



NERINX HALL

Student/Parent
Athletic Handbook

Welcome to Nerinx Hall
Home of the Markers

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Sports Schedules
<https://www.gislcaldars.org/public/genie/1802/school/1/>

Athletic Director:

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Introduction

Welcome Markers! It is the intent of this handbook to make available the information regarding athletics at Nerinx Hall. We ask that you and your parents review the information in this handbook carefully.

When you choose to participate in athletics, you are representing Nerinx Hall. You are expected to demonstrate appropriate behavior on and off the field, court or in and out of the pool. Students and parents are also expected to support and abide by the policies within this handbook.

If you have any questions that are not answered by this handbook, please feel free to reach out to the Athletic Department.

Philosophy

The philosophy of the Nerinx Hall Athletic Program is the following:

- Academic Excellence- Students first, athletes second
- Development of the whole person- mental, emotional, social and physical
- Promote and practice good sportsmanship
- Develop leadership skills
- Promote life lessons and putting the team before ourselves

State Affiliation

Missouri State High School Activities Association (MSHSAA)

MSHSAA promotes the value of participation, sportsmanship, team play and personal excellence to develop citizens who make positive contributions to their community and support the democratic principles of our state and nation.

As a member of MSHSAA, Nerinx Hall has agreed to adopt and follow those rules and practices contained in the official handbook of the Missouri State High School Activities Association.

Nerinx Hall applies the rules and practices of MSHSAA to all MSHSAA sponsored sports and emerging sports. Parents, and student-athletes and coaches are responsible to know the content and philosophy of the rules and by-laws outlined in the MSHSAA handbook that apply to their sport. A copy of the MSHSAA handbook is available in the athletic department office.

Information on MSHSAA may also be found online at www.mshsaa.org.

MSHSAA Sponsored Sports: Cross Country, Volleyball, Tennis, Golf, Dance, Basketball, Swimming and Diving, Soccer and Track and Field

MSHSAA Emerging Sports: Field Hockey, Lacrosse, Water Polo

Club Sponsored Sport: Missouri High School Racquetball Association

League Affiliation

Girls Independent Schools League (GISL)

Nerinx Hall is a member of the Girls Independent Schools League (GISL). The league is made up of nine member schools: Cor Jesu Academy, Incarnate Word Academy, Ursuline Academy, St. Dominic, St. Joseph's Academy, Nerinx Hall, Notre Dame, Visitation and Villa Duchesne.

Academic Eligibility

Eligible grade point: MSHSAA states that student-athletes are required to have passed 3.0 units of credit the previous semester in order to be eligible. In addition to MSHSAA's academic eligibility, Nerinx Hall has also adopted the following policy to hold our student-athletes accountable for their academic success:

- Starting September 8th, Nerinx Hall will run grades to develop a "D and F" list for all students and will continue to run grades through the school year every Monday..
- If a student-athlete happens to find themselves on the "D or F" list they will have the following requirements:
 - Tier 1: The first time a student has a D or F in a class, the student will sit for one game.
 - Tier 2: The second time a student has a D or F in the SAME class, the student will sit for one game.
 - Tier 3: The third time a student has a D or F in the SAME class, the student will miss one practice and one game. In addition, the student-athlete, AD and coach will meet.
 - Tier 4: The fourth time a student has a D or F in the SAME class, the student will follow Tier 3 requirements plus have a meeting with the AD and parents to discuss the future moving forward.

Athletic Physicals

According to the Missouri State High School Activities Association guidelines, "The school shall require of each student in athletics a certificate of an issued physical signed by a physician, advanced nurse practitioner in written collaborative practice with a physician, or a certified physician's assistant in collaboration with a sponsoring physician stating the individual is physically able to participate in athletic practices and contests at her school. The medical certificate is valid if issued on or after February 1 of the previous school year."

A physical can be valid for a two year period (730 days) from the date of which the physical examination was received if indicated on the form by your physician.

