



# Notre Dame Academy

ATHLETICS HANDBOOK  
2024-25

425 Salisbury Street  
Worcester, MA 01609  
(508) 757-6200  
[www.nda-worc.org](http://www.nda-worc.org)

## Welcome to NDA Athletics!

The Notre Dame Academy Athletics Handbook is a guide to the values and beliefs that are at the foundation of our athletics program and the corresponding expectations that we place on our student-athletes, families, coaches and other members of the school community.

Notre Dame Academy provides a comprehensive athletics program for students in grades 7 through 12. Student participation in athletics is voluntary and NDA strongly encourages all students to be involved- whether as an athlete, team manager, or a fan.

NDA athletics is rich in tradition and an integral part of this community. The goal of our athletics program is to prepare the student-athlete with life lessons to be successful in the world beyond high school graduation. As such, our athletics program is designed to teach our student-athletes the following principles:

- **To foster a strong sense of community involvement and participation.**
- **To develop sportsmanship.**
- **To improve skills essential to good citizenship.**
- **To develop desirable personal health habits.**
- **To have fun and enjoy athletics.**

Athletics presents many opportunities for meaningful and rewarding experiences. However, participation is both a privilege and a responsibility. Members of the NDA community should all read and be familiar with the contents of this handbook so that everyone knows and understands the expectations for successful participation in Notre Dame Academy's athletics program.

Please reference this handbook whenever you have a question regarding your athletic experience. If you feel that your questions or concerns are not answered in this handbook, feel free to contact the athletic department.

I would like to welcome you to NDA Athletics and wish success for all of our teams in the upcoming season.

Thank you in advance for your support and cooperation.

Sincerely,

Laura Habacker



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## PHILOSOPHY

The Interscholastic Athletic Program at Notre Dame Academy is committed to the Mission Statement and Core Values of Notre Dame Academy, which states:

Notre Dame Academy is a dynamic, independent, Catholic school for girls in grades 7-12 sponsored by the Sisters of Notre Dame de Namur. Welcoming girls of all faiths, the Academy provides transformational experiences that “teach them what they need to know for life.” Our graduates are confident women who are lifelong learners, spiritual seekers, and compassionate global citizens.



Notre Dame Academy's philosophy of education is built on the belief that education should prepare students for their roles as women in the world. We wish to provide our students with the opportunity to become more aware of what is happening in their lives and to assume responsibility for themselves and their community. In order to learn to make responsible choices, Notre Dame students have the freedom to learn in a school dedicated to high academic standards, and to involve themselves in the community, both utilizing its resources and serving its people.

The Notre Dame Academy Athletic Department strives to provide an atmosphere for students to learn life-long skills of teamwork, commitment, leadership, discipline and sportsmanship. Interscholastic athletic participation prepares our students for becoming productive, contributing citizens of our community and society. The comprehensive program of athletic activities is an extension of the classroom and expresses our commitment to ensure the development of physical fitness and personal health, the acquisition of competent performances, and the achievement of excellence in the student's chosen sport.

Wins are achieved by developing successful athletes and teams, but more importantly, through the educational experience by developing successful and responsible students, leaders and community members.

## **ATHLETIC DEPARTMENT DIRECTORY**

### **NDA Athletic Department**

Notre Dame Academy  
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[athletics@nda-worc.org](mailto:athletics@nda-worc.org)

### **Athletic Director**

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### **School Principal**

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### **School Nurse**

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Phone: 508-757-6200 ext. 224

## **GOVERNING BODY**

### ***Massachusetts Interscholastic Athletic Association (MIAA)***

Notre Dame Academy is a member in good standing of the MIAA. Rules and regulations of the Association are published regularly in the MIAA's "Blue Book," available to coaches, students, and parents through the Athletics Department and online at [www.miaa.net](http://www.miaa.net).

