes and parents exhibit good sportsmanship and show respect for everyone associated with the program, including teammates, coaches, support staff, opponents and officials.
- Student athletes and parents understand the value of competition-without-conflict and how to handle success with grace and failure with dignity. The spirit of excellence replaces a “win at all costs” mentality.
- Student athletes and parents recognize that opportunities for college athletic scholarships and professional play are severely limited.
- Student athletes and parents commit to upholding substance abuse policies endorsed and enforced by school.
- Student athletes and parents commit to a focus on lifetime health and fitness, including habits of fitness and good nutrition.
- Student athletes and parents appreciate sports opportunities regardless of the degree of success, the level of skill or time on the field.
- Student athletes and parents respect coaches and appreciate the importance of contributing to the team and its success, even when there may be differences of opinion.
- Student athletes and parents attend relevant school meetings to build relationships and support with coaches and athletic directors and to learn first-hand about the expectations for participation in interscholastic athletics.
- Student athletes seek and parents encourage participation in multiple sports and activities, with academics placed first and foremost.
- Parents serve as role models, see the "big picture," support all programs and athletes and help their student athletes to do the same.
- Parents are asked to give positive and consistent encouragement and support to their daughters regardless of the degree of success, level of skill or time in the contest.
- Parents need to stress the importance of respect for coaches and emphasize the importance of contributing to the team and its success.
- Parents agree to abide by the rules guiding the conduct of sports, modeling the principles for their student athletes.
- Parents need to leave coaching to the coaches and should not be critical of the program, the strategies or performance of team. Parents should avoid putting pressure on their daughters regarding playing time and performance.

We know that school sport experiences can contribute greatly to the value and ethics of each player and that positive sport experiences teach important life skills, encourage teamwork, help shape character and citizenship and encourage an active lifestyle.

Parent/Guardian Name (Print)

Student Athlete Name (Print)

Parent/Guardian Signature

Student Athlete Signature

Date _____

Date _____

Parts of this document have been adapted from The Maine Center for Sport and Coaching.

ATHLETIC POLICY HANDBOOK SIGN-OFF SHEET

All Bay View student athletes and parents/guardians must download this form and return it with the appropriate signatures to the Head or Assistant Coach of the first team on which they compete for each academic year.

- *We have read the rules, regulations, policies and procedures for participation in the St. Mary Academy-Bay View Athletic Program. This includes: Varsity, Junior Varsity and non-RIIL team participation (i.e. Crew, Cheerleading, Sailing, Dance). We understand that failure to comply with these rules and policies will result in suspension and may ultimately result in dismissal from participation in the Athletic Program.*

Student Athlete (Print) _____ **Grade** _____

Student Athlete Signature _____

Parent or Guardian (Print) _____

Parent or Guardian Signature _____

Date _____

**This form MUST be returned to the team coach prior to participation.
It should be completed once each academic year.**