Only the MSHSAA Physical is valid for a two year period (730 days). The MSHSAA PPE form, concussion education materials, and emergency contact information are still required annually.

Students will not be eligible to participate if these forms are not completed and on file on the student's Magnus Account.

The deadline for paperwork to be turned in is July 15th for fall sports, October 1st for winter sports and February 1st for spring sports.

Conditioning Days

According to MSHSAA regulations, a student must have 14 conditioning days prior to competing in a contest for any sport. This rule is disregarded if a student goes directly from one sport to another. For example, if a volleyball player goes into basketball season, her 14 conditioning days are accounted for because of participating in the volleyball season.

Non-School Competition

You may not participate in any organized non-school athletic competition and your school team IN THE SAME SPORT during the same season

- You may participate on a school team and a non-school team in different sports during the same season; however, you may not practice or compete in non-school organized athletic competition ON THE SAME DAY that you practice or compete with your school team without approval of the school administration. (MSHSAA Rule 3.13.2)

You may participate in an “audition” or “tryout” for a college team only after you have completed your last season of eligibility in the sport for which you wish to tryout.

When in doubt, please contact the Athletic Department with any questions

Attendance

A student-athlete must be in school for a full day (2 full academic block periods) in order to be eligible to participate in an athletic contest. If a student-athlete misses class without being excused by the principal or associate principal of student affairs, the student-athlete shall not be considered eligible on that date. Further, the student-athlete cannot be considered eligible to participate on any subsequent date until the student-athlete attends a full day of classes (or has an excused absence(s) from class.) A student-athlete must be in school a full day on the Friday before a weekend contest. If a student-athlete is not in school on the Friday before a weekend contest she will not be allowed to compete in that contest. The Athletic Director or Associate Principal will handle excused absences individually.

Attendance at Practice

Attendance will be taken at every practice, and excused absences noted. It is the responsibility of the student-athlete to notify a coach about an absence from practice. If a coach is unable to

resolve the nature of an absence through a discussion with the student-athlete, the Athletic Director will be asked to assist in determining the status of the absence.

Inclement Weather

The safety of the student athlete will always be the first priority when inclement weather arises.

- If the Wet Bulb reading is over 90.0, then all activities must be halted immediately. The Athletic Trainer or Athletic Director will take readings regularly and make adjustments to practices and games when dealing with extreme heat situations.
- If lightning is spotted or thunder is heard, all activities must stop and the fields cleared for 30 minutes. All participants and spectators should move to an appropriate shelter. Practice/play may resume after 30 minutes of the last roll of thunder or flash of lightning.
- Changing weather conditions may force practice times to be reduced or canceled after 2:00 p.m. The Athletic Department will communicate any changes to games/practices as quickly as possible.

Athletic Trainer

The Athletic Department has an athletic training service for all student-athletes to use. The trainer is available at all home games. If a student-athlete should need athletic training attention outside of the campus hours the Athletic Director or coach can schedule an appointment with the trainer.

Athletic Injuries

All injuries must be reported to the athletic trainer or the coach immediately and an injury report placed on file. Subsequent to any serious injury and prior to further participation in a sport, students must provide a signed medical release from a physician if a game or day of practice has been missed due to injury.

Concussion Guidelines

Participation in all sport activities carries an inherent risk of injury. While many preventative actions can be taken to reduce the risk of injury such as proper fitting equipment, conditioning programs and good nutrition practices, this will not prevent injury occurring in all instances. Should a student suffer a known concussion during an activity or outside of a school sponsored event, such incidents should be reported to the Athletic Director, coaching staff, school nurse, and athletic trainer.

Concussion Management

If symptoms of a concussion are displayed at a student-athletic practice, the coach or trainer will notify the student-athlete's parents of the injury. If symptoms of a concussion are displayed at an athletic contest, the athletic trainer will perform an evaluation to determine the nature and

severity of the concussion. The student-athlete's parents will be notified of the outcome of the evaluation and a recommendation will be made for the student-athlete to seek a professional medical evaluation. If a student-athlete is diagnosed with a concussion, the return to play protocols will be followed.