The state association strives to enforce rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner. With membership, the Principal agrees to abide by all rules and regulations of the MIAA. When varsity teams qualify for and enter MIAA-sponsored post-season tournaments to determine sectional and state champions, we are subject to specific rules and regulations that govern each tournament, as set by the MIAA.

Parents are expected to support compliance with the state association rules and provide the appropriate guidance to students on potential rule violations. And, when violations occur, parents are encouraged to report them. Life lessons are being taught, modeled, and learned. Winning at all costs should not be our motivation, but rather doing the right thing. For more information about the MIAA, please visit their website at [www.miaa.net](http://www.miaa.net).

**ATHLETIC OFFERINGS**

Notre Dame Academy offers an array of athletic opportunities consisting of 12 interscholastic sports over the course of three seasons. Sub-varsity levels are offered in the sports of basketball, softball, volleyball, and field hockey, and there is the possibility that athletes may be moved from one level to another for the benefit of the program.

**Fall:** Tryouts may start as early as the second Monday preceding Labor Day

Cross Country  
Field Hockey (JV, V)  
Soccer  
Volleyball (JV, V)

**Winter:** Tryouts start the Monday after Thanksgiving

Basketball (MS, JV, V)  
Ice Hockey\*  
Indoor Track

**Spring:** Tryouts start the third Monday in March

Golf  
Lacrosse  
Softball (JV, V)  
Tennis  
Track & Field

*\*Our Ice Hockey Team is a co-op program hosted by Auburn High School*

**ATHLETIC FACILITIES**

In addition to NDA's on-campus facilities, off-campus athletic venues in the community will be utilized for sports practices and contests. Home contests for Field Hockey, Lacrosse, Softball and Soccer and training for Track and Field take place on the outdoor fields at Notre Dame Academy. NDA's state of the art Athletic Center is the host of all JV/V Basketball and Volleyball contests, as well as the training site for Indoor Track. In addition, a newly renovated Strength and Conditioning Center as well as locker room and training room facilities, are located inside NDA's Athletic Center. Coaches will communicate off-campus training and contest sites.

|   |   |   |
|---|---|---|
| <p>HOCKEY<br/>Horgan Ice Rink<br/>403 Oxford St<br/>N, Auburn, MA 01501</p>   | <p>TENNIS<br/>Dawson Rec Area<br/>Tennis Courts<br/>200 Salisbury St.<br/>Holden, MA 01520</p>      | <p>BASKETBALL<br/>Venerini Academy<br/>27 Edward St<br/>Worcester, MA 01605</p>         |
| <p>SOCCER/FH/LACROSSE/TRACK<br/>Pioneer Field- St. John's Shrewsbury<br/>378 Main Street<br/>Shrewsbury, MA 01545</p> | <p>CROSS COUNTRY<br/>Mass Central Rail Trail<br/>155-199 Thomas St.<br/>West Boylston, MA 01583</p> | <p>GOLF<br/>Wachusett Country Club<br/>187 Prospect St, West Boylston,<br/>MA 01583</p> |

## PRE-TRYOUT PARTICIPATION REQUIREMENTS

1. Family ID Registration
  - For each season of participation, a student must submit an online registration through our Family ID program prior to her first practice session. The consent portion of the form **MUST** be completed by a parent/guardian. Included in this form are an acknowledgment of the student-athlete handbook, the concussion legislation, and opiate education required by the MA DPH.
2. Medical/Physical Exams
  - All students who plan to participate in athletics must have written proof of a current physical exam signed by a physician. Per DPH and MIAA regulations, physical exams are valid for 13 months. **A student-athlete will NOT be allowed to participate once an exam has expired.** It is strongly recommended that an annual exam be scheduled in July or August of each year. Such an exam would cover a student for an entire school year.
  - A medical history questionnaire (including information on all past concussions) must be on file with the School Nurse and submitted through Family ID.
  - Students must complete the [NFHS Concussion Awareness Course](#) annually. The certificate of completion must be uploaded on Family ID.
3. Academic Eligibility
  - All students must be in good standing at the start of the season. Good standing is defined by a record of attendance, grades, and good citizenship throughout the school. A student must secure during the last marking period preceding the contest (e.g. second-quarter marks and not semester grades determine third-quarter eligibility) a passing grade in four of the six core classes. The academic eligibility of all students shall be considered official and is determined only on the date when the report cards for the ranking period have been issued to the parents of all students. Incomplete grades may not be counted toward eligibility. Summer school courses taken and passed to make up a failed course (or loss of credit) may be counted for fall eligibility.
4. Athletics Fee
  - Once rosters are established for each season, the Notre Dame Academy business office will invoice the family the applicable user fee for participation in athletics through FACTS. Fees must be paid within two weeks of the invoice date in order for the student-athlete to continue participating. Students with an outstanding balance from a previous season or year will not be allowed to try out for any sport.

