# Rochester Catholic Schools Activities

*Developing Christ Centered Leaders who show Respect,Sportsmanship,Teamwork,Effort,Good Citizenship and a Great Competitive Spirit*

# Policies and Expectations for Students and Parents Grades 3-12

## 2026-2027

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## The Mission of Rochester Catholic Schools

Rochester Catholic Schools (RCS) develops the spiritual, social, emotional, and academic growth of young people. RCS partners with parents and the Catholic faith community to nurture the development of a Christ-centered learning environment that fosters a culture of excellence where students grow in wisdom, courage and character. Rooted in Gospel values, RCS students are challenged and supported to become critical thinkers, collaborative problem solvers, creative visionaries and servant leaders who bring hope to the world.

***I can do all things through Him who strengthens me.*** **Philippians 4:13**

## The Mission of Rochester Catholic Schools Activities

Rochester Catholic Schools (RCS) wants every student who participates in extra curricular to have a positive experience while he or she is involved in activities as well as being a positive representative of RCS. Being a part of a sports team, fine arts program or club, no matter the role, builds physical, social, spiritual and emotional skills. Some of the greatest memories that a young person has from high school will come from an activity in which they were involved. We want our students to love participating here.

We believe that our priorities are: God and Family, then Academics and then Activities. We strongly encourage our coaches and teams to plan team Masses, service projects, team building activities, and/or other activities that support the mission of Rochester Catholic Schools.

RCS Activities places a tremendous emphasis on respect, sportsmanship, good citizenship, student character and class. Our coaches, parents, faculty, staff, alumni and students represent Rochester Catholic Schools here at school and in the community. We have a responsibility, being involved in a school centered on Christ, to treat people with respect and to be good role models while at the same time, competing at a high level.

**Minnesota State High School League (MSHSL)**
Rochester Catholic Schools is a member of the Minnesota State High School League (MSHSL). The Minnesota State High School League provides educational opportunities for students through interscholastic athletics, fine arts programs, and provides leadership and support for member schools.

Rochester Catholic Schools is a member of the Hiawatha Valley League (HVL). The purpose of the league is to provide, promote and administer a program for the youth of the schools of the HVL in the fields of Athletics, Fine Arts, and Academics. This is accomplished by permitting each member school to develop a more complete schedule, to limit travel, and to compete with other schools of similar enrollment.


The athletic and activities directors of the league manage the HVL with final authority resting with the principals of the member schools.

**HVL Conference Breakdown for 2026-2027**
Byron, Cannon Falls, Goodhue, Kasson-Mantorville, Lake City, Pine Island, Red Wing, Rochester Lourdes, Stewartville and Zumbrota-Mazeppa

**Contact Information**
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www.rcsmn.org Rochester Catholic Schools
www.gobound.com/mn/conferences/hiawathavalley Hiawatha Valley League
www.mshsl.org Minnesota State High School League

**Rochester Catholic Schools Policies Related to Activities**

**TITLE IX NOTIFICATION**
It is the policy of Rochester Catholic Schools to comply with the rules and regulations of Title IX, Education Amendments of 1972. Title IX prohibits discrimination on the basis of sex in educational programs and activities, including employment.
**Responsible Employee.** The employee responsible for coordinating Rochester Catholic Schools' efforts to comply with and carry out Title IX is Noah Rajtar, 2800 19th Street NW, Rochester, MN 55901; telephone number 507-289-3991, ext. 1707. Inquiries

concerning the application of Title IX may be referred to this above named responsible employee.

**Grievance Procedure.** Any student or employee of Rochester Catholic Schools who has a complaint regarding the enforcement of Title IX shall contact the Schools' responsible employee to express his/her concern or complaint. Efforts will be made to come to a prompt and equitable resolution

**Pre-Season Requirements**

1. Current Athletic Physical on file in the Activities Office. This **must** be done prior to registration. Sports Physicals are good for three years.
2. MSHSL Eligibility Form (once per school year; incorporated within registration) 3. MSHSL Parent Permit/Health Questionnaire (once per school year; incorporated within registration)
4. Baseline Concussion test for athletics that require this (Football,Hockey,Soccer)
5. Pay Activities Fee. Fees will be paid online through Bound.
6. Co-Op Waiver for students participating in Co-Op's at partner schools



**Activities Fees for 2026-2027**

Baseball $410
Basketball $410 (Grades 9-12)
Cheerleading $200
Cross Country $210
Football $400 (Grades 9-12); $170 (Grades 7-8)
Golf $350
Hockey $815
Soccer $410 (Grades 9-12); $170 (Grades 7-8)
Softball $410 (Grades 9-12); $170 (Grades 7-8)
Tennis $290
Track $290 (Grades 9-12); $170 (Grades 7-8)
Volleyball $270 (Grades 9-12); $170 (Grades 7-8)
Summer Strength/Conditioning $TBD
Marching Band $270
Debate $TBD
Speech $TBD
One Act Play $60
Drumline $915

**Cancellation/Refund Policy**

There will be a $15 fee assessed to any request for cancellations. No refunds will be issued after the first week of the season, special cases may apply. Exempt from the fee will be any student who is cut from a program by the coach or director. A full refund will be issued in this scenario.

There will be no prorating of events.

**Attendance Policy**

Students must arrive at school by 7:45 a.m. class start and be on time for classes for the entire day in order to be eligible for practice or a game. Prior communication by the student to the school is important. In accordance with the Lourdes Student Handbook, a student who has an Excused absence during the day will not be penalized. (Excused absences are given for the following reasons: doctor and dental appointments(must provide documentation), death in the family, court appearance, religious observance, impassable roads, poor weather and school supervised project or approved college visits).



