

ATHLETIC HANDBOOK

NOTRE DAME HIGH SCHOOL
2024 / 2025



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NOTRE DAME HIGH SCHOOL ATHLETICS ADMINISTRATION

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NOTRE DAME HIGH SCHOOL ATHLETIC OFFERINGS

FALL	VARSITY	JV	FRESHMAN
Boy Cross Country	X		
Girls Cross Country	X		
Cheerleading	X	X	X
Girls Field Hockey	X	X	X
Football	X	X	X
Boys Soccer	X	X	X
Girls Soccer	X	X	X
Girls Tennis	X	X	
Girls Volleyball	X	X	
WINTER	VARSITY	JV	FRESHMAN
Boys Basketball	X	X	X
Girls Basketball	X	X	X
Cheerleading	X	X	X
Boys Diving	X		
Girls Diving	X		
Ice Hockey	X		
Boys Swimming	X		
Girls Swimming	X		
Boys Winter Track	X		
Girls Winter Track	X		
Wrestling	X	X	
SPRING	VARSITY	JV	FRESHMAN
Baseball	X	X	X
Softball	X	X	
Boys Golf	X		
Girls Golf	X		
Boys Lacrosse	X	X	X
Girls Lacrosse	X	X	X
Boys Tennis	X	X	
Boys Track & Field	X		
Girls Track & Field	X		

PHILOSOPHY OF INTERSCHOLASTIC ATHLETICS

Our athletic program fosters comprehensive development, transformational experiences, and team triumph across all levels. Notre Dame is committed to instilling the values of sportsmanship, upholding our Mercy Core Values, and creating young men and women of character. By embracing sportsmanship, integrity, and respect, our athletes can achieve success on the field and in life.

Our three levels of competition (Freshman, Junior Varsity, and Varsity), create opportunities for educational value, fair competition, community and school spirit, and balance and well-being. All three levels require a high level of commitment, sacrifice, ability to work as a team, and love for the sport.

Through detailed coaching and purposeful teaching, Notre Dame offers an environment that not only helps our athletes succeed and grow, but also gives them the skills to positively impact their teams, communities, and beyond.

TEAM SELECTION

The following procedures are to be followed by all coaches:

All candidates will be given a minimum of three practices to try out for a team.

Each coach will discuss the tryout procedures with candidates and should include the following:

- The minimum and maximum number of players who will be kept.
- Rating procedures used

Coaches should not post a list of who has made the team or has not been selected. Each player, regardless of status, must be spoken to in person.

Each player not selected is encouraged to schedule a time to discuss areas of potential improvement for their respective sport with the coach.

In a meeting, coaches should be able to produce their rubric or rating system displaying their objective criteria.

It will always be noted that there is a subjective nature in coaching and team selection.

Conferences with players or parents should always include an assistant coach.

The following teams are "no cut:" cross country, football, wrestling, swimming, and track & field.

PARENT/GUARDIAN/SPECTATOR RULES AND EXPECTATIONS

At Notre Dame High School, we hold our administration, teachers, students, and coaches to a higher standard of behavior and sportsman-like conduct.

Notre Dame and NJSIAA Sportsmanship Rule/Policy require that "high standards of courtesy, fair play, and sportsmanship must be featured before, during, and after all athletic events. Good sportsmanship, respect for rules, respect for others, and fair play are the motives through which an interscholastic athletic program is justified and defended. Unsportsmanlike conduct will not be tolerated and is subject to disciplinary action.

CODE OF CONDUCT

Interscholastic and youth sports programs promote children's physical, social, and emotional development. Therefore, parents, coaches, and officials must encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect, and self-control.

Student-athletes/Coaches/Parents/Spectators are responsible for their words and actions while attending, coaching, officiating or participating in all sporting events. They are expected to follow the outlined code of conduct:

1. Will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. Will not encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participant, official, or any other attendee.
3. Will not engage in any behavior that endangers the health, safety, or well-being of any coach, parent, player, participant, official, or any other attendee.
4. Will not encourage my child or any other person to engage in any behavior that would endanger the health, safety, or well-being of any coach, parent, player, participant, official, or other attendee.
5. Will not use drugs or alcohol while at a youth sports event and will not attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.
6. Will not permit my child, or encourage any other person, to attend, coach, officiate or participate in a youth sports event while under the influence of drugs or alcohol.

