



**St. Mary's High School Athletics
Handbook**



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INTRODUCTION

St. Mary's High School Athletics Handbook serves coaches, prospective student-athletes, athletics representatives, parents of our nine varsity sports, and all student-athletes. We ensure that the integrity of St. Mary's is upheld by cultivating an educational atmosphere of excellence, faith, consistency, and responsibility in adherence to the guidelines set by the Missouri State High School Activities Association and Archdiocesan Office of Catholic Education and Formation.

St. Mary's High School Athletics strives to be one of the most visible, respected, and accomplished programs in the state. A successful athletics program serves as a uniting facet for the St. Mary's community and enhances exposure all while deepening a tradition of pride. SSC athletics will represent St. Mary's High School and its proud heritage with a commitment to excellence in the classroom, in competition, and in the community.

St. Mary's High School encourages student-athletes to participate in multiple sports. The enrollment of St. Mary's High School allows every student-athlete the opportunity to participate in high school athletics. Participation is vital to remain competitive and give our student-athletes the greatest opportunity to succeed.

Participating in more than one sport allows the student-athlete to experience different coaching styles, develop new skills, cross-train muscle groups, develop improved levels of conditioning, and embrace important relationships among many teammates. It is the hope of South Side Catholic Athletics that the student-athlete grows physically, mentally, spiritually and emotionally.

ST. MARY'S HIGH SCHOOL MISSION

St. Mary's High School, a Catholic educational community, celebrates the dignity and uniqueness of every person, cultivates lifelong learning and the pursuit of excellence, fosters faith, inspires commitment to service and justice and works to develop a life-giving relationship to the world.

The St. Mary's Athletic Department strives to support this mission by developing athletic programs designed to strengthen the student-athlete physically, spiritually, and mentally. The athletic department is dedicated to cultivating all student athletes with a focus on hard work, discipline, and class.



ARCHDIOCESAN HIGH SCHOOLS ATHLETICS CODE OF BEHAVIOR *(also found in the student handbook)*

- 1) The CONDUCT of all involved in education-based athletics: student athletes, coaches, and parents, must represent the Catholic educational institutions that they represent at all times. An expectation of Christian language and behavior is always required and any deviation from this standard is never acceptable in any athletic setting or contest and will not be tolerated.
- 2) Student spectators and fans are expected to CHEER for their team and never against the other team or individuals. Isolating a member of another team through taunting or cheers is never acceptable in any athletic contest and will not be tolerated. Students, parents, and fans are there to support the missions of their school and uphold the fan expectations of education-based athletics.
- 3) All Archdiocesan school athletic teams REPRESENT the Catholic church and the Archdiocese of St. Louis. Teams should never humiliate or embarrass a competing school by winning by a margin of victory that is not within normal reason within a sport. Teams and coaches are 100% responsible for their own scores and points, and should always remember that their margin of victory represents the broader beliefs of our Catholic faith. Humility is essential in all athletics. All athletic contests should represent the mission of their Catholic school and any deviation from this standard will not be tolerated.
- 4) Student's and Coach's use of SOCIAL MEDIA must always reflect the values and teachings of the Catholic church. Social media is a vehicle to help communicate information about and help promote an athletic program or team. As such, social media postings should be informative and positive in nature. They should never engage another school or any athletes from an opposing school in any matter that does not lift up their opponent and celebrate the gifts and talents of one another. Student Athletes and Coaches are always representing their Catholic schools through their social media posts. There is no separation between personal accounts and professional accounts. All social media posts should always represent the mission of their Catholic school and any deviation from this standard will not be tolerated.
- 5) Coaches are Catholic school EDUCATORS first and foremost and in every setting: academic, athletic, or otherwise. Coaches should always emulate the values and virtues of education-based athletics in a Catholic school. Coaches are the first example of Christian behavior, and they are the leaders of the student athletes they teach. Their conduct will always be scrutinized by those observing them, and as such, they must always represent their Catholic school with the highest standards. Any deviation from this standard will not be tolerated.
- 6) Administrators are responsible for the SUPERVISION of all athletic events, including students, parents, and general fans. It is their responsibility to ensure that everyone attending an athletic contest is safe and can enjoy the game without their experience being negatively affected by the inappropriate behaviors of others. If spectators are acting inappropriately, the Administrators in charge should address those individuals immediately and apply the appropriate consequences for their behavior.