**Academics and Failing Grades (Grades 7-8)**

**Mid-quarter**

A student is ineligible if he or she has an F in more than one course on the formal mid-quarter posting. Ineligibility means that a student may attend practice, rehearsal or club meetings, but may not participate in any game, performance, or competition. Starting the school day after the formal posting, the student will remain ineligible for seven calendar days. At the end of seven days, the student must bring a progress report form to all of his/her teachers for classes he/she is failing and have them:

1. Indicate what the student has done to improve his or her academic performance;
2. Current grade; and
3. Provide a teacher signature.

The student will bring the completed progress report to his/her Principal to be signed.

Once it is documented that the student is passing all courses, the Principal will inform the Activities Director that eligibility can be restored. It is not possible to restore eligibility before the seven calendar days have passed. At the end of seven days, if the student is still not passing, he or she will be ineligible for another seven days. Once the second set of days has passed, the student must follow the instructions regarding the progress report.

Improvement must be demonstrated within the seven day period in order to retain eligibility. If, after the seven day period, the student has not demonstrated progress, he/she will remain ineligible and must follow the course of action stated above.

**Quarter**
A student is ineligible if he or she has an F in one or more courses on the formal quarter posting. Ineligibility means that a student may attend practice, rehearsal or club meetings, but may not participate in any game, performance, or competition. Starting the school day after the formal posting, the student will remain ineligible for two weeks. The Building Principal will notify the Activities Director. The Activities Director will email the parents/guardians to inform them of the student's ineligibility.

At the end of the two weeks, the student must bring a progress report form to his/her teacher and have them:



1. Indicate what the student has done to improve his or her academic performance;
2. Current grade; and
3. Provide a teacher signature.

The student will bring the completed progress report to his/her Principal to be signed.

Once it is documented that the student is passing all courses, the Principal will inform the Activities Director and eligibility will be restored. It is not possible to restore eligibility before the two weeks have passed. If, after two weeks, progress has not been demonstrated, the student will remain ineligible until such time when progress has been demonstrated.

**Semester**
If a student fails the 2nd or 4th quarter, even if the student passes the semester, he or she is still ineligible for two weeks and must follow the quarter guidelines stated above.

**Right to Amend**
Lourdes High School, St. Francis of Assisi School, and Co-Cathedral of St. John the Evangelist Middle School reserve the right to amend this Handbook. Notice of amendments will be sent to parents via common modes of parent communication.

## Academics and Failing Grades (Grades 9-12)

**Activities Eligibility - Activities, Clubs, Athletics**
Students involved in extracurricular activities are expected to make satisfactory academic progress congruent with the expectations of Rochester Catholic Schools and the individual abilities of each student.

Students electing to be a part of a co-curricular program are expected to participate fully and will be held accountable for attending. Attendance at all practices and games of the activity is an important consideration for playing time in contests, fulfilling the requirement, and earning a “letter.”

**Mid-quarter**

A student is ineligible if he or she has an F in more than one course on the formal mid-quarter posting. Ineligibility means that a student may attend practice, rehearsal or club meetings, but may not participate in any game, performance, or competition. Starting the school day after the formal posting, the student will remain ineligible for seven calendar days. At the end of seven days, the student must bring a progress report form to all of his/her teachers and have them:



1. Indicate what the student has done to improve his or her academic performance;
2. Current grade; and
3. Provide a teacher signature.

The student will bring the completed progress report to his/her counselor and the Principal to be signed.

Once it is documented that the student is passing all courses, the Principal will inform the Activities Director that eligibility can be restored. It is not possible to restore eligibility before the seven calendar days have passed. At the end of seven days, if the student is still not passing, he or she will be ineligible for another seven days. Once the second set of days has passed, the student must follow the instructions regarding the progress report.

For those students who have one F, after the formal posting of mid-quarter grades, they must attend two LSI sessions within a seven day period. The student is eligible at this time, but improvement must be demonstrated within the seven day period in order to retain eligibility. If, after the seven day period, the student has not demonstrated progress, he/she will be ineligible and must follow the course of action stated above.

If the formal posting for the mid-quarter falls in between sports/activities seasons, the student is required to attend LSI until such time when progress has been demonstrated. If, at the start of the season, the student has not attended the required LSI sessions and demonstrated progress in the course, the student will be ineligible for seven days. At

that time, the process regarding ineligibility will take place.

**Mid-quarter LSI (Lourdes Student Initiative)**
At mid-quarter, if a student has one of the following, he or she must attend designated study sessions until the Principal has received a progress report signed by the teacher and delivered by the student, indicating that his or her grade is at a C- or higher.

1. Two or more Ds
2. One D and one or more Fs
3. One or more Fs

*If a student rides the bus and has no other transportation means, an alternate plan will be made with the Principal.



**Quarter**
A student is ineligible if he or she has an F in <u>one</u> or more courses on the formal first and third quarter posting. Ineligibility means that a student may attend practice, rehearsal or club meetings, but may not participate in any game, performance, or competition. Starting the school day after the first and third quarter formal posting, the student will remain ineligible for two weeks. The Activities Director will email the parents/guardians to inform them of the student's ineligibility.

At the end of the two weeks, the student must bring a progress report form to all of his or her teachers and have them:

1. Indicate what the student has done to improve his or her academic performance;
2. Current grade; and
3. Provide a teacher signature.

The student will bring the completed progress report to his/her counselor and the Principal to be signed.