### Tryouts/Team Selection

Participation in athletics is a **privilege** given to those students who meet all requirements set by the MIAA and Notre Dame Academy. Students try out voluntarily and it is the judgment of the coaches that dictate the selection of their teams. Selection to a team represents a culmination of both physical ability applicable to the sport and level of competition, and positive effort. Each coach has the discretionary right to promote a player or not select a player based on the attitude and effort displayed. All student-athletes should be aware that selection to a team one year **does not** guarantee placement on that team the following year. Students who do not make a team will be informed as to the reasons by the coach. Students are encouraged to try out for another team if there is space and final cuts have not yet been made.

*Coaches may provide suggestions for camps, clinics, or leagues during the off-season but they are NOT a requirement for making a team. Summer participation in camps, clinics, or leagues can help improve skill development, but the choice to attend or not is completely up to individual families.*



## Levels of Competition

It is the responsibility of the NDA coaching staff to make decisions regarding team placements. These coaching decisions are made **only by the coaching staff** and are approached very seriously after the coaches have observed the student-athletes in practice sessions, game-like situations, scrimmages, and, at times, games. Factors such as practice, attendance, attitude, commitment, and of course, athletic skill enter into the decisions, and expectations for playing time differ at each level.

**Middle School and Sub-Varsity Teams:** This is the developmental level where athletes learn skills and strategies in their respective sport. All middle school and sub-varsity athletes will play in games, but the playing time may vary. Some of the most important factors that govern playing time are attendance at practice, effort, attitude, commitment, and athletic skill. This is the level for athletes to show their potential and demonstrate to the coaching staff that they are ready for varsity-level competition.

**Varsity Teams:** NDA student-athletes compete at the highest level, as there is a greater emphasis on success. While not every member of a team is guaranteed playing time, it is important to understand that everyone plays an integral role in achieving success. Coaches decide which athletes should start (regardless of grade level), who should play what position, and how long each athlete should play. These decisions are approached with the best interests of the team as the top priority.

## Commitment

When trying out for a team and after being selected to be a member of a team, Notre Dame Academy student-athletes are expected to attend all practices and games for that team. Interscholastic athletics demands much more commitment than a club or recreational activity. On average, each team practices two hours per day, 5 to 6 days per week, for the duration of the season. After being selected to be a member of a team, NDA student-athletes are expected to attend **all** practices games, and team-related events for that team. Weekend practices and games vary by sport and should be expected.

Suspension or dismissal from the team may take place as a result of such absences.

Student-athletes are expected to communicate conflicts with practices/games to coaches well in advance.

In the case of a conflict between athletics and another NDA-sponsored extracurricular activity (theatre/musical), the following applies:

- A theater or musical performance trumps an athletic practice; athletic competition trumps a rehearsal or practice.
- In cases where there is a performance and athletic contest, the student will communicate with both the coach and advisor to choose without penalty

*Student-athletes are excused from team activities for academic or religious reasons, family emergencies, illness or injury. Prior notification to the coach is expected.*

## School/Family Vacations, Extended Absences

Because of scheduling parameters, many of our teams practice and/or play during scheduled school vacations.

