

# AHC Athletics

## Student-Athlete Handbook



*The Academy of the*  
**HOLY CROSS**

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# **ATHLETIC INFORMATION FOR THE ACADEMY OF THE HOLY CROSS**

**2024 - 2025**

## **AHC MISSION STATEMENT FOR ATHLETICS AND SPORTSMANSHIP**

One of our missions as an athletic program is to teach and reinforce values in student-athletes as they exert themselves in competition with ideal sportsmanship. It is expected that spectators reinforce these values by exhibiting appropriate behavior at all athletic events. Condition of entry into an athletic event is that all spectators agree to recognize the event as an extension of the catholic environment we offer and that all present have the responsibility to model appropriate behavior towards coaches, student-athletes, officials, and spectators from all teams. Thank you for being a positive representative of our school community at all times, on campus, online, and beyond.

## **PLAYER-COACH-PARENT RELATIONSHIPS AND EXPECTATIONS**

At AHC, a coach has the responsibility for the following:

- Selection of the squad.
- Determination of the style of play, including the offensive and defensive philosophy.
- Teaching and instruction at practice sessions.
- Determination of who starts and how long an athlete plays in a contest and in what position.
- Selection of team captains.
- Communicating with athletes and parents with respect to when practice sessions will be held, including times.

AHC Coaches expect an athlete to adhere to the following guidelines:

- The team's goals, welfare and success must come before any individual.
- An athlete needs to consistently attend and participate in practice sessions. This also includes weekend and holiday periods.
- Players must be receptive to coaching.
- Team members are responsible for all issued uniforms and equipment.
- As a member of a team, an athlete must agree to and follow the team's rules. Athletes need to remember that they are ambassadors and represent not only themselves, but also the coaching staff, school and community.
- If injured, an athlete must report all injuries to the coach.

## **CONCUSSION PROCEDURES**

Coaches, Athletic Directors, Athletic Trainers, and Officials will be proactive in the event of suspected head injuries and suspected concussions. It is the coach's responsibility to remove any athlete that they suspect may have a head injury or a concussion from the contest. Once a player is removed, they will be evaluated by an Athletic Trainer and the parent/guardian is notified of a suspected concussion. It will be the parent/guardian's responsibility to have the athlete checked by a medical professional and cleared in writing before they can return to play. More information concerning concussions can be found on the Athletics website.

## **Academy of the Holy Cross Athletics**

### **Parent-Coach Communication**

Parenting and coaching can be tough. By establishing an understanding of each person's position, we are better able to accept the actions of the other and provide a greater benefit to our student-athletes. As parents, when your daughter becomes involved in AHC's Athletic Program you have a right to understand what expectations are placed on your child. This begins with clear communication from our coaches.

#### **Communication you should expect from the AHC Athletic Department**

- Game schedules
- Directions to athletic events
- Athletic Department philosophy and procedures
- Weather events or other department cancellations as needed
- Requirements to participate & student-athlete eligibility (*health forms, good academic standing, attendance, daily eligibility, correspondence regarding transportation of student-athletes, permissions, etc.*)

#### **Communication you should expect from your daughter's coach**

- Philosophy of the coach
- Expectations the coach has for your daughter, individually and as a part of a team, as well as the expectations for the program and the team as a whole
- Locations, times and updates of all practices and contest/ travel information
- Procedure and follow-up needed in case of short or long term injury
- Discipline that results in the denial or limitation of your child's participation

#### **Communication that you may provide coaches:**

- Notification of any schedule conflicts well in advance
- Specificity that affects your child (*obligations, injury, mental wellness, academic issues, etc.*)
- Ways to help support your daughter within the dynamic of the program

#### **Appropriate concerns to discuss with the coach**

- Ways to help support your daughter in her constant development
- Concerns about your daughter's behavior or academic progress
- The mental or physical treatment of your daughter

#### **Concerns NOT appropriate to discuss with coaches**

- Playing time
- Team strategy
- Play calling
- Other student-athletes, other parents or other situations
- *Note:* It may be extremely difficult to accept dynamics regarding playing time, triumphs or tribulations of your daughter or other student-athletes, etc. It is important to remember that

Holy Cross coaches strive to develop all in a professional manner, giving their own time and resource for the betterment of all student-athletes and our school community; they are empowered to make judgment decisions based on what they believe to be in the best interest of the team and your daughter in every moment.

Our chain of command expects that you communicate AND listen fully and transparently before seeking additional conversation with athletic administration. There may be situations that require a conference between the coach and a parent. It is important that both parties involved have a clear understanding of the other's positions. When these conferences are necessary, the procedures listed below should be followed to help promote a resolution of the issue or concern.

- First, have your daughter speak with the coach to express AND listen to feedback.
- If the issue has not been resolved, make an appointment to meet with the coach.
- Do NOT under any circumstances, attempt to confront a coach before or after a contest or practice.

*What can a parent do if the meeting with the coach did not provide a satisfactory resolution?*

- Communicate your interest in an appointment with the Holy Cross Athletic administration to discuss the situation, only after exhausting options listed above.

As research indicates that student-athletes involved in athletics have a greater chance for success during adulthood, we at The Academy of the Holy Cross strongly support the athletic program offered to our students and appreciate the effort of our coaches and village in the constant development and intention with our student-athletes. Many of the character traits required to be a successful student-athlete are exactly those that will promote a rewarding life after high school. As we empower our students to become strong women of confidence, character, and expression - we encourage our student-athletes to voice their own feedback, advocacy or concerns before their parents/guardians do so for them.

#### **How to help your student-athlete and Holy Cross Athletics**

- Do not attend practice.
- Recognize that parents are representatives of The Academy of the Holy Cross.
- Recognize that good sportsmanship is more important than victory. Do so by approving and applauding; good team play, individual skill and sportsmanship and fair play exhibited by either team.
- Recognize that since the primary purpose of high school athletics is to promote physical, mental, moral, social and emotional well-being of the players through the medium of contests, victory or defeat is in reality of secondary importance.
- Treat visiting teams and officials as guests, extending to them every courtesy.
- Be modest in victory and gracious in defeat.
- Respect the judgment and integrity of the officials, realizing that their decisions are based upon game conditions as they observe them.
- Make sure that your child knows that win or lose, you love them, appreciate their efforts and are not disappointed in them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.

- Be helpful but don't coach them. It is tough not to do so, but it is a lot tougher for the child to be flooded with advice and critical instruction.
- Don't compare the skill, courage or attitude of your child with other members of the team.
- Get to know the coaches. Then you can be assured that his/ her philosophy, attitudes, ethics and knowledge are such that you are happy to have your child under his/her leadership.
- Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.

<p><b>Academy of the Holy Cross Athletics</b></p> <p><b>Athlete Rules &amp; Expectations</b></p>
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1. Athletes are expected to maintain at minimum a 2.0 GPA and have no F's.
2. Use of Alcohol and/or Drugs is strictly forbidden.
3. Athletes should not use Facebook or any other similar social media to disparage fellow student-athletes or opponents.
  - a. Any Student-Athlete who is caught violating this rule will be suspended and subject to Team Removal.
4. AHC Athletes are expected to conduct themselves above reproach during and away from AHC at all times. Each member of a team represents herself, her family and her school and should be a role model for others to follow at all times.
5. Athletes are responsible for the care of uniforms/equipment issued to her. It is expected that students will not loan uniforms/equipment to someone else. Players who wish to exchange uniforms/equipment with another player must notify the coach. Uniforms are to be worn only for games/contests or on special occasions as designated by the coach.
  - a. Practice wear should be clean and in good repair. Any apparel that advertises drugs, alcohol, or unacceptable slogans will not be allowed at practices/games.
  - b. At the completion of the season, students are required to clean and return all school uniform/equipment items issued to them. These items are to be returned to the coaches within **1 week of the completion of the season**. Students will be held financially responsible for any lost or misplaced equipment. Student athletes will be billed for the replacement cost of any school owned uniform/equipment item not returned and will not be issued a uniform in their next season, or be eligible for further participation, until these obligations are fulfilled.
6. Athletes are expected to maintain their practice fitness level throughout the year. This will go a long-way towards preventing injury and setting-up the Athlete to have a successful season. Attendance at practice, scrimmages, and games should be with effort and purpose.
7. Athletes must attend the full day of classes to participate in that day's practice or game.
8. Athletes must attend the complete training and competition schedule. Some teams will practice on Saturdays and during extended school/ vacation periods.
9. Athletes are encouraged to communicate with their coaches. Coaches need to know about injuries, conflicts with practices/ events, academic issues, etc.

- a. Athletes are expected to notify their coaches in advance of missing an event
    - i. 24 hours in advance of a training sessions
    - ii. 72 hours in advance of a competition
10. Athletes when injured are expected to attend practice and competitions, unless otherwise excused by their coach or the Athletic Trainer.
11. Transportation to and from athletic contests will be provided by AHC. Students are expected to behave properly on buses transporting them to and from school sponsored athletic events. Students whose conduct is unacceptable will be temporarily, or permanently, prohibited from riding team buses. In such cases, students may not be permitted to play in away contests or practice at away sites.
  - a. Student-athletes are expected to ride the team bus to away games. If a special situation warrants that a student drive herself to an away game, a note from a parent/guardian requesting such an arrangement must be submitted to and approved by the athletic director by noon on the day of the game. **At no time will a student-athlete be given permission to transport another student-athlete.**
  - b. Student-athletes are allowed to leave an “away” game site with a parent, guardian, or formally designated adult. If the student will be traveling with an adult other than his/her parent, a note indicating parental approval of such arrangement must be handed to the coach. Our Transportation Form for this - is located on our Athletics website on the right sidebar.
  - c. TRAVEL Forms must be completed and turned into the Athletic Office by 8:00 am the day of travel.
12. Athletes cannot practice or compete without completed Health Forms on file with the AHC Athletic Trainer.
  - a. The AHC Health Form is available on the Magnus Health portal.
13. Athletes who are injured need to check in with the Athletic Trainer and may be referred to a doctor for further evaluation.
  - a. All injuries must be reported to the Athletic Trainer.
  - b. A signed note that indicates “clear to participate” from a doctor is needed and must be submitted to the Athletic Trainer.
14. AHC Athletes are expected to show good sportsmanship and appropriate behavior at all times. Athletes should display proper attitude, behavior, and language toward opponents, officials, spectators and each other in both practice and games situations.
  - a. Athletes who are ejected from a contest will be suspended for the remainder of the contest. The AHC administration reserves the right to review all infractions and take further disciplinary action if deemed necessary.
15. Any and all forms of hazing or initiation of fellow athletes is strictly prohibited.
16. The athletic facilities at AHC should be used appropriately at all times and under the supervision of the Athletic Department and/or coaching staff. The locker rooms should be used for changing and getting ready for practice and games. Students are expected to act appropriately at all times in the locker room and respect each other and each other’s personal property at all times.
  - a. AHC Athletes who use off-campus training sites are expected to treat those facilities and their staffs with the same attitude that is done at AHC.
  - b. Athletes’ equipment should not be left out in the hallways. Athletes need to find appropriate storage for their equipment.
17. Visible tattoos will not be permitted while a student is in an AHC athletic uniform representing the School in/at an interscholastic athletic contest. It is the responsibility of the student to cover the visible tattoo prior to arrival at a contest.

18. Other rules, expectations and guidelines will be added as needed for the safety and improvement of AHC's Athletic programs.

After reading and discussion of these Rules & Expectations, the student-athlete and a parent or guardian must sign, date and return.

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Print Student-Athlete Name and sign

Date

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Print Parent Name and sign

Date