Return to Play:

Step 1: Light cardiovascular exercise.

Step 2: Running in the gym or on the field. No helmet or other equipment.

Step 3: Non-contact training drills in full equipment. Weight-training can begin.

Step 4: Full, normal practice or training (a walk-through practice does not count as a full, normal practice).

Step 5: Full participation. Must be cleared by MD/DO/PAC/LAT/ARNP/Neuropsychologist before returning to play.

Communication

Listed below are a number of steps to enhance student- athlete/parent/coach communication. It is important to remember that the first link in the communication network is the one established between coach and the student-athlete. Student-athletes shall be encouraged to exercise the opportunity to speak directly with their coach about any topic. Parents are asked to follow the 24 hour rule after a game before reaching out to the coach. When conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

- First meeting: student-athlete and coach
- Second meeting: student-athlete, parent, coach
- Third meeting: student-athlete, parent, coach and Athletic Director

Parent/Coach appropriate issues to discuss with coaches

- The mental and physical treatment of the student-athlete
- Ways to help support their student-athlete
- Concerns about the student-athletes behavior

Coaches communication with student-athletes and parents.

- Philosophy of the coach and program
- Location and times of all practices
- Explanation of programs training
- Team requirements (special equipment, fees, off-season conditioning recommendations)
- Procedures if the athlete is injured during participation
- Explanation of excused and unexcused absences from practices/contests

Athletic Code of Conduct

At Nerinx Hall, student-athletes are thought of as school leaders. They represent the school in the eyes of the community and serve as role models for the other students. As such, these student-athletes should be held to a high standard of behavior. Student-athletes need to maintain their physical and mental well being not only while at school and school-sponsored activities, but at other times as well. In an effort to achieve these goals, the Nerinx Hall Athletic Department has an Athletic Code of Conduct for all athletes to follow while in their athletic season.

Sportsmanship

The following policy statement from the National Federation of State High School Associations expresses the concept of sportsmanship as follows:

"The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity."

One of the main goals of the athletic department is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches and spectators.

Good sportsmanship includes showing courtesy and kindness toward your opponent as well as fellow team members. The contest is judged by the effort of the participants and not by putting down your opponent. Winning is exciting, but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.

All MSHSAA sanctioned events are a reflection of our community and school. The conduct of the team is extended to parents and fans before, during, and after athletic events.

Expectations of the Student-Athletes

- Accept and understand the seriousness of your responsibility and the privilege of representing Nerinx Hall and the community.
- Learn the rules of the game thoroughly and discuss them with parents, fans, and fellow students. This will help everyone to better understand and appreciate the game.
- Treat opponents the way you would like to be treated.
- Wish opponents good luck before the game, and congratulate them in a sincere manner following each victory or defeat.

- Respect the integrity and judgment of game officials. Never argue or make non-verbal gestures, which indicate disagreement.
- Thank the officials after each contest. Officiating is a difficult and often stressful job. Show them some appreciation for what they do.

Expectations of Parents and Spectators

- Remember that participation on an athletic court or field is an opportunity for learning experiences similar to a classroom and mistakes can and will be made.
- Admittance is a privilege to observe a contest.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- Show respect for the officials, opposing players, coaches, spectators and support groups.
- Respect the integrity and judgment of game officials. Do not question an official's call.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from cheers which downplay the opponent.
- Do not use profane or abusive language.

Consequences of Unsportsmanlike Behavior

Student-Athletes who display poor sportsmanship will be given a warning and a two-week period to improve performance. If sportsmanship performance does not improve the student-athlete will be subject to removal from the team.