Student-athletes, who plan to be absent for an extended period of time due to vacation or a planned extended absence, must discuss this situation with the coach prior to trying out for the team.

## School Discipline – Detention/Suspension

Student-athletes with school disciplinary obligations (ex. detention) are expected to fulfill those obligations before reporting to an athletic practice/game. Students cannot expect, and should not request, disciplinary action to be postponed or canceled for any athletic reason. The athletic department reserves the right to remove or suspend a student-athlete from a team for disciplinary problems. It is expected that our student-athletes be model citizens both in and out of school.

## Playing Time

Playing time is determined by practice attendance, attitude, commitment, and athletic skill. It is the coach's responsibility to decide which athletes should start a contest, which position they play, and how long each athlete should play. These coaching decisions are made only by the coaching staff and are approached very seriously after having observed the athletes in practice sessions, game-like situations, scrimmages, and actual games

## Student-Athlete/Parent/Coach Communication

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to all children.

Appropriate Concerns for Parents to Discuss With Coaches

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues Not Appropriate To Discuss With Coach

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

Athletic issues can be highly emotional and very time-consuming. From time to time conflicts between a student-athlete and her coach may arise. It is imperative that any conflict and/or issue be addressed as quickly as possible. Every effort should be made to resolve all issues at the team level:

When an issue arises, student-athletes and families should use the following process to address their concerns:

**Step 1:** Student-athlete contacts and meets directly with Coach

**Step 2:** Student-athlete or parent contacts Coach. In order for this discussion to be productive, the following times to contact a coach should be AVOIDED:

- either prior to or immediately following a game (*These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution*)
- during a practice session
- during a time when other teammates are present
- when it is apparent that there will not be sufficient time to allow for a complete discussion

**Step 3:** Student-athlete or parent contacts the Athletic Director to schedule a meeting. The Athletic Director will inform the coach that this meeting will take place if he/she is not already aware, and all parties (parent, student-athlete, coaching staff, athletic director) are expected to be present.

**Step 4:** Student-Athlete and/or parent contacts principal

The athletic director should be informed that this contact will be made.

### **Team Captains**

Coaches decide if team captains will be part of their program. If a coach decides to have captains, he or she will determine how team captains are selected based on identified criteria. This may include character, coachability, communication skills, athletic ability, etc. They may be elected by the team or appointed by the coach - this process is communicated to the students ahead of time. Captains may also be appointed on a game-by-game basis. It is expected that team captains be the leaders of their team and should be ready to assume duties as outlined by their coach. Captains are expected to communicate with the coach, team, and Athletic Director in the event of any problems that may affect the team or its members. Captains may be asked to meet with the Athletic Director and/or Principal during the school year to discuss the athletic program. Captains of a team may be relieved of their position for violation of team, athletic department, or school rules. Students with current chemical health violations may not serve as team captains.

### **Senior Day Celebrations**

If a team is participating in a "senior day" celebration, students and parents can expect all seniors to be recognized. Starting lineups and playing time are completely separate from these celebrations and are at the discretion of the coach. Plans to recognize seniors (announcements, decorations, food/drink, etc.) must be approved by the athletic director 24 hours in advance of the senior day game.

### **NDA Athletics Booster Club**

The function of a booster club is to support, encourage and advance the athletic programs at Notre Dame Academy. Examples of services provided by a booster club could involve assistance with the following:

- Game day operations: filming, taking photos, managing the scoreboard or scorebook
- Special Events: senior day celebrations, pep rally support, EOY athletic banquet
- Annual Golf Tournament: solicit sponsorships, donations and groups for playing
- Fundraising: to support athletic services and needs that are not covered in the athletics budget

If interested in taking a role in the booster club, please fill out this form.

### **School Attendance**

Students absent from school may not participate in, or attend practice or competition that day, unless prior approval of the Athletic Director, Principal, or designee has been obtained 48 hours in advance. Coaches must be notified of these absences in advance as well. To be considered present and eligible for practice or competition that day, students must be in attendance for more than 50% of the school day. If a student is absent on Friday, they are not allowed to compete in a contest on Saturday.

