



Bishop DuBourg Athletic Handbook

*The goal is not to just be successful at athletics.
The goal is to use athletics to be more successful .*



FORWARD

The purpose of the Athletic Handbook is to provide athletes, parents, and coaches with the information they will need concerning the philosophy of the Bishop DuBourg athletic program, eligibility requirements, guidelines, and regulations for participation. Bishop DuBourg and the Missouri State High School Activities Association (MSHSAA) have certain requirements that an athlete must meet before he or she is allowed to practice and/or compete. The students are also subject to the rules and regulations in the Bishop DuBourg Student Handbook.

Each parent and athlete is responsible for reading and understanding all information contained in this document. Though not inclusive of all DuBourg parameters and directives, this manual is intended to serve as a resource guide to help you answer common questions and procedures. After the athlete and parent(s) read this handbook, please sign the form at the end of the booklet and ***return it with all of your Application to Participate Forms and your \$100 Athletic Fee by August 17th.***

Thank you again for your commitment to Bishop DuBourg High School.

Steve Bettlach

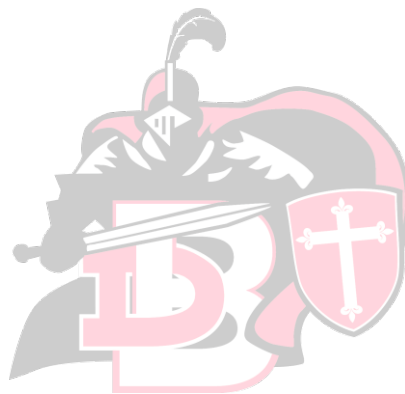
Athletic Director

Address: 5850 Eichelberger St. Louis, MO 63109

Phone: (314) 783-4464

Email: sbettlach@bishopdubourg.org

Website: www.bishopdubourg.org



The Philosophy of Bishop DuBourg Athletics

The administration of Bishop DuBourg believes that interscholastic athletics are an integral part of the total school curriculum. Participation should complement the total educational experience, contributing to the student athlete's health, physical skills, emotional maturity, and moral values. A sound athletic program teaches the student athletes the value of

sportsmanship, teamwork, responsibility, and self-discipline. Our staff will encourage the athletes to strive for their highest possible level of achievement, so that with victory or defeat an athlete will learn valuable lessons that will be beneficial throughout the athlete's lifetime.

Christian Witness of Bishop DuBourg Student Athletes

Bishop DuBourg High School is committed to fostering an athletic program rooted in Christian values. It is important to the educational nature of athletic events to stress the type of exemplary Christian behavior that should be exhibited by all players and spectators at Bishop DuBourg events. The positive actions by a coach, athlete, or spectator at an event can influence how our school is perceived in our own community and the communities of those schools we meet on the field of play.

Sports Available

FALL

Boys Cross Country
Boys Soccer
Football
Girls Cross Country
Softball
Girls Volleyball
Girls Tennis
Spirit Squad

WINTER

Boys Basketball
Girls Basketball
Girls Swimming
Spirit Squad
Boys Wrestling

SPRING

Baseball
Boys Track
Boys Volleyball
Boys Tennis
Girls Track
Girls Soccer



Code of Ethics Regarding Sportsmanship

It is the duty of ALL concerned with high school athletics to:

- Express proper Christian witness as demonstrated by respect for others, displayed through the proper ideals of sportsmanship, ethical conduct, and fair play.
- Eliminate all possibilities that tend to destroy the best values of the game.
- Stress the values derived from playing the game fairly.
- Show courtesy to visiting teams and officials.
- Establish a happy relationship between visitors and hosts, even while expressing support for our own players and teams.

- Respect the integrity and judgment of sports officials.
- Achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
- Encourage leadership, use of initiative, and good judgment by players on the teams.
- To recognize that the purpose of athletics is to promote the physical, mental, social, emotional, and spiritual well-being of the individual players.
- To remember that an athletic contest is only a game – not a matter of life or death for the player, coach, school, official, fan, or community.