It is each local school's responsibility to enforce this Archdiocesan High Schools Athletics Code of Behavior. In situations where the local school is not enforcing this to the standard of expectation, further action may be required by the Archdiocesan Office of Catholic Education and Formation.

MISSOURI STATE HIGH SCHOOL ATHLETIC ASSOCIATION (MSHSAA)

The MSHSAA is the governing body for all Missouri high schools. The MSHSAA divides high schools into classes based on enrollment information from the previous year. These classes are referred to as Class A, Class AA and so on. All of St. Mary's sports programs will play a regular season schedule that includes schools from different classes to ensure that our student-athletes get the opportunity to compete against various levels of competition.

<https://www.mshsaa.org/resources/pdf/Official%20Handbook.pdf>

Eligibility - In order to represent your school, you must be a bona fide student and meet all eligibility requirements. You must be regularly attending classes and you must meet the academic requirements.

Citizenship - You must be a creditable citizen. Creditable citizens are those students whose conduct - both in school and out of school - will not reflect discredit upon themselves or their school.

Sportsmanship - If your conduct as a spectator is found to be unsportsmanlike, you could be barred from attending any further high school contests.

ST. MARY'S HIGH SCHOOL VARSITY ATHLETICS

Fall:

- 🏈 Football
- ⚽ Soccer
- 🏃 Cross Country
- 🎮 E Sports

Winter:

- 🏀 Basketball
- 🎳 Bowling
- 🤼 Wrestling

Spring:

- ⚾ Baseball
- 🏃 Track
- 🏐 Volleyball
- 🏌 Golf



ATHLETICS FEE

(Due to the Athletic Director prior to participation. Please make a check payable to **St. Mary's Athletics)*

St. Mary's High School requires each student-athlete to pay a fee of \$150 for first sport, \$75 for the second sport and \$50 for the third sport played. This fee is due prior to participation and the issuing of any uniform. Multisport/sibling discount is at the Athletic Director's discretion. In the event that a possible student-athlete does not make the team he tries out for, the athletic fee will be rescinded and the money returned. Uniforms and/or equipment not returned will result in additional fees.

PHYSICALS AND INSURANCE

MSHSAA and St. Mary's High School requires a current physical to be on file with the school office before a student-athlete is allowed to practice. The current [MSHSAA physical and pre-participation form](#) is required.

St. Mary's High School and MSHAA also require all student-athletes to provide proof of insurance. This should be on file to the student-athlete participating in athletic activities.

CONCUSSION PROTOCOL AND INJURIES

We will follow MSHSAA concussion protocol guidelines. Injuries will be handled on a case-by-case basis in consultation with a doctor, athletic trainer, and/or coach(es).

TRANSPORTATION

St. Mary's High School provides transportation to most athletic events. The Athletic Director or Coach reserve the right to require student-athletes to use school provided transportation unless extenuating circumstances dictate otherwise. Student-athletes who drive themselves must sign St. Mary's Athletics liability waiver. Transportation after competition must be communicated and documented prior to departing for said competition.

VARSITY LETTER AWARDS

The criterion for earning individual athletic letters at the varsity level will be the same for all of St. Mary's athletic teams. That is, if an individual participates in at least one varsity contest during the course of the season, he will have earned a varsity letter in that sport. *Award's nights for individual sports are under the direction of each Head Coach*



ATHLETIC ELIGIBILITY

(Also stated in student/parent handbook)

Students must meet the Athletic Department's expectations regarding academics, attendance, service, conduct, and behavior. ***Students who fail two classes, no matter how many credits are being taken, will not be eligible to participate in athletics (based on MSHSAA standards Section 2.3.2e).*** Second semester failures will determine eligibility for the fall season. Any student not meeting the Service hour requirement from the previous school year by the service deadline will be ineligible for the first regular season contest/competition. Once service hours are complete and verified, the student will regain eligibility to compete/participate (clubs) after the first contest.