Students who are tardy or dismissed must present an approval slip from the main office to their coach in order to practice or play that day.

Student-athletes are considered ineligible if they have more than three absences, five tardies or five dismissals in one quarter. A follow up meeting with parents and administration will take place to determine a plan for reinstatement upon sufficient evidence of improvement.

We are aware that sometimes there are extenuating circumstances and each case will be dealt with on an individual basis. If there is a conflict that interferes with team obligations it is the student-athlete's responsibility to communicate with her coach to provide advance notice, if possible. The coach will use his or her discretion in managing these situations.

### **Physical Education**

All students are required to participate in their regularly scheduled physical education classes. Students who are medically excused from physical education are not allowed to participate in their team practice or competition on that day.

### **Hazing**

Hazing is any conduct or method of initiation into any student organization or team which willfully or recklessly endangers the physical or mental health of any student or person. Hazing is a crime under Massachusetts Law and will not be tolerated. (For further information, refer to Mass. State Law- Chapter 536, Sections 16-19) There is to be **NO** initiation of any kind to be a member of any team at Notre Dame Academy. Students and coaches found in violation will be dismissed from participation in the athletic program.

### **Transportation**

Transportation arrangements are scheduled by the NDA Athletic Director in consultation with our Head Coaches. Transportation to and from practice facilities will NOT be provided. Busses will be provided for away contests that take place after school. Unless previously arranged, busses will not be provided for contests that take place on days when school is not in session or for away contests that take place after 5 pm.

When transportation is provided, all student-athletes are expected to travel to and from these away contests with their team. In extenuating situations, the student-athlete may request permission for alternative arrangements and this must be done prior to the day of the event. This written request must be made to the Athletic Director prior to the day of the contests.

Notre Dame Academy expects that students will follow all regular bus rules while traveling to and from athletic activities. Coaches may exercise their prerogative in the following areas: degree of talking and singing on the way to or from a contest or practice; the consumption of food and drink; and team dress.

Student-athletes will not be allowed to leave an event early to go to any other sporting event, as that is now a violation of the MIAA Bona Fide Team Rule.

The bus or mode of transportation used should be as clean at the end of a trip as it was at the beginning.

### **Athletic Facilities/Building Access**

No student will be allowed access to any of the athletic facilities without supervision by a school staff member. When open and supervised, the facilities are available for all students unless they have been reserved as an in-season site for practice/competition. Student-athletes are NOT allowed in the fitness center unless a staff member supervises it.

### **Strength and Conditioning Center Policies**

Supervised access to the strength and conditioning center is a privilege offered to student-athletes. At no time may athletes use the strength and conditioning center without appropriate supervision. Weight room rules are as follows.

1. Food, backpacks, and sports equipment bags are not allowed.
2. Room capacity is limited.
3. Use of the aerobic machines (ellipticals/bikes/treads) is limited to 20 minutes when busy.
4. Wipe down each machine and piece of equipment after use.

### **Locker Room/Security**

Students have an obligation and responsibility to care for all athletic equipment issued to them, as well as personal belongings. Equipment and uniforms should be stored in a locked locker at all times when not in use. Notre Dame Academy cannot be responsible for lost or stolen belongings of student-athletes. Please lock all belongings brought into the locker rooms.

### **Equipment/Uniforms**

Equipment and uniforms are handed out to the student-athletes by their coaches. For specific questions regarding equipment or uniforms, please contact the team coach. Payment for lost equipment or uniforms is required at the time of loss. No student will be allowed to try out for another sport, or graduate from Notre Dame Academy until all outstanding equipment/uniforms has been returned or the Athletic Director has received payment for lost items.