Individual Coach Standards and Rules

Athletes must abide by any additional rules and/or consequences set by an individual coach for that particular sport. Student athletes are strongly encouraged to participate in off season opportunities to further develop their abilities within a specific sport area. Student athletes are not required to participate in off season opportunities. While a student athlete can't be cut from a team because of lack of participation in off-season programs, parents and players should recognize that off season participation can enhance a student athlete's opportunity to participate and make a team.

Standards of Conduct for Student Athletes

Student athletes are expected to behave in a manner that best represents Bishop DuBourg High School at all times. Student athletes who have EXCESSIVE demerits and behavior concerns may be suspended by the Athletic Director from athletics for the remainder of the semester.

Academic Responsibilities & Rules of Eligibility

Missouri State High School Activities Association (MSHSAA) Standards and Rules: Bishop DuBourg High School is a member of MSHSAA and operates within the guidelines established by MSHSAA. The MSHSAA Handbook is available upon request.

IF YOU HAVE ANY QUESTIONS, CONSULT A COACH OR THE ATHLETIC DIRECTOR.

MSHSAA academic eligibility is based on semester grades and requires that student athletes pass a minimum of 7 of their 8 semester classes. Any student failing more than one subject in a semester will be academically ineligible for the subsequent semester.

Bishop DuBourg Academic Standards

In addition to the MSHSAA Academic Eligibility Rules, Bishop DuBourg High School has additional academic requirements for participation in athletics. Each student's academic progress (in and out of season) will be evaluated by the Athletic Director, Assistant Athletic Director, Dean of Students, Principal and coaches throughout the semester. Student eligibility will be measured at progress reports and at the end of each quarter, including the end of each semester. If a student is struggling academically, the student may be instructed during academic hour, required to attend homework club after school, and/or miss practice/games to make up work.

Attendance Requirements

Student athletes are required to be present at school and be there on time on an ongoing basis in order to maintain their athletic eligibility. Attendance requirements for student athletes are:

- *Student athletes must be at school no later than 10:30am in order to participate in the athletic activities for that day including both practices and games.*
- *Student athletes who have **EXCESSIVE** unexcused absences (without notes) from school in a semester could be suspended by the Athletic Director from athletics for the remainder of the semester.*
- *Student athletes who have **EXCESSIVE** tardiness to school in a semester could be suspended by the Athletic Director from athletics for the remainder of the semester.*

Students with extenuating circumstances can apply for due process through the office of the Athletic Director. A review will occur within 1 calendar week.

Rostered Athletes

Student athletes will be offered a position on the team roster the Friday after tryouts begin in any season. It is our expectation that upon accepting the position the Athlete will remain with the team throughout that season.

During the 2021-2022 if a player and or parent wishes for an athlete to leave a team for any reason during a season the player must first contact the head coach. If after the player and coach have a conversation and the athlete and the athlete's family still wish for them to be allowed to leave the program, a meeting must take place between the player, coach, parents, and athletic director.

The Athletic Department reserves the right to deny access to other programs after an athlete chooses to leave a program. If a player leaves without following the above mentioned protocols, it goes without saying that access will be denied to that athlete.

Acceptable Technology Usage with Coaches

Student athletes and coaches need to communicate to maintain a solid working relationship. As a general rule of thumb, student athletes should, whenever possible, contact their coach through their parents. When an athlete needs to contact a coach directly, they are asked to use a phone call before texting or emailing. Bishop DuBourg High School does recognize that sometimes an athlete and a coach may need to communicate for a pressing or emergency issue. Please limit the contact through personal phones and emails to pressing or emergency issues.