ADDITIONAL ATHLETIC ELIGIBILITY EXPECTATIONS

Academics:

St. Mary's High School conducts weekly grade checks as required by MSHSAA. The Athletic Director or Assistant Athletic Director will review the D and F List every Monday and will inform head coaches of student-athletes who are exhibiting below average work or poor effort in classes. Students with 1 or more F's and/or 3 or more D's will be asked to follow the below remediation strategies to assist with eligibility.

- Student will be on a no-roam during Academic Lab.
- At the first progress report, student must adhere to an MRC contract which includes a minimum of two one-hour study sessions in the MRC. Students may attend before or after school. Students must sign in each time and attendance must be verified by the MRC supervisor.
- Their privilege of leaving early for athletic contests will be revoked at the discretion of the teacher(s) to allow for more time on academics.
- If a student receives 1 or more F's on his 1st progress report, student must adhere to an MRC contract which includes a minimum of four one-hour study sessions in the MRC. Students may attend before or after school. Student must sign in each time and attendance must be verified by the MRC supervisor.
- If a student receives 1 or more F's on 2nd progress report, the student must meet with the Athletic Director and Head Coach which may result in suspension from participation.

If a student does not follow the above remediation strategies, the student-athlete will meet with the Athletic Director and Administration to discuss next steps.

Attendance: (from the student handbook)

Students must be in attendance for a full school day in order to participate in athletic competitions or extracurricular activities. For weekend competitions, eligibility is based on Friday attendance. In order for a medical exemption to be considered, the student must provide a note from a health care provider approved by an administrator.



STUDENT-ATHLETE CODE OF CONDUCT

The St. Mary's High School Athletics Program is highly visible throughout the community. Those who participate in its athletic programs represent the very fabric and mission of our institution. By choosing to participate in an activity so closely tied to the public's perception of the high school, the student-athlete has an additional obligation to uphold the mission and values of our institution. Student-athletes at St. Mary's are expected to hold themselves to the highest standards of integrity in the classroom, during competition and in the community.

PROHIBITED CONDUCT

- 🐉 **Academic Dishonesty:** The Athletic Department will not tolerate acts of academic misconduct which includes, but is not limited to: cheating, falsification/fabrication, tampering, plagiarism, facilitating academic misconduct, multiple submissions, and other academic misconduct.
- 🐉 **Alcohol:** Prohibited acts include 1) possessing or consuming alcohol 2) Operating a motor vehicle while under the influence of alcohol, 3) Misrepresenting one's age for the purpose of purchasing, possessing, or consuming alcohol, 4) Purchasing, furnishing, or serving alcohol 5) Public intoxication 6) Violations of additional team rules regarding alcohol use
- 🐉 **Other Drugs:** Prohibited acts include 1) Possessing or using illegal substances, as defined by law, 2) Possessing or using controlled substances as defined by law, 3) Distributing, selling, or possessing with the intent to distribute illegal or controlled substances, as defined by law, 4) The use of tobacco products by a student-athlete during practice, competition, or other team functions.
- 🐉 **Hazing:** Hazing in connection with membership or participation in St Mary's athletic team activities is strictly prohibited. (Hazing includes but is not limited to any conduct or method of initiation, admission, or condition of continued membership in any student organization which: 1) endangers the physical or mental health or safety of any student or other person 2) destroys, vandalizes, or removes public or private property.
- 🐉 **Cyberspace (including social networking websites):** Student-athletes are permitted to have profiles on social networking websites such as Instagram, Twitter, SnapChat and Facebook, etc. provided that a) no offensive or inappropriate pictures are posted, b) no offensive or inappropriate comments are posted and/or c) any information placed on the website(s) does not violate the ethics and intent behind the St. Mary's Student Handbook, and all other applicable state, federal, and local laws.
- 🐉 **Violence:** St. Mary's High School is committed to creating and maintaining a community in which its members are free from all forms of harassment, exploitation, intimidation, and violence. Student-athletes are prohibited from engaging in violent acts including



assault on a person or property, hate crimes, hazing, stalking, sexual harassment, intimidation or violence, or any other conduct prohibited by high school policy or law.