Student Spectators who display poor sportsmanship at an athletic contest will be warned about the behavior. If behavior continues a meeting with the Athletic Director, Assistant Athletic Director and Associate Principal will be scheduled to discuss the student's behavior. If the student continues to show poor sportsmanship the student will not be allowed to attend games.

Parents or family members who display poor sportsmanship at an athletic contest will be warned about his or her behavior at the contest. If the behavior continues the parent or family member will be asked to meet with the Athletic Director, Coach and/or Administration. If an individual continues to display poor sportsmanship towards officials, coaches, fans, players, that individual will not be allowed to attend games.

Spectators: Any spectator, regardless of age, who is found to be unsportsmanlike may be asked to leave and could be barred from attending Nerinx Hall athletic contests.

Coach or Coaches: who display poor sportsmanship skills are subject to dismissal.

Citizenship

To be eligible to participate in school athletics is a privilege, not an inherent right. Students must meet the eligibility standards set forth by the Missouri State High School Athletic Association and by Nerinx Hall. According to MSHSAA eligibility standards, athletes must be good citizens in their school and community. More specifically, any student who represents her school in interscholastic activities must be a credible citizen and be judged so by the proper school authority certifying the list of students for competition. A student whose character or conduct discredits her school is not considered a credible citizen. Her conduct shall be in accord with the standards of good discipline. It is understood that cases of ineligibility are handled on an individual basis at the school level.

Respect

The proper behavior and respect towards others will reflect positively on the team, and in the Nerinx Hall community. At Nerinx Hall, student-athletes will treat all people with respect at all times. A Nerinx Hall student-athlete will be a good sport, be gracious in victory and accept defeat with dignity. Student-athletes will treat contest officials with respect, and will refrain from complaining about or arguing with officials on decisions during or after an athletic contest. A student-athlete that continues to engage in disrespectful behavior of any sort will be subject to disciplinary action.

Responsibility

It is the responsibility of all Nerinx Hall student-athletes to be responsible for their actions when playing on an athletic team. Student-athletes must be in good academic standing, must follow all team rules set by the coach, consistently exhibit good character and be a positive role model. All student-athletes must protect the integrity of the game by playing the game according to the rules. Lastly, student-athletes are expected to refrain from using any illegal substance, including being under the influence of alcohol and other drugs (other than prescription or non-prescription) during school or at a school sponsored function.

Dismissal from an Athletic Team

A student-athlete may be dismissed from a Nerinx Hall athletic team for any of the following reasons:

- Ineligible grade point average before a season begins or in the middle of a season
- Possession, distribution or being under the influence of alcohol and other drugs, (other than prescription or nonprescription) during school or at a school sponsored function
- Any violations of the MSHSAA eligibility rules
- Vandalizing one's own school or another school's property
- Student-Athlete Under Arrest: If a student-athlete is arrested for a misdemeanor (shoplifting, vandalism, etc.) or felony (assault, robbery, DWI, possession, etc.) the

student-athlete will not be allowed to represent the school in interscholastic activities until the matter is resolved. If the student-athlete in question is found guilty, termination from the team is immediate.

Social Media

All student-athletes should represent Nerinx Hall in a positive manner when using social media.

Student Guidelines

- Be careful with how much and what kind of identifying information you post on social media. Instagram and other sites provide numerous privacy settings for information contained in its pages; use these settings to protect private information.
- Be aware that potential current and future employers and college admission offices often access information you place on social networking sites. The information is considered public information. Protect yourself by maintaining a self-image that you can be proud of years from now.
- Remember photos put on the social network site's server become their property. You may delete the photo from your profile but it still stays on their server. Think long and hard about what type of photo you want to represent you.