- *Student athletes and coaches should never interact via social media including, but not limited to, Facebook, Twitter, Instagram and Snapchat.*
- *Student athletes and coaches should only use text and email to communicate when absolutely necessary*

Drugs, Alcohol, & Tobacco

The use of drugs, alcohol, or tobacco are never acceptable for a Bishop DuBourg student athlete. Drugs, alcohol, and tobacco are harmful and dangerous to young men and women. The use of drugs, alcohol, or tobacco are serious offenses and are subject to punishment by the Athletic Director and the Administration. Any student athlete known to be possessing or using drugs, alcohol, or tobacco are subject to the following guidelines:

- *A student athlete with a first offense may be put on athletic probation and could be subject to a minimum athletic suspension of 1 week of the game and practice competition.*
- *A student athlete with a second offense may be put on athletic suspension and will be subject to a minimum athletic suspension of 1 month and a maximum athletic suspension of 1 year of the game and practice competition.*
- *Any further events of the above nature will result in permanent athletic suspension for the remainder of their high school experience.*

Students with extenuating circumstances can apply for due process through the office of the Athletic Director. A review will occur within 1 calendar week.

Early Dismissal

Students leaving school early for athletic events must:

- Notify the teacher affected by the early dismissal no later than 24 hours in advance of the early dismissal.
- Be responsible for any work, lecture material, or assignments given after the early dismissal.
- Leave the classroom in a quiet, orderly manner. This includes in the halls and at lockers.
- Make arrangements to take tests and quizzes missed during the early dismissal.
- Dress at the specified time, which could include lunch or at the time of the early dismissal.

**BEING A MEMBER OF A TEAM DOES NOT GUARANTEE THE RIGHT OF EARLY DISMISSAL.
YOU MUST LIVE UP TO YOUR RESPONSIBILITIES.**

Athletic Apparel and Uniforms

- Student athletes may purchase or receive sport-specific apparel. Student athletes may wear this apparel only at specified times by the administration, and it must meet the dress code of the school. Items not conforming to proper dress code or not worn at appropriate times can be removed by faculty, staff and administration and will not be allowed to be worn during the school day.
- Uniforms issued to the student athlete are the responsibility of the student athlete and must be maintained in the same condition that they were issued. They must be returned to the coach immediately after the conclusion of the individual sport season.
- If your uniform is lost or damaged, payment for replacement is required.
- Street shoes are NOT to be worn on the gym floor during gym or practice. Please carry your gym shoes to the gym and change there.
- School equipment and property should be treated properly. This includes the locker room and bus. Willful destruction or loss of property or equipment will result in payment of replacement cost and possible disciplinary actions.

Other Standards and Responsibilities

These are additional standards that apply to all student athletes:

- Practices will have a definite starting time and finishing time. Student athletes must report to practice on time and should try to have their ride pick them up as close to the end of practice as possible.
- If school is called off because of snow or ice, then all contests for the day will be canceled. The only exception to this will be tournament games. These will be decided during the day.
- Each team that uses the bus is responsible for cleaning it before the next trip is scheduled. It would be very helpful if we kept the bus as clean as possible.

- Medical release from injury – a student, who has been injured and has had medical treatment, may not compete again until written permission from the doctor or parent/guardian is given.

Concussion Concerns

MSHSAA & the Missouri State Legislature have recently made athletic concussions an important awareness issue for coaches, student athletes, and parents. In conjunction with this emphasis, Bishop DuBourg has provided a Concussion Awareness Course available on our website through a link to the NFHS website. All parents and players are encouraged to take the time to review this information, just as all coaches have.

Regulations for Student Participation

The following items are required for any student athlete to participate in practice and games for a specific sport season within a school year.