7. Will not engage in the use of profanity.
8. Will treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
9. Will encourage my child to treat any coach, parent, player, participant, official, or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation, or ability.
10. Will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official, or other attendee.
11. Will not encourage my child, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
12. Will not initiate a fight or scuffle with any coach, parent, player, participant, official or other attendee.
13. I will not encourage my child or any other person to initiate a fight or scuffle with any coach, parent, player, participant, official, or other attendee.

_____ (Parent Initial) _____ (Student Initial)

Disciplinary Actions

If an individual fails to abide by the outlined code of conduct while **attending, coaching, officiating, or participating** in a sporting event, is subject to disciplinary action, including but not limited to the following in any order or combination:

First offense:

- Immediate removal from the event and school premises.
- A phone call from athletic and school administration
- Suspension from the next home or away interscholastic event for a first offense.

Second Offense:

- In-person meeting with school and athletic administrator
- Longer suspensions from interscholastic events for multiple violations in a defined period of time (season, school year, calendar year, etc.).
- Completing the required educational component(s) reinforces our policy and procedures before returning to, participating in, or spectating in interscholastic events.

****Upon starting the athletic season, all parents/guardians must agree to conform to the code of conduct when attending, coaching, or participating in a sporting event.**

Student-Athletic Code of Conduct:

After the team selection, each student-athlete and a parent/guardian must sign the contract for the athlete to participate.

_____ (Parent Initial) _____ (Student Initial)

POLICY AND PROCEDURES (Also outlined in the athletic registration packet)

Drug/Alcohol/Vaping

Athletes are prohibited from using any [banned substances outlined by the NJSIAA](#) . Those who use and/or are in possession of these items are subject to disciplinary action and may be suspended and/or expelled from their team.

The NJSIAA bans the following drug classes.

1. Stimulants
2. Anabolic agents
3. Alcohol and beta-blockers
4. Diuretics and other masking agents
5. Narcotics
6. Cannabinoids
7. Peptide hormones, growth factors, related substances, and mimetics
8. Hormone and metabolic modulators
9. Beta-2 agonists

First infraction: the athlete must participate in counseling and drug testing. In consultation with the athletic director and principal, the coach may suspend the student-athlete for the athlete's safety and the safety and well-being of others.

Second infraction: within a school year, the athlete will be ineligible to participate on a Notre Dame athletic team for a full year.

Resources: Notre Dame Drug and Alcohol Policy

Bullying and Hazing

Notre Dame will not tolerate hazing of any kind by our student-athletes. Students who disregard this rule are subject to suspension and/or expulsion from their team and appropriate school discipline set forth by the administration.

Bullying – A person is being bullied when he or she is exposed repeatedly and over time to negative actions on the part of one or more persons. Bullying includes physical aggression, social aggression, verbal aggression, intimidation, written aggression, sexual harassment, and racial and ethnic harassment.

Hazing—Any humiliating or dangerous activity directed at someone in order for them to join a group. Hazing includes physical abuse, yelling, cursing, or swearing at, deprivation of food, sleep, or cleanliness, and destroying or vandalizing property, etc.

Any form of bullying or hazing is strictly forbidden in Notre Dame High School athletic programs. Any student engaging in bullying or hazing will be immediately suspended from their athletic team. The coach, athletic director, and the school's appropriate administrator will determine that student's future on the team.

_____ (Parent Initial) _____ (Student Initial)

Social Media

In accordance with the student handbook's Social Networking Site section, students are responsible for participating in social networking sites appropriately. When posting comments on social media, students must adhere to the values and ideals of the Catholic faith.

Parents/Students/Coaches are not to comment, post, join, affiliate with, or publish any information on social networking sites that contain inappropriate content.

Parents/Students/Coaches are not to write or post anything that is sexual, discriminatory, or harassing in nature.