Unacceptable Social Media Behavior

- Derogatory language or remarks about teammates, coaches, other Nerinx Hall student-athletes, teachers, administrators and athletic administrators or representatives of other schools.
- Demeaning statements about or threats to any third party.
- Incriminating photos or statements depicting violence, bullying, hazing, sexual harassment, vandalism, stalking, underage drinking, selling, possessing or using controlled substance, vaping, or any other inappropriate behaviors.
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of an unreported felony theft or felony criminal damage to property
- Indicating knowledge of an unreported school or team violation – regardless if the violation was unintentional or intentional

If a student-athlete in season should violate any of the social media guidelines set by the Nerinx Hall Athletic Department they are subject to removal from their athletic team for the season. All athletic social media violations will be handled on an individual basis by the athletic director, assistant athletic director and school administration.

Try-out Policy

All students are eligible to try-out for a team that have a current physical and annual requirements on file and meet the GPA requirements. If a student-athlete has an illness or injury,

at the time of try-outs, that prevents them from being able to fully participate, the student-athlete and parents are to contact the coach and the Athletic Director. All cases will be handled on an individual basis. When the student-athlete is able to return and participate she will be given the same number of try-out days as the team had at the start of the season.

Any illness or injury that takes the athlete out of try-outs and is not ready to return within two weeks, may not be eligible for that season.

Athletic Teams

Fall Sports

The fall season begins on the first Monday in August and ends in early November with varsity teams that qualify for the post-season tournament. Information is distributed in the spring before to returning students and in the parent newsletter. The following sports compete in the fall: Field Hockey (Varsity, JV, Freshmen), Golf (Varsity), Cross Country (Varsity, JV) Volleyball (Varsity, JV, Freshmen), Tennis (Varsity, JV) and Dance Team (Varsity).

Winter Sports

The winter season begins the 1st of November and ends late February. Varsity Basketball teams that qualify for the post-season tournament may continue to participate into March. Informational meetings will be held in late September. The following sports compete in the winter: Basketball (Varsity, JV, Freshmen), Racquetball (Varsity, JV, JVII, JVIII), Swimming and Diving and Dance Team (Varsity).

*Basketball teams have tournament play over Christmas break and the Swimming and Diving teams practice over Christmas break.

Spring Sports

The spring season begins in the last week of February and ends in the middle of May. Varsity teams that qualify for the post-season tournament may be participating into June. Informational meetings will be held in January. The following sports compete in the spring: Soccer (Varsity, JV, Freshmen), Track and Field (Varsity, JV), Lacrosse (Varsity, JV, Freshmen) and Water Polo (Coop with Kirkwood). Spring teams may practice and have contest over spring break and Easter Break

Dance Team Tryouts: The Dance team try-outs are held in April for the next school year.

Uniforms and Equipment

The Athletic Department works with the teams to determine equipment and uniform needs. It is the responsibility of the student-athlete to purchase any specific equipment that is required of their sport. Uniforms are purchased on a rotation with the newest going to the varsity teams and working their way down to the JV and freshman teams over the course of a few years. It is

important that players and their families take care of the uniform set they receive for the season. Proper care instructions will be given at the beginning of each season or will be listed on the uniform itself.

Athletic Uniform Return

All uniforms will be collected at the end of the season. If the uniform is not returned, by the due date a \$50.00 fee will be charged through the tuition Account. The student-athlete will still need to return the uniform.

- Damage to uniforms through normal wear and tear (e.g. hole from sliding) will be the responsibility of the athletic department. However, if a uniform is lost or damaged in a manner that is not a result from playing, then the player will be responsible for the cost of replacing the uniform..

Optional team apparel

Student-athletes may choose to purchase additional clothing items as a team. All items must be pre-approval from the Athletic Director.

Participation Fee

After being selected for a Nerinx athletic team, each athlete will be billed a \$200 participation fee through FACTS Tuition. This is a one-time fee per year, regardless of the number of sports in which the student participates. It will cover the cost of uniforms, facility rentals, tournament fees, some transportation costs, equipment, senior banners and a possible transportation for out-of-town trips (overnight trip).

Fundraising

Individual team fundraising does not occur at Nerinx Hall.

Transportation

All student-athletes are asked to provide their own transportation to practices and away games. Coaches will help organize carpools for away games. The school will provide bus transportation for seasonal and post-season games at the coach's request.

- **Student Drivers:** Student-athletes are asked to help with transportation to away games. Parents are to sign the Athletic Parent permission slip. The student-athletes must follow the driving restriction rules for Missouri.
- **Driving Restrictions:** During the first 6 months of having a license, student-athletes may not operate a motor vehicle with more than one passenger who is under 19 years old and who is not a member of her **immediate family**. After the first 6 months, student-athletes may not operate a motor vehicle with more than three passengers who are under 19 years old and who are not members of her **immediate family**.

- **Parent Drivers:** At times parents are asked to drive student-athletes to practices and away contests or off campus practice/contest facilities. Please be aware that the school insurance does not cover student-athletes transported in someone else's vehicle.
- **Coach Driver:** Coaches are asked not to transport student-athletes in their vehicle unless it is an emergency.

Overnight Trip Policy

Team trips are designed for each student-athlete to experience traveling with their teammates and coaches. All trips must be chaperoned with two or more coaches from the coaching staff. Coaches are responsible for all student-athletes during the athletic contest, in the hotel, on the bus and during meals. The coach must provide hotel or housing arrangements and travel expenses to the parents and players before the scheduled trip.

Students will need to turn in a school athletic trip permission slip two days before the trip to the Athletic Director or Assistant Athletic Director.

College-Bound Student-Athlete Information

NCAA Clearinghouse

All high-school student-athletes wishing to compete in college must register with the Initial-Eligibility Clearinghouse. Information about the clearinghouse can be found at www.eligibilitycenter.org. For additional information please see the Nerinx Hall guidance department or Athletic Department about the NCAA Clearinghouse process. The NCAA website www.ncaa.org is a reference for more information for the college bound athlete.

National Letter of Intent Signing Days

The National Letter of Intent Signing Day for all Nerinx Hall Athletes is the first Wednesday in February. Any student-athlete that signs prior to or after the February signing day must inform the athletic department so that a signing celebration can be scheduled.

Transfer Eligibility

Any student entering 9th grade attending Nerinx Hall will be eligible for any level of competition at Nerinx Hall High School. Any student who transfers to Nerinx Hall from another high school will be ineligible to compete at the varsity level for 365 days unless he or she meets MSHSAA's residence and transfer requirements. Some exceptions include hardships, waivers, foreign exchange students and home schooled students. If students have additional questions they should contact the Athletic Director or MSHSAA.org.

Game and Practice Facilities

On Campus Athletic Facilities

Field Hockey/Lacrosse/Soccer/Cross Country - Nerinx Hall Athletic Field

Volleyball/Basketball - Nerinx Hall Gymnasium

Off – Campus Athletic Facilities

Varsity/JV Tennis	Webster Groves Tennis Complex
Swimming and Diving	Forest Park C.C. and Webster University
Track	Mehlville High School, Nerinx Hall Campus
Cross Country	Forest Park/Blackburn Park
Racquetball	Vetta Concord
Golf	Paradise Valley
Soccer	St. Louis Soccer Park optional site for practices
Lacrosse	Nerinx Hall

Field Hockey/Lacrosse/Soccer: Indoor practices – STL Athletic Center

Varsity Coaching Staff at Nerinx Hall

Field Hockey	Grace Woods
Golf	Rich Lewis
Cross Country	Marina White
Tennis	Lucian Biesiadecki
Volleyball	Ed Naeger
Dance	Shannon Lefler
Swimming	Kyanne Williams
Diving	TBD
Basketball	Sam Cavlovich
Racquetball	Nina Klein
Soccer	Mindy Sorber
Track and Field	TBD
Lacrosse	TBD
Water Polo	Coop with Kirkwood- Rob Preglar
Athletic Trainer	Sharon Henderson