### **Recognition of Sport Participation**

An annual Sports Awards Night is held every spring to recognize the accomplishments of student-athletes and their interscholastic teams from the school year. All first year varsity student-athletes will receive a chenille varsity letter and sub-varsity participants will receive certificates of participation. Included in this recognition are team managers, broadcasters and other support staff that have contributed to the success of the season. Prior to the beginning of the season, coaches will clearly define and communicate criteria for earning a varsity letter. These criteria are sport-specific, but in general, a student must complete a full season of participation as a member in good standing to be eligible for a letter.

### **Team Purchases**

All team apparel purchases intended for wear at any athletics event, including practice, games or other activities must be approved by the Athletics Director prior to purchase. Failure to do so may result in a misrepresentation of NDA athletics and be banned from school associated use.

### **Medical Procedures/Athletic Trainers**

The health and safety of our student-athletes is always the priority. All coaches are certified in First Aid/CPR/AED. Coaches are equipped with a medical kit that travels to all practices and games and an AED is also on site at all home events. When possible, Notre Dame Academy contracts athletic training services through Precision Athletics.

### **Notification of Injury/Accident Report Form**

It is the athlete's responsibility to report to the coach all injuries and illnesses as soon as possible. When a student-athlete is injured during an NDA athletic event, a notification of injury form must be completed and any treatment concerns must be disclosed to coaches and athletic trainers. All injuries should be reported to the appropriate coaches, School Nurse and Athletics Trainer. Return to play after injury is contingent upon evaluation of NDA's athletic trainer and/or notification from a physician that the student-athlete is cleared for safe re-entry to sport participation.

### **Head Injury/Concussion Policy**

All student-athletes and parents/guardians are required to complete the NFHS Concussion Course in order to be eligible to participate in high school athletics at NDA.

Sports related head injuries and concussions can have such serious consequences for students, including long term health and educational issues if they are not properly managed, When a student-athlete shows any signs, symptoms, or behaviors consistent with a concussion, the athlete is to be promptly removed from practice or competition and evaluated by the Athletics Trainer and/or the student's healthcare provider.

Student-athletes must complete a return to play progression after being cleared for participation by a medical professional. Symptoms and cognitive function are monitored carefully before progressing to the next level of exertion. If symptoms return at any step, an athlete should stop these activities and rest, as she will restart the return to play progression when

symptom-free.

## MIAA RULES AND REGULATIONS

All Notre Dame Academy athletic teams will follow the rules set forth in the current MIAA handbook, available at [www.miaa.net](http://www.miaa.net). Student-athletes, coaches, and parents are responsible for adhering to all MIAA rules and regulations. Below are summaries (exact rules can be found in the MIAA handbook) of some key rules:

- Rule 40- Out of Season Activity

A Coach **may not directly or indirectly require** a student-athlete to participate in a sport or training program outside of the MIAA-defined sports seasons. "Captains Practices" are not in any way sanctioned, encouraged, or recognized in any sport by the MIAA or Notre Dame Academy.

- Rule 45- Loyalty to the High School Team: Bona Fide Team Member Rule

A bona fide member of the school team is a student who is consistently present for and actively participates in, all high school team sessions.

A student must not miss a high school practice or competition to compete in any MIAA-recognized sport for a non-high school team. Violations will result in a suspension from contests.

First Offense: Student athlete is suspended for 25% of the season

Second Offense: Student athlete is suspended for an additional 25% of the season and is ineligible for tournament play immediately upon confirmation of the violation.

- Rule 46 -Only One School Sport Per Season is Permitted

A student-athlete shall participate in only one MIAA interscholastic sport in any defined MIAA sport season (Fall, Winter, or Spring), including tournaments and/or championships in that season. For the purposes of this rule only, a student-athlete officially becomes a member of her team for the sport season on the date of that school's first regular season contest in that sport.

- Rules 48 and 49- Sportsmanship/Taunting

Students, coaches, and spectators can be ejected or suspended from a contest(s) for taunting, intending to injure another player, fighting, or other unsportsmanlike conduct.