Parents/Students/Coaches are to refrain from postings that involve illegal, dishonest, or unethical conduct and that involve the use of drugs or alcohol or support or sell drugs or alcohol.

Parents/Students/Coaches should avoid interacting with current administrators, teachers, or coaches on social networking sites. This includes, but is not limited to, listing current administrators, teachers, or coaches as friends or connections on social networking websites or posting any comments whatsoever referencing current administrators, teachers, or coaches on pages or profiles.

Coaches should refrain from following, tagging, liking, direct messaging, or engaging with students on any social media platform.

Team Instagram Accounts

Team social media accounts must be maintained by a Notre Dame Coach and one designated student-athlete who agrees to the terms and conditions of the social media management agreement.

All team accounts must be approved by the communications department and the athletic administration, and account information must be shared.

No promotion of personal businesses and/or clubs on Notre Dame athletic team accounts.

Teams will lose access if the rules and regulations are not followed.

Procedures

All participants must have a signed physical form, health history form, parent consent form, transportation form, NJSIAA Consent to Random Drug Testing form, and student/athlete code of conduct to participate in interscholastic sports programs.

Athletes must meet Notre Dame High School and NJSIAA academic eligibility requirements (as outlined in the student handbook and NJSIAA handbook).

Athletes must abide by all school policies as stated in the student handbook.

All injuries must be reported immediately to your coach and the athletic trainer for proper examination and, if needed, a referral to the appropriate medical personnel or services.

Before returning to practice or competition from an injury, athletes must have proper documentation from a physician stating that they are cleared to return safely.

Students must be in school by 10:00 a.m. to participate in a scheduled practice or game that day. The athletic director must approve any exception.

_____ (Parent Initial) _____ (Student Initial)

TRANSPORTATION

All athletes are expected to arrive and return to the school as part of the team.

Students and parents wishing for their child to ride home with a parent or guardian will be required to fill out the Notre Dame Athletic Travel Consent Form before the start of the season. At this point, the parent of the child will assume all responsibility.

We encourage all team members to use the assigned school transportation whenever possible. This promotes team unity, ensures proper supervision, and increases student safety.

Resources: Notre Dame Travel Policy Consent Form

UNIFORMS AND EQUIPMENT

Athletes will be on time for practice and prepared daily with the proper athletic department-approved attire and equipment.

Athletes are responsible for the care and use of all equipment issued. They will be held accountable for any equipment or uniform mistreated or not returned.

Parents may not buy or donate uniforms without the consent of the head coach and athletic director and the approval of the athletic administration.

Resources: Athletic Department Team Uniform & Equipment Approved Distribution List

Coaches are required to wear Notre Dame attire on the sidelines.

SCHEDULE CHANGES AND CANCELLATIONS

Cancellations due to inclement weather will be communicated to parents and athletes as information becomes available.

Parents are encouraged to check the Notre Dame website and sign up for instant email notifications.

Resources: [Athletics Calendar](#)

GRADES AND ELIGIBILITY

As a college preparatory high school student, athletes are first students, and academics play a critical role in their development as student-athletes. Per NJSIAA Rules, each student-athlete must pass at least 15 credits per semester and 30 credits per school year. Notre Dame strictly adheres to this policy. Notre Dame and the NJSIAA permit student-athletes to complete the season in which they are participating when declared ineligible.

Student-athletes should know their academic progress, as grades are updated and posted regularly on the school's website. Coaches and parents can obtain these grades easily via the student or by asking the director of athletics. The head coach is responsible for knowing where his/her athletes stand academically.

Extra resources are available to students who need additional academic help. Students are encouraged to take advantage of the academic support available to them, such as:

- After-school labs: writing, math and science
- National Honor Society Tutoring (4x a week)
- Meet with teachers during the activity period
- Office Hours & Reading Days for extra prep/review each semester

_____ (Parent Initial) _____ (Student Initial)

IMPORTANT DOCUMENTS

The following state- mandated forms are included in the Athletics registration module. These forms and consents are signed by a parent and the student-athlete upon registering for a sport.

- Sports-Related Concussion Acknowledgement Form
- Pre-participation Physical Evaluation – History Form
- Health History Update Questionnaire
- Sudden Cardiac Death Pamphlet Sign-Off Sheet
- Consent to Random Drug Testing
- Transportation Form
- Parent/Guardian Consent Form

CONFLICTS WITH CLUB TEAMS

Your commitment to Notre Dame High School athletics should be the top priority for the students. If you anticipate a conflict, please contact the coach to discuss the best course of action to take.

FUNDRAISING

The athletic department runs the concession stand at football games, etc., and it serves as a revenue source for all teams.

Friends of Irish Booster Club is responsible for all fundraising efforts for all Notre Dame athletic teams. Teams are prohibited from running any additional fundraising activities outside the sanctioned Booster Club fundraisers.

Friends of Irish Booster Club: supports the athletic department. Composed of dedicated parent volunteers and guided by the ND administration, the club's primary mission is to raise funds to enhance the athletic department's budget, give student-athletes new opportunities, and build a community through a common mission, directly impacting the athletic programs at Notre Dame High School.

<https://www.ndnj.org/athletics/boosters>

POSTSEASON BANQUETS

Teams wishing to have a post-season celebration may do so in the Notre Dame High School cafeteria only. Fundraising and using money to rent a catering facility are prohibited. Flik or a local restaurant may be used to cater a celebration. Neither the athletic nor team budget funds team banquets or senior gifts.

_____ (Parent Initial) _____ (Student Initial)

NOTRE DAME HIGH SCHOOL ATHLETIC CODE OF CONDUCT

Interscholastic and youth sports programs promote positive physical, social, and emotional development. Therefore, parents, coaches, and officials must encourage youth athletes to embrace the values of good sportsmanship. Moreover, adults involved in youth sports events should be models of good sportsmanship and should lead by example by demonstrating fairness, respect, and self-control.

Players/Coaches/Parents/Spectators are responsible for their words and actions while attending, coaching, officiating, or participating in all sporting events and are expected to follow the outlined code of conduct:

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official, or other attendee.
2. I will not encourage my child or any other person to engage in unsportsmanlike conduct with any coach, parent, player, participant, official, or other attendee.
3. I will not engage in any behavior that endangers the health, safety, or well-being of any coach, parent, player, participant, official, or any other attendee.
4. I will not encourage my child or any other person to engage in any behavior that would endanger the health, safety, or well-being of any coach, parent, player, participant, official, or other attendee.
5. I will not use drugs or alcohol while at a youth sports event and will not attend, coach, officiate, or participate in a youth sports event while under the influence of drugs or alcohol.
6. I will not permit my child or encourage any other person to attend, coach, officiate, or participate in a youth sports event while under the influence of drugs or alcohol.
7. I will not engage in the use of profanity.
8. I will treat any coach, parent, player, participant, official, or other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation, or ability.
9. I will encourage my child to treat any coach, parent, player, participant, official, or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation, or ability.
10. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official, or other attendee.
11. I will not encourage my child or any other person to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official, or any other attendee.
12. I will not initiate a fight or scuffle with any coach, parent, player, participant, official or other attendee.
13. I will not encourage my child or any other person to initiate a fight or scuffle with any coach, parent, player, participant, official, or other attendee.

I hereby agree that if I fail to conform my conduct to the foregoing while attending, coaching, officiating, or participating in sporting events, I will be subject to disciplinary action, including but not limited to the following:

First offense:

- Immediate removal from the event and school premises.
- A phone call to parents from the athletic administration
- Suspension from the next home or away interscholastic event for a first offense.

Second Offense:

- In-person meeting with parent/guardian, student, and athletic administrator
- Longer suspensions from interscholastic events for multiple violations in a defined period of time (season, school year, calendar year, etc.).
- Completing the required educational component(s) reinforces our policy and procedures before returning to, participating in, or spectating in interscholastic events.

Student First & Last Name

Signature

Date

Parents First & Last Name

Signature

Date

Athletic Team

Coaches Signature

Date