Once it is documented that the student is passing all courses, the Principal will inform the Activities Director and eligibility will be restored. It is not possible to restore eligibility before the two weeks have passed. If, after two weeks, progress has not been

demonstrated, the student will remain ineligible until such time when progress has been demonstrated.

If the formal posting for the end of quarter falls in between sports/activities seasons, the student is required to attend LSI until such time when progress has been demonstrated. If, at the start of the season, the student has not attended the required LSI sessions and demonstrated progress in the course, the student will be ineligible for two weeks. At that time, the process regarding ineligibility will take place.

**Semester**

If a student passes the semester, but fails the 2nd or 4th quarter, he or she is still eligible. However, if a student fails the first semester, he or she is ineligible for two weeks.

**LSI (Lourdes Student Initiative) and ineligibility**



Students, who are ineligible for seven days, must attend LSI sessions twice a week during the designated time and place.

Students who are ineligible for two weeks must attend LSI sessions at least four times during the designated time and place.

**Mid-Quarter**

If a student has an F in more than one course on the formal mid-quarter posting and a club meets during the student's LSI time, the student must attend LSI instead of the club meeting. Once the student has demonstrated progress in his or her course(s) and his or her attendance at LSI is no longer required, he or she may resume attending club meetings. In order to be able to attend club meetings, the student must bring a progress report form to all of his/her teachers and have them:

1. Indicate what the student has done to improve his or her academic performance;
2. Current grade; and
3. Provide a teacher signature.

The student will bring the completed progress report to his/her counselor and the Principal to be signed.

Once it is documented that the student is passing all courses, the Principal will inform

the club moderator that attendance can be restored.

**Quarter**

If a student has an F in one or more courses on the formal quarter posting and a club meets during the student's LSI time, the student must attend LSI instead of the club meeting. Once the student has demonstrated progress in his or her course(s) and his or her attendance at LSI is no longer required, he or she may resume attending club meetings. In order to be able to attend club meetings, the student must bring a progress report form to all of his/her teachers and have them:

1. Indicate what the student has done to improve his or her academic performance;
2. Current grade; and
3. Provide a teacher signature.



The student will bring the completed progress report to his/her counselor and the Principal to be signed.

Once it is documented that the student is passing all courses, the Principal will inform the club moderator that attendance can be restored.

**Right to Amend**

Lourdes High School reserves the right to amend the Academics and Failing Grades. Notice of amendments will be sent to parents via common modes of parent communication.

**RCS and MSHSL Sportsmanship Rules**

- Respect the American flag and the National Anthem.
  - Spectators must wear clothing that covers the entire torso. Those who do not comply or who wear clothing that is vulgar, obscene or that in some other way inappropriate, as determined by school/tournament personnel, will be removed from the arena/stadium if they do not cooperate with this behavior expectation.
- The use of appropriate language is expected at all times. Profanity, negative chants, booing, trash talk, name calling, personal attacks or other acts of disrespect are unacceptable and must be immediately addressed by school/tournament administrators.
- Respect the game/contest. Under no condition shall anyone other than the members of the official squad enter the playing surface. No one may interfere

with the contest in any way.
- Hand held signs, which do not obstruct the view of others, will be permitted provided they are in good taste. Signs, message boards, “white” boards or other similar items contest/tournament officials deemed to be in poor taste will be removed.
- Artificial noisemakers (i.e. megaphones, cowbells, sirens, whistles, thunder sticks, and other similar items) are not allowed.
- Laser lights are strictly prohibited.
- No pets allowed

**Athlete Ejections**

Players ejected will fall under the jurisdiction of those policies outlined by RCS and MSHSL.

**Alcohol, Tobacco, and Controlled Substances**

*Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? Therefore honor God with your body. Corinthians 6:19-20*



***The Activities Department will follow the guidelines set forth in the student handbook. Coaches may have additional rules in addition to the following guidelines.***

**Below are <u>minimum</u> consequences for Alcohol and Drug Offenses. Nothing contained in the consequences below is intended to prohibit the Principal from dismissing a student from Rochester Catholic Schools for a first violation, based upon mitigating circumstances outlined above.**

At any time during the calendar year, a student shall not, regardless of the quantity:
- Use or consume, have in possession a beverage containing alcohol;
- Use or consume, have in possession tobacco; or
- Use or consume, have in possession, buy, sell or give away any other controlled substance or drug paraphernalia
- Use or consume, have in possession, buy, sell or give away products containing or products used to deliver nicotine, tobacco products and other chemicals. *<u>“Tobacco products” means:</u>* any product containing, made, or derived from tobacco that is intended for human consumption, whether chewed, smoked, absorbed, dissolved, inhaled, snorted, sniffed, or ingested by any other means, or any component, part or accessory of a tobacco product. All E-Cigarettes, Vapes, Juls or look-a-likes would also be included
- Use or consume, have in possession, buy, sell or give away any substance or product where the intent of such use of the substance or product is to induce intoxication, excitement, or stupefaction of the central nervous system, except under the direction and supervision of a medical doctor. Such substances or

products shall include, but are not limited to, synthetic drugs, gasoline, glue, aerosol devices, bath salts, and any substances addressed by Minnesota or Federal Law.