- Rules 51 and 58- Student Eligibility

Discusses the minimum requirements for students to be eligible for competition. Notre Dame Academy stipulates that a student must pass 6 academic classes per quarter in order to remain eligible for competition.

- Rule 62- Chemical Health/Alcohol/Drug/Tobacco

From the earliest fall practice date to the conclusion of the academic year or final athletic event (whichever is latest), a student shall not, regardless of the quantity, use or consume, possess, buy/sell or give away any beverage containing alcohol; any tobacco product; marijuana; or any controlled substance. It is not a violation for a student to be in possession of legally defined drugs specifically prescribed for the student's own use by his/her doctor.

MIAA Minimum Penalties for the above violations:

1. First violation: Loss of eligibility for the next consecutive interscholastic contests totaling 25% of all interscholastic contests in that sport.
2. Second and subsequent violations: Loss of eligibility for the next consecutive interscholastic contests totaling 60% of all interscholastic contests in that sport.

If the penalty is not completed during the season of violation, the penalty shall carry over to the student's next season of participation.

## Sportsmanship

Athletics enhances the overall educational experience and helps to build well-rounded students and leaders. Notre Dame Academy recognizes the importance of competition in athletics and also places great emphasis on good sportsmanship. Integrity, fairness and respect—these are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results. Whether participating in or attending athletics events, all students are expected to represent Notre Dame Academy in a manner that is respectful of others, both on and off the field of play.

Sportsmanship goals should include the following:

- Developing a sense of dignity under all circumstances
- Respecting the rules of the game, the officials who administer the rules, and their decisions
- Respecting opponents as fellow students and acknowledging them for striving to do their best while students seek to do their best at the same time
- Looking at athletics participation as a potentially beneficial learning experience, whether a win or loss
- Educating other students and fans to understand the rules of the game and the value of sportsmanship
- Accepting the personal responsibility that comes with your actions in the athletics arena.

Notre Dame Academy also encourages parents to act in a sportsman-like manner. As such, NDA expects that parents will:

- Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game;
- Encourage students to perform their best, just as we would urge them on with their class work, knowing that others will always turn in better or lesser performances;
- Participate in positive cheers and encourage our athletes
- Respect the task our coaches face as teachers, and support them as they strive to educate our youth
- Respect our opponents as students, and acknowledge them for striving to do their best; and
- Remember that we would all like to be victorious in every situation we face in life, but just like in athletics competitions, sometimes we fall short.

Students, parents, teachers, and coaches are all expected to refrain from:

- Use of profanity or displays of anger or trash-talking that antagonizes opponents and draws attention away from the game.
- Booming or heckling an official's decisions, criticizing officials in any way, or displaying temper with an official's call.
- Disrespectful or derogatory yells, chants, songs, gestures, signs, posters or banners.
- Any distracting activity, such as yelling, waving arms, or feet-stomping during an opponent's free-throw attempts or other solo efforts.
- Use of artificial noisemakers of any kind.

## **Helpful Links/Communication**

- [Twitter @ndaworcathletic](#)
  - For Score Updates
  - Score Reports
  - Player Highlights
  - Updates to schedule
  - General Communication
  
- [Facebook/Instagram](#)
  - Player Highlights
  - Special Events
  - Communication
  
- [Arbiter Live](#)
  - For up to the minute schedules for Notre Dame Academy sports teams
  - Contest postponement/cancellation alerts can be sent to your email/text
  
- [School Website](#): - click on “Athletics”
  - NDA Athletics Website
  - Athlete Registration
  - HOF Nomination
  - Social Media Pages
  - Game Schedules
  - Contact US
  
- [www.miaa.net](#)
  - MIAA Homepage
  - MIAA Rules Handbook
  - News
  - MIAA Tournament Information
  - Current Events for High School Sports

For other questions, please contact [lhabacker@nda-worc.org](mailto:lhabacker@nda-worc.org)







**NOTRE DAME ACADEMY**  
WORCESTER, MASSACHUSETTS

**ATHLETICS**  
**TRANSPORTATION RELEASE FORM**

Date: \_\_\_\_\_

This is to certify that \_\_\_\_\_ has my permission to ride (to-from)  
(Student's name) (circle one)

the \_\_\_\_\_ activity on \_\_\_\_\_  
(Sport) (Date)

which takes place at \_\_\_\_\_  
(Location)

I certify that I am personally transporting the above named student, or have arranged for transportation with an adult of my choosing for the student-athlete.