1. **COMPLETE A *Heathy Roster* PROFILE** – This profile provides medical history and emergency medical contact information for athletic trainers, coaches, and administrators for the student athlete. It is required for participation in any practice or game.
2. **MSHSAA PHYSICAL EXAM** – A student may not begin practicing with a team until a physical exam by a doctor is completed and turned into the coach of that sport. A physical must be taken each year and it covers any sports in which the student takes part for that school year.
3. **COMPLETE THE MSHSAA PREPARTICIPATION FORMS** – These form must be completed in order to allow a student athlete to participate in athletics at Bishop DuBourg High School.
4. **TRANSPORTATION FORM** – This form authorizes Bishop DuBourg High School to transport your son or daughter to athletic contests in a school-sanctioned bus as needed.
5. **PRACTICE PRIOR TO GAMES** – According to MSHSAA, a student must have 14 conditioning days prior to competing in a contest for any sport. This rule is disregarded if a student goes directly from one sport to another.
6. **ATHLETIC FEE** – All student athletes are required to pay a **\$100 Athletic Fee** to participate in athletics at Bishop DuBourg High School. The athletic fee is a once-per-year fee and covers **ALL** athletics a student athlete chooses to participate in.
7. **TRANSPORTATION FOR COMPETITION** – Coaches and the Athletic Director determine the team’s mode of transportation to contests. We have adjusted our transportation form and need each athlete to have a signed electronic copy turned in before August 23.

Athletic Awards

- All eligibility requirements of MSHSAA and Bishop DuBourg High School must be met for a student to be considered eligible for consideration for an athletic certificate.
- The student, to be considered for an athletic certificate, must have displayed good sportsmanship in competition and have been regular in attendance at practice and games.

- The student must meet all criteria set up by the coach in that particular sport.
- Awards will be presented by the coaches at season-ending banquets.

Player, Parent, Coach, and Administration Interaction

As an athlete becomes involved in the programs at Bishop DuBourg High School, he or she will experience some of the most rewarding moments of their life. It is important that the athletes and their parents understand that there also may be times when things do not go the way they wish. At these times, communication with the coach is encouraged. The first communication should be the athlete talking to the coach. The coaches will welcome this discussion and listen to the athlete's concerns. If no resolution is made with the coach and the athlete, then the parents should talk to the coach.

What issues should parents discuss with the coach?

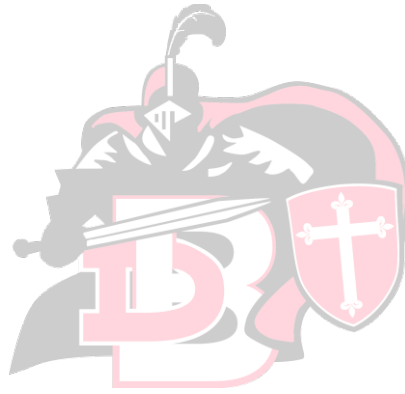
- The treatment of an athlete both mentally and physically.*
- Ways to improve their son or daughter's skills or development.*
- Academic support and college opportunities.*

It is sometimes difficult to accept an athlete's amount of playing time or a decision made by a coach. **Coaches are professionals.** They make judgments based on what they believe to be best for all the athletes involved. Some issues should be left to the discretion of the coach.

What issues should NOT be discussed with the coach?

- *Team strategy*
- *Other athletes on the team*

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. However, please do **NOT approach a coach before or after a practice or contest.** These can be emotional times for both parents and coaches. Meetings of this nature do not promote resolution. When a conference is necessary, then the parent should call school and leave a message for the coach. If the coach is an off-campus coach, then leave a message with the athletic director. If the meeting with the coach does not provide a satisfactory resolution, the next step is to call the athletic director and set up an appointment to discuss the situation. **All parents, players, and coaches should hold to the 24-hour rule: waiting at least 24 hours to discuss a situation with one another.** This rule is designed to allow the emotions of the situation to subside and provide for a rationale conversation.



**ACKNOWLEDGEMENT OF ATHLETIC PHILOSOPHY BISHOP
DUBOURG HIGH SCHOOL**

(To be completed by Athlete and Parents)

I am aware that the *ATHLETIC HANDBOOK* is posted on the DB Website. I will read the *ATHLETIC HANDBOOK* and make sure I understand the expectations and responsibilities of a student athlete at Bishop DuBourg High School.

Student Athlete's Printed Name

Sport

Student Athlete's Signature

Date

Parents/Guardian Signature(s)

Date

***** Please return this signed form to your coach. *****