**Penalties for Category I Activities**

Those League-sponsored activities in which a member school has a schedule of interscholastic contests, exclusive of League-sponsored tournaments (*Athletic Activities and Fine Arts Activities, including Debate, Speech and One Act Play - when a school schedules a season of interscholastic contests.)*

- **First Violation Penalty** The student shall lose eligibility for the next two consecutive interscholastic contests or two weeks, 14 calendar days, whichever is greater, of a season in which the student is a participant.
- **Second Violation Penalty** The student shall lose eligibility for the next six consecutive interscholastic contests or three weeks, 21 calendar days, whichever is greater, in which the student is a participant.
- **Third or Subsequent Violation Penalty**
  The student shall lose eligibility for the next 12 consecutive interscholastic contests or four weeks, 28 calendar days, whichever is greater, in which the student is a participant.

These penalties would apply in addition to school consequences delineated in the Student Handbook



**Applying the Penalty**

- Penalties shall be progressive beginning with the student's first violation and continuing throughout the student's high school career. Penalties shall be served consecutively.
- Violation Confirmation Definition: The violation shall be confirmed when the administrator responsible for the athletics/activities program has informed the student that the student has violated a bylaw and is now under the penalty. The notification shall be verbal and also in writing.
- Counting Weeks:
  - The weeks shall begin on the date that the violation is confirmed by the school administrator and extend for the required number of calendar days. ○ For the purpose of this bylaw, a week is seven calendar days. The week starts the date the violation is confirmed and the student/student's parents or guardians are notified.
  - At the beginning of the season, practice and conditioning weeks are counted.
  - The student must participate in and complete the entire season in which the penalty has been applied for the penalty to count. As examples: a student cannot begin participation in a program at the start of the season, serve the penalty and then quit after the suspension has been served; nor can a student join a program after the season has begun, and serve the penalty.
  - A student who is under penalty for a violation of a League bylaw may not

join a second sport in the same season in order to fulfill a penalty.
- ○ Practices, jamborees, inter-school scrimmages and previews are not interscholastic contests and may not be counted, however, the student is eligible to participate.
- ○ A student who participates in both Category I and Category II activities shall serve the penalty prescribed for that violation in both Category I and Category II activities in which the student participates.
- ○ Denial Disqualification: A student shall be disqualified from all interscholastic athletics for nine additional weeks beyond the student's original period of ineligibility when the student denies violation of the rule, is allowed to participate and then is subsequently found guilty of the violation.

**Penalties for Category II Activities**

Those League-sponsored activities in which a member school does not have a schedule of interscholastic contests, exclusive of League-sponsored tournaments (*Fine Arts Activities, Speech activities including One Act Play when a school schedules no interscholastic contests and participates only in the League-sponsored tournament series, Music Activities, Visual Arts Activities*)

Each member school shall develop penalties which it will apply to the participants in these activities. A copy of the member school's policy shall be filed in the principal's



office.These penalties would apply in addition to school consequences delineated in the Student Handbook

**Self Report Policy**

Students have 48 hours to report any chemical, drug or alcohol violation in person to Rochester Catholic Schools personnel. An example of self-reporting, I (state your full name) attended a gathering where alcohol was being consumed by under-age people. I left immediately at (state the time). If this occurs, the activities director may reduce the consequence.

**Code of Conduct**

***Out of Character Behavior***

Out of Character Behavior is best defined by the expectations for student conduct as described in, but not limited to, the responsibilities section and code of conduct rules within this co-curricular code. Out of character also includes engaging in or being an accomplice to any unacceptable conduct contrary to the philosophy of the Activities Code, the regulations within MSHSL, or the ideals, principles and standards of Rochester Catholic Schools.

Examples of Out of Character Behavior are but not limited to:

- Full day in or out of school suspension
- Displaying disrespectful behavior

- In the presence of illegal consumption of alcohol or drugs

  *In the Presence-of-Research* demonstrates, the more a student has access to and/or is familiar with tobacco, alcohol, and drugs, coupled with the influence of peer pressure, the greater the likelihood that they will use those substances. Similarly, the more often a student is in the presence of others using tobacco, alcohol, or drugs, the greater the likelihood that they may be accused, rightly or wrongly, of the use of these substances. Therefore, if a student is in the presence of alcohol, tobacco or drugs being illegally dispensed or used or are a witness to a hazing or criminal activity, the student must leave and report their attendance to the activities director or principal. The student has 48 hours to report to the activities director or principal. ***Once the administration begins questioning a student about an incident, the self-reporting opportunity is over.***

Exactly following these procedures exonerates the innocent student, assuming that the student is not frequently showing up at these parties and that there is no corroborate information to indicate wrongdoing. A student failing to report attendance at a party where alcohol or drugs were illegally dispensed or used will be judged to have been a party to illegal alcohol or drug use by their presence. It is important to understand that leaving means leaving immediately, or as practical. It is also important to understand that as a member of a team, the student has a responsibility to his individual and team's



success to make every effort to encourage teammates present at the party to leave as well.

The intent of the "in the presence of" is not to deny participation with adult family members in gatherings such as weddings, anniversaries or other family gatherings.

***Cyber Image Guideline*** - Any identifiable image, photo, or video that implies a student has been in the possession or presence of illegal alcohol or drugs, or that portrays actual use or out of character behavior or crime, shall be considered confirmation of a violation of the code of conduct. Since there is no way to establish a timeframe when or location where an image was taken, it shall be a responsibility that the student must assume. It should be understood that persons may attempt to implicate a student by taking or manipulating such images in order to place the student in a situation where they might be in violation of the code of conduct. This is another rationale for demanding that students not place themselves in the presence of illegal alcohol or drug use.