- 🦁 **Disrespect:** At all times, student-athletes are required to conduct themselves in a manner respectful of themselves, their team, the institution, the Department of Athletics, game officials, opponents, and property. Student-athletes are to refrain from disrespectful conduct such as unsportsmanlike conduct; profane, abusive, demeaning, harassing, threatening, or obscene expression; or deliberate damage to equipment or other property; or theft of equipment or other property.
- 🦁 **Poor Sportsmanship:** Student-athletes are held accountable to a high standard of ethical conduct in all activities affecting the athletics program, whether as a participant or as a spectator. “Unsportsmanlike” conduct will be reviewed by the Director of Athletics and may result in disciplinary action.
- 🦁 **Unexcused Class Absences, Poor Academic Performance and Poor Classroom conduct:** Student-athletes are expected to attend class regularly and punctually, to fulfill course load and academic performance requirements and to follow classroom expectations. Failure to meet such obligations may affect eligibility to participate, scholarship eligibility, and academic standing.

Initial Section I _____



DISCIPLINARY PROCESS AND SANCTIONS

The Department of Athletics disciplinary process is independent of, and supplements, St. Mary's discipline process outlined in the Student/Parent Handbook. Sanctions levied by Athletics may occur over and above those levied by St. Mary's High School. Sanctions will vary depending on the type and circumstances of the violation. When the Athletics Department becomes aware of an alleged violation of this Code of Conduct, the Director of Athletics or his designee will take reasonable steps to verify the validity, reliability, and accuracy of the report. These steps may include interviews of students and employees, or of non-school persons having knowledge of relevant facts; examination of documents; and other steps necessary for the Athletic Director to determine the merits of the report. A meeting with the student-athlete will ordinarily occur before any discipline is imposed; however, in extenuating circumstances, the Athletic Director may suspend the student-athlete before the meeting. Determination of responsibility will be based on a preponderance of evidence and information available. A first-time offense may be serious enough to warrant any of the possible sanctions listed below. A student-athlete's refusal to participate and cooperate in an Athletic Department or MSHSAA investigation of possible violation of this Code of Conduct or MSHSAA rules may itself constitute a basis for disciplinary action.

CODE OF CONDUCT VIOLATIONS-SUBSTANCE ABUSE *(also stated in student handbook)*

Consequences of Chemical Abuse

During the entire time of enrollment including summer, regardless of the quantity or location, a student shall not possess or use a beverage containing alcohol, possess, use, or consume any product defined by law as an illegal drug, or use tobacco. It is not a violation for a student to be in possession of a legally-defined drug specifically prescribed for the student's own use by his doctor. However, it is a violation to use any drug for a purpose other than its prescribed use. The following are only minimum guidelines.

A. ALCOHOLIC BEVERAGES AND ILLEGAL MOOD-ALTERING CHEMICALS

First Violation Penalty: The Head Coach and Director of Athletics meet with the student-athlete and discuss the violation. The athlete shall be ineligible for interscholastic competition for a minimum of 10% of the highest level of competition in which the student is a participant or has participated in the past 365 days. Students may not use a sport that they have not participated in the past 365 days to serve their suspension. The exception to this rule is a first semester athlete may serve their suspension during the winter or spring seasons. The student must meet all other team obligations. The student may be required to undergo counseling or rehabilitation before he may participate in games. The maximum penalty for a first violation is loss of eligibility for 365 days.

Second Violation Penalty: The student shall lose eligibility for a minimum of 25% of the highest



level of competition in which the student is a participant or has participated in the past 365 days. Student-athlete will also be required to undergo counseling and/or rehabilitation.

Third Violation Penalty: The student shall lose eligibility for 365 days and be required to undergo counseling and/or rehabilitation.

B. TOBACCO/NICOTINE PRODUCTS, SMOKING, & VAPING DEVICES

First Violation Penalty: The Head Coach and Director of Athletics meet with the student-athlete and discuss the violation. The athlete shall be ineligible for interscholastic competition for a minimum of 10% of the highest level of competition in which the student is a participant or has participated in the past 365 days. Students may not use a sport that they have not participated in the past 365 days to serve their suspension. The exception to this rule is a first semester athlete may serve their suspension during the winter or spring seasons. The student must meet all other team obligations. The student may be required to undergo counseling or rehabilitation before he may participate in games. The maximum penalty for a first violation is loss of eligibility for 365 days.

Second Violation Penalty: The student shall lose eligibility minimum of 25% of the highest level of competition in which the student is a participant or has participated in the past 365 days. Student-athlete will also be required to undergo counseling and/or rehabilitation.

Third Violation Penalty: The student shall lose eligibility for 365 days and be required to undergo counseling and/or rehabilitation.

Violations Occurring in Two Different Categories

The second violation, be it in the same or in a different category, shall result in the student's loss of eligibility to participate in sports for 50% of the highest level of competition in which the student is a participant.

Self-Reporting

Self-reporting may not be used to circumvent an imminent violation. A student who self-reports receives the same consequences as a positive test result.



CODE OF CONDUCT VIOLATIONS-OTHER OFFENSES

1. **First Offense.** The Head Coach and Director of Athletics meet with the student-athlete and discuss the violation and the possible sanctions associated with that offense. Sanctions ***could*** include;
 1. Parental notification
 2. Remediation at the Coach's discretion.
 3. Written warning from the Director of Athletics.

2. **Second Offense.** The Head Coach, Dean of Students, and Director of Athletics meet with the student-athlete and discuss the violation and sanctions associated with that offense. Sanctions ***could*** include:
 - a. Parental notification
 - b. Suspension from games up to 50% of the season.
 - c. Assigned community service from Director of Athletics.
 - d. Referral to counseling. (If not substance abuse-related.)
 - e. Removal from team.
 - f. Written warning from the Director of Athletics.

3. **Third Offense.** Head Coach, Director of Athletics, and Principal meet with the student-athlete and discuss the violation and the possible sanctions associated with that offense. Sanction ***will*** include;
 1. Parental notification.
 2. Indefinite suspension from all team functions
 3. Written notice from the Director of Athletics.

Violation of Criminal Law: When a student-athlete has engaged in conduct alleged to be in violation of criminal law, immediately upon receipt of notice of such possible violation the Head Coach must report the information to the Director of Athletics. Student-athletes arrested for, or charged with, violating the criminal law will be immediately suspended from practice and competition. Within 48 hours of notice of a suspension, the student-athlete's coach or designee shall review the suspension and recommend to the Director of Athletics whether the suspension should continue. Within 10 days of notice of suspension, the student-athlete shall be afforded the opportunity to present his or her position before the Director of Athletics. Based on available information, the Director of Athletics may at any time prior to a finding or plea of guilty to a criminal charge may lift or modify the suspension. If the student-athlete is found guilty of the felony charge, such student-athlete shall be barred permanently from participation in intercollegiate athletics at St. Mary's High School.

Initial Section II _____





AGREEMENT

I understand and agree that I am required to know, understand, and follow the standards contained in the St. Mary's High School Department of Athletics Student-Athlete Code of Conduct. If I have further questions regarding this Student-Athlete Code of Conduct, I will ask my coach or the Director of Athletics. Participation in any of the St. Mary's athletic programs implies consent to any and all policies and procedures contained herein.

STUDENT-ATHLETE NAME: _____

SIGNATURE: _____

PARENT NAME: _____

PARENT SIGNATURE: _____

DATE: _____