The reason for not riding the bus is:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I understand that Notre Dame Academy requires all student-athletes to ride the busses when they are provided to and from all activity events and a departure from this requirement will release Notre Dame Academy from all liability for any adverse results that may occur. I agree to release Notre Dame Academy and its employees and School Committee from all liability with reference to the above stated transportation. This form must be presented to the athletic director for approval at least one day in advance of the event. A copy must be given to the coach before the student boards the bus for the activity listed.

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent/Guardian Signature

This form must be signed by the Athletic Director:

\_\_\_\_\_  
Athletic Director



## Notre Dame Academy

### WAIVER FORM FOR USE OF STRENGTH AND CONDITIONING ROOM

Because physical exercise can be strenuous and subject to risk of serious injury, Notre Dame Academy urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (NDA student, faculty or staff) agree that if you engage in any physical exercise or activity, or use any gym amenity, in the Notre Dame Academy Strength and Conditioning Center, you do so entirely at your own risk. You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury, illness, or death. We are also not responsible for any loss of your personal property. This waiver and release of liability includes, without limitation, all injuries which may occur as a result of: 1) your use of all amenities and equipment in the facility and your participation in any activity, class, personal training or instruction; 2) the sudden and unforeseen malfunctioning of any equipment; 3) our instruction, training, supervision, or dietary recommendations; 4) your slipping and/or falling while in the building, or on the premises, including adjacent sidewalks and parking areas; 5) contact with other participants; 6) the effects of the weather, including high heat and/or humidity; and all other such risks being known and appreciated by me. I/We hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity. I/We acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in. After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and Notre Dame Academy furnishing services to me, I agree, for myself and anyone entitled to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE Notre Dame Academy, its owner, its officers, agents, employees, organizers, representatives, and successors from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the facility for personal injury or property damage. To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of the facility, its agents, and employees. If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect, and the offending provision of provisions severed her from. By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

Participant's Name (Please Print): \_\_\_\_\_

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

In case of emergency, contact: \_\_\_\_\_ Phone: \_\_\_\_\_

(Parent's signature if under 18 years of age) I represent that I have legal capacity and authorize to act on behalf of the minor named herein. Parent/Guardian Signature: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_



**NOTRE DAME ACADEMY**  
WORCESTER, MASSACHUSETTS

**STUDENT-ATHLETE AND PARENT ACKNOWLEDGEMENT**

This Form acknowledges that we understand that as Notre Dame Academy students and parents, we are asked to support NDA and its mission and to acquaint ourselves with and abide by the policies and procedures related to athletics.

We understand that this Athletics Handbook is for informational purposes only and is only meant to be used by those affiliated with the NDA community. It is not intended to create, nor does it create, a contract or part of a contract in any way, including, but not limited to, between the Academy and any parent, guardian or student affiliated with or attending Notre Dame Academy. We understand that the terms and conditions of the Enrollment Contract signed by us determines our relationship with Notre Dame Academy. We further understand that Notre Dame Academy reserves the right, in its sole discretion, to add, revise and/or delete policies before, during and after the school year and such updates need not be in writing or incorporated into this Athletics Handbook.

Our signatures below indicate that we have reviewed and understand the contents of the NDA Athletics Handbook and agree to abide by Notre Dame Academy's policies and procedures, as outlined in the Handbook.

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Parent/Guardian Signature

Date

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Student Signature

Date

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Printed Name of Student