Acts that result in a student being arrested by law enforcement for felony offenses are viewed as acts that require immediate and permanent suspension from participation. Activity/athletic participation is a privilege and not a right; it is to be understood that there will be no obligation on the part of the administration, in response to the arrest of a

student, to wait for the judicial process to run its course. Therefore, even while felony charges are pending and adjudicated, all forms of participation will be denied. A student who reaches this point is ineligible to participate in activities/athletics at Rochester Catholic Schools for the remainder of their high school career the student has paid their debt to society and the courts consider the sentence serviced (including probation, community service, etc.).

**Special Circumstances and Greater Magnitude of Consequences** - The activities director/administration has, at their discretion, the ability to impose a greater magnitude of consequences if they feel a student has been belligerent or defiant, shows no remorse, or has behaved in ways to significantly hinder the investigation of a violation.

**Investigation**

The following general procedures will occur if a student is suspected of violating the expectations outlined in this code of conduct.

Any individual or stakeholder may choose to report a violation of the code of conduct verbally or in writing to:

- Activities Director
- Building Principal
- Coaches
- Counselors



All employees who receive violation reports concerning a student should immediately report such allegations to the activities director and building principal. An investigation to determine the nature of the allegations shall begin immediately.

- The activities director and/or a building principal will interview the student as to the reason(s) for suspected code of conduct violation(s) in an effort to confirm or refute the allegation. If the building principal is not available, the activities director may bring in another administrator. After this initial interview, parental notification will be made by the activities director regarding the alleged violation, the outcome of the initial interview, and next steps.
- The building principal will be notified of the allegation, the status of the investigation and will be kept aware of the progress of the investigation as there could be additional school consequences.
- In the event the initial interview does not bring resolution to the investigation, the activities director will further investigate through interviews with those who may be aware of the violation(s) first-hand, those who may have limited knowledge of the violation(s), and/or those who may be involved with such violation(s).
- If there is reasonable evidence of a suspected alcohol or drug violation, a student may be asked to take a timely alcohol or drug test to confirm his/her recent

alcohol or drug status. Furthermore, the student may be required to submit to more frequent testing during his/her season.

- Failure to provide the results of such a test or to submit to the test will be considered, as far as remedies and consequences are concerned, confirmation of a violation.
- The approved and appropriate remedies and consequences for the type of violation will be applied and enforced.

***Confirmation*** — Confirmation of a violation of the expectations outlined in this code of conduct may be provided by, *but not limited to,* any of the following:

- An admission by the offending student.
- A positive reading for a restricted substance on a breathalyzer or medically conducted drug screening or test.
- Failure to provide the results of a medically conducted drug screening or test. ● Refusal to take a breathalyzer test or medically conducted drug screening or test. ● Evidence, circumstantial or otherwise, that would support the reasonable conclusion that a violation occurred.
- A credible eyewitness account.

***Exoneration*** — Exoneration of an alleged violation may be provided by, *but not limited to,* any of the following:



- A negative reading for the substance in question on a breathalyzer or medically conducted drug screening or test.
- The absence of any credible evidence, either circumstantial or otherwise, that supports a violation occurred.
- Reasonable evidence or conditions that would support the innocence of the students.

***Non-Finding*** — A non-finding in the investigation of a suspected violation may be considered when it is agreed that no reasonable conclusion of guilt or innocence may be determined in a timely fashion. As part of a non-finding determination in an alcohol or drug allegation, the student may be subjected to on- going testing and verification procedures as to their drug free status.

**Consequences** - For alcohol, tobacco and chemical substances, we will follow MSHSL guidelines.

**<u>Anti-Bullying Policy (Rochester Catholic Schools Policy # 1055)</u> Preamble:**
Created in the image and likeness of God, each child shares a fundamental human dignity. A Catholic school provides an environment dedicated to protecting and fostering the development of that dignity. The school helps children learn how to exercise their God-given freedom responsibly, with the goal that good choices become good habits, that is, virtues. The highest virtue is charity, which God both requires and makes possible. “Here is my commandment,” says Jesus, “that you love one another as I have loved you” (John 13:34). As bearers of the divine image, members of the school community deserve care and respect from all. At times expectations of respect are not met, and reconciliation and restitution are needed. The following policy and procedures are meant to serve as a resource to assist with consistency and clarity.

**Policy:** Rochester Catholic Schools (RCS) expressly prohibits bullying in all forms, either by an individual or group of aggressors. RCS will respond to all bullying, including cyber-bullying, that occurs inside or outside of the school setting if it creates a hostile environment at school for the Targeted Individual, infringes on the rights of the Targeted Individual at school, or substantially disrupts the Targeted Individual’s education or the orderly operation of the school. This includes acts of bullying that use technology or an electronic device that is not owned, leased or used by RCS if the bullying behavior materially and substantially disrupts the education process or the orderly operation of the school as stated above.

**PROCEDURE:** RCS believes that developing a culture where the dignity of the human person is honored at all times is the most effective way of preventing instances of bullying among students. As a result, RCS believes each stakeholder group within our community bears certain responsibilities in accomplishing this vision. These responsibilities are as follows:



*<u>RCS staff is expected to:</u>*

- Foster in our students positive self-concept, self-respect, and respect for others.
- Demonstrate by example the high standards of personal and social behavior we expect of our students.
- Discuss bullying with all classes, so that every student learns about the damage it causes to both the individual who is targeted and to the individual or group exhibiting bullying behavior or language and the importance of telling a teacher about bullying when it happens.
- Be alert to signs of distress and other possible indications of bullying.
- Listen to children who have been targeted, take what they say seriously and act to support and protect them.
- Report suspected cases of bullying to administration.
- Follow up any complaint by a parent about bullying, and report back promptly and fully on the action which has been taken.
- Intervene and deal with observed instances of bullying behavior and language

promptly and effectively, in accordance with agreed procedures as set forth in the Olweus Bullying Prevention Program (OBPP).

*RCS students are expected to:*

- Refrain from becoming involved in any kind of bullying, even at the risk of incurring temporary unpopularity.
- Intervene to protect the individual who is being targeted, unless it is unsafe to do so.
- Report to a member of staff any witnessed or suspected instances of bullying, to dispel any climate of secrecy and help to prevent further instances.

*RCS parents are expected to:*

- Educate their children of the implications of bullying, both for the children who are targeted and for the aggressors themselves.
- Watch for signs of distress or unusual behavior in their children, which might be evidence of bullying.
- Advise their children to report any bullying to administration and explain the implications of allowing the bullying to continue unchecked, for themselves and for other students.
- Advise their children not to retaliate to any forms of bullying.
- Be sympathetic and supportive towards their children, and reassuring them that appropriate action will be taken.
- Keep a written record of any reported instances of bullying.
- Inform the school of any suspected bullying, even if their children are not involved, in a timely manner.
- Cooperate with the school, if their children are accused of bullying, try to ascertain the truth.



*RCS expects all members of the school community to:*

- Work together to combat and, hopefully in time, to eradicate bullying.

**Reporting:** Any staff or volunteer who has witnessed or who becomes aware of any instance of bullying or retaliation must report the act to the school administrator. Any student or parent/guardian of a student is strongly encouraged to report all acts of bullying. Reports can be made to the student's teacher, who must then report it to the school administrator. Anyone with general questions or concerns about bullying or the RCS Anti-Bullying Policy should address those questions or concerns to their local school administrator. Reports may be made confidentially when requested. Reports may be made anonymously. The anonymous nature of the report may make it difficult to investigate or corroborate the alleged bullying. No disciplinary action may be taken

against an individual solely on the basis of an anonymous report. Deliberately false accusations of bullying are absolutely prohibited and may result in discipline in accordance with the school's discipline policy.

**Response and Investigation:** RCS and its administration retain the sole discretion to determine whether bullying has occurred and what the response should be. An individual who violates this policy by exhibiting behavior deemed by the school administration to be considered as bullying per the definitions of such activities as outlined in this policy, shall be subject to disciplinary action in accordance with the school's disciplinary policies and procedures which may include detention, suspension and expulsion from school. Any individual who retaliates against another individual for reporting bullying shall be subject to disciplinary action in accordance with the school's disciplinary policies and procedures which may include detention, suspension and expulsion from school. RCS takes all reports of bullying seriously. Upon receipt of a report of bullying the school administrator or their designee will:

- Assess the reported concerns of bullying and evaluate the immediacy of response;
- Determine if isolation or removal of any individual(s) involved is warranted while an investigation is being conducted;
- Conduct an investigation within two school days of the report of bullying if the Targeted Individual's safety, or their perception of their safety, is determined not to be at immediate risk. Due to unforeseen circumstances, if two school days is not a feasible time by which to conduct an investigation, the Targeted Individual must be provided a timeline that communicates when the investigation will take place. School administration reserves the sole discretion to determine the scope and adequacy of the investigation. Depending on the circumstances, the school's response may include, but are not limited to:
    - ○ taking appropriate disciplinary and remedial action in accordance with the policies and procedures outlined in the school's student handbook;
    - ○ notifying the parents or guardians of the Aggressor of the determination;
    - ○ notifying the parents or guardians of the Targeted Individual, the Aggressor, and any other affected persons about available community resources such as Social Services, family service worker, social worker, counselor, Catholic Charities;
    - ○ development and implementation of safety or supervision plans;
    - ○ reporting incidents to law enforcement if appropriate.



Records will be kept of all incidents that required adult intervention including a summative description of the behavior involved including the response, action and consequences administered as a result of the investigation. Anyone with questions about the investigation should direct those questions to the school administrator. In order to protect the privacy rights of the students involved, the school administration may report information to parents solely about their own child. Information about discipline, consequences, or services pertaining to any other child cannot be

communicated. Consultation with the RCS Director of Schools shall take place in all instances of bullying where consequences warrant the possible suspension or expulsion of the Aggressor(s) before any final decision is reached.

**Publication and Notice:** RCS will make this policy and procedure available to all staff and stakeholders via the RCS Policy and Procedures Manual located on the RCS website. The RCS Anti-Bullying Policy may be referenced or included in its entirety in each school's student handbook.

**Definitions:** For the purpose of this Policy the following definitions shall apply, whenever the term "Bullying" is used to denote either Bullying or Cyber-Bullying. *"Aggressor"* means an individual who engages in Bullying or Retaliation. *"Bullying"* is any intentional unwanted aggressive behavior(s) by any individual or group of individuals that involves an observed or perceived power imbalance and is repeated multiple times or is highly likely to be repeated, or is a serious hurtful behavior that has happened once. Bullying may inflict harm or distress on the Targeted Individual including physical, psychological, social, emotional or educational harm. An individual person can be a perpetrator, a victim, or both. Bullying can occur in-person and through technology.

A behavior may be classified as bullying if it:

- causes physical harm or emotional harm that results in clearly identifiable physical symptoms to the Targeted Individual or places the Targeted Individual in reasonable fear of such harm;
- causes damage to the Targeted Individual's personal property or school-owned property that has been entrusted or assigned to the Targeted Individual; ● places the Targeted Individual in reasonable fear of harm to him/herself, or of damage to his/her property;
- creates a Hostile Environment at school for the Targeted Individual; ● infringes on the rights of the Targeted Individual at school, including defamation and invasion of privacy; or



- materially and substantially disrupts the education process or the orderly operation of a school.

Examples of bullying may include, but are not limited to:

- Physical violence such as hitting, pushing or spitting at another student/person.
- Interfering with another person's property, by stealing, hiding or damaging it.
- Using offensive names when addressing another person.
- Teasing or spreading rumors about another person or his/her family.
- Belittling another person's abilities and achievements.
- Writing offensive notes or graffiti about another person.
- Intentionally excluding another person from a group activity.

- Ridiculing another person's appearance, way of speaking or personal mannerisms.
- Misusing technology (Internet or mobile devices) to hurt or humiliate another person.

*"Cyber-Bullying"* means Bullying through the use of technology or any electronic communication, which shall include, but shall not be limited to, any transfer of signs, signals, writing, images, sounds, photographs, data or intelligence of any nature, including a post on a social network, Internet Web site or forum, transmitted through a computer, cell phone, or other electronic device.
*"Hostile Environment"* means a situation in which Bullying causes the school environment to be permeated with intimidation, isolation/exclusion, ridicule or insult that is sufficiently severe or pervasive to materially and substantially alter the conditions of the Targeted Individual's education.
*"Retaliation"* means any form of intimidation, reprisal, or harassment directed against any person who reports Bullying, provides information during an investigation of Bullying, or witnesses or has reliable information about Bullying.
*"School Grounds"* means property on which a school building or facility is located or property that is owned, leased or used by a school for a school-sponsored activity, function, program, instruction or training.
*"Staff"* includes, but is not limited to, educators, faculty, administrators, counselors, school nurses, cafeteria workers, custodians, bus drivers, athletics coaches, advisors to extracurricular activities, support staff, and paraprofessionals.
*"Targeted Individual"* is a person against whom Bullying or Retaliation has been perpetrated.
*"Technology"* includes all hardware, software, systems, applications and networks not limited to those owned and operated solely by RCS.

**Under the guidelines of the student handbook of RCS, the Activities Department has the right to investigate and take action against any athlete who violates, or appears to violate MSHSL, school, department or team rules.**



## Code of Ethics for Coaches

**Statement of Philosophy**

The Minnesota State High School League has established policies and standards which will cultivate the ideals of good sportsmanship. It is the responsibility of RCS to ensure that all coaches and volunteers directly associated with the interscholastic program conduct themselves in a sportsmanlike manner. The coach is an official representative of the school at interscholastic athletic activities. It is the responsibility of the head and assistant coaches to serve as role models for students and the public.

**Code of Ethics**

A coach will be in violation of the standards for good sports established by the Minnesota State High School League by:

- Making degrading/critical remarks about officials during or after a contest either on the field of play, from the bench, through any public news media, social media or other electronic media;
- Arguing with officials or goes through motions indicating dislike/disdain for a decision;
- Detaining the officials following the contest to request a ruling or explanation of actions taken by the official; or
- Being ejected from any contest.

**Actions and Response**

Negative actions by a coach shall be reported to the MSHSL by RCS and by the head contest official. RCS shall document the results of their investigation and actions taken, where necessary and appropriate. Penalties for violation of these standards may include, but are not limited to, reprimand, censure, fines, or other actions as deemed appropriate by the Board of Directors.

**Commentary**

It is within each individual's ability to treat others with dignity and respect. The MSHSL and RCS expects each individual to assure the responsibility for their actions.

**Parent-Coach Relationship Expectations**

Both parenting and coaching are very difficult jobs. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone, especially the student-athlete. Parents have the right to know and understand the expectations placed on them and their child. Coaches have the right to know that if parents have a concern, that they will discuss it with the coach in an adult way at the appropriate time and place.



**Appropriate concerns to discuss with a coach:**

1. The mental and physical treatment of your child
2. What your child needs to do to improve
3. Concerns about your child's behavior

**Issues not appropriate for discussion with a coach:**

1. How much playing time each athlete is getting
2. Team strategy
3. Play calling
4. Any situation that deals with other student-athletes

**If you have a concern to discuss with the coach:**

1. The player should talk to the coach first. A mature and open conversation between player and coach can have great benefits.
2. If a resolution is not reached, the parent should talk to the coach. Please do not attempt to meet with a coach before or after a contest or practice.
3. Call and set up an appointment with the coach.
4. If the meeting with the coach does not resolve the concern, contact the Activities Director at 507-289-3991.

**What parents should expect from our coaches:**

1. Reinforce and support the values taught in the home and by RCS
2. Emphasize the importance of academics
3. Treat players with respect
4. Keep in mind other activities when planning practices
5. Teach, enforce and model sportsmanship
6. Encourage athletes to participate in other sports and school activities
7. Respond within 24 hours to all reasonable questions
8. Play as many players as possible
9. Respect for family time

**What RCS coaches expect from parents:**

1. Be supportive of coaches in discussions with players
2. Encourage student-athletes to be on time and do their best
3. Make sure students are on a healthy diet and getting proper rest
4. When contacting a coach do so at a reasonable time & situation
5. Realize positions on a team can't be bought in any way
6. Be willing to support the team with time and talent
7. Be supportive at games – don't yell at the players – even your own – and let the coaches coach
8. Respect our opponents and the officials who work the games
9. Help your child learn that there are many roles on a team and that success means improvement with a positive attitude

**RCS in planning effort will try not to schedule events on the following dates:** pg



1. New Year’s Day
2. Good Friday
3. Holy Thursday
4. Easter
5. Spring Break
6. Thanksgiving Day
7. Christmas Eve and Day

8. Election Days
9. Juneteenth

**Inclement Weather:** Poor weather may cause the cancellation of practices or games. When school is in session, cancellations will be read over the intercom. The Lourdes athletic schedule website will also indicate any weather related cancellations of games. In the event of school closure due to weather, all practices that day will be cancelled to ensure student safety.

**Athletic Insurance:**
All participants in athletics must have some type of family health/accident insurance coverage. Persons not covered under family insurance understand that there is no school insurance to provide protection to their child during any phase of his/her participation in athletics.

**Cell phone Privacy**
It is the practice of Rochester Catholic Schools to ensure the privacy of all individuals during the time they occupy locker room facilities at school and during school sponsored events. All cell phones are prohibited in any school locker room. If a cell phone is found the advisor/coach has the right to confiscate the phone. Taking compromising photos could result in disciplinary action.

**Transportation**
All students are required to ride the bus to and from all athletic/activities events and a departure from this requirement will release Rochester Catholic Schools from liability for any adverse results that may occur. Students **CANNOT** drive themselves to out of town school sponsored events. To request an exception, the Travel Release Form must be completed and approved by the Activities Director 48-hours prior to the event.

**Honesty Clause**
The student shall

- Be truthful
- Be forthcoming with information
- Be cooperative

If an administrator or activities director has a reasonable suspicion that a specific student may have violated the district's code of conduct, they may question that student about a possible violation. In responding to any such questioning about their personal


actions, it is expected that the student shall answer truthfully. During the questioning process a student may not attempt to mislead or misrepresent themselves, which may impede the investigation. If a student's answer is subsequently found to be untrue, disciplinary action/penalty may be increased.

**Equipment**

Students are responsible for any uniforms and/or equipment issued to them. Each student is financially responsible for all lost, damaged (through negligence), or unreturned items issued by school officials in that student's name. Students will not be allowed to participate, practice, or compete in another sport/activity until they have returned or paid for all uniforms and equipment that was issued to them in a previous season. All school equipment distributed to be used during the season, must be returned promptly following the conclusion of the season. School equipment is for use only during the students season in which they are competing and is not to be kept throughout the year.

**Non School Participation**

*<u>During High School Season:</u>*

- A student who is a member of a high school team may not participate as an individual competitor or as a member of a non-school team in the same sport during the high school season. Participation is defined as practice, training, scrimmaging, tryouts and competing.
  ***Exceptions:***
  - Baseball, softball and skiing
  - A student who is cut or who elects to drop from the squad shall be permitted to play on a non-school team in that sport.
  - Non-school training during the high school season for athletes who qualify as individual competitors to the state tournament (Cross Country Running, Girls' Gymnastics, Golf, Skiing, Swimming, Synchronized Swimming, Tennis, Track and Field, and Wrestling)
    - Lessons/Training: During the League high school season athletes may take lessons from professionals and other non-school coaches without limit as to where, when or who may provide the training. Athletes may not miss a high school practice, game, or meet to take a lesson or train for a non-school event. Athletes may take lessons/train with a non-school team/club during the high school season in the same sport;
    - Competition: Athletes may compete in non-school events/competitions that do not match the events in which athletes currently compete in high school competition.
- Students who have been eliminated from further participation in a League tournament series may participate on a non-school team or as an individual competitor in that sport.



- A student may receive training through private lessons from a person who is not a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.
- Fees for non-school coaching or training must be provided by the student or the

student's parent(s) or guardian(s) unless approved by the Board of Directors.

*During the School Year, Prior To and Following the High School Sports Season:*

- A student may participate as an individual competitor or as a member of a non-school team provided that the student's participation is voluntary and not influenced or directed by a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.
  - Students may not use any type of high school uniform.
  - A student may not receive coaching or training from a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport. Power skating and indoor soccer are included in this limitation.
  - A student may receive coaching or training including private lessons from a person who is not a salaried or non-salaried member of the student's sophomore, B-squad, junior varsity or varsity high school coaching staff in that sport.
  - Fees and expenses for non-school coaching, training or private lessons must be provided by the student or the student's parent(s) or guardian(s) unless approved by the Board of Directors.
  - Participation in Captains Practice: Captains Practice is primarily for the purpose of physical conditioning organized and conducted by the students. Students may participate in Captains Practice provided that salaried or non-salaried school personnel are not involved in any capacity. It is the responsibility of school officials to become aware of the preseason activities in their school district and to ensure that the spirit and intent of the League rules are observed.
  - Participation in Open Gym: Open gym refers to the use of school facilities for recreational activities. Students may participate in open gym if all of the following conditions are met:
    - The school facilities are available for students to participate in a number of activities.
    - The recreational activities are open to all students.
    - There is no coaching of the skills and techniques of activities provided in the school interscholastic athletic program.
    - There is no requirement for students to attend open gym activities as a prerequisite for membership on a high school team.

**College Signings**

Three times a year (December, February, April) Rochester Catholic Schools will hold a signing ceremony to honor those athletes that have signed to play athletics at the



collegiate level. Signing ceremonies will recognize those athletes that are signing at the D1, D2, D3, NAIA.

**Rochester Catholic Schools Head Coaches**

**Fall Sports Head Coaches**

Girls/Boys Cross Country - Pete Gilman pgilman@rcsmn.org
Boys Soccer - Eric Feil efeil@rcsmn.org
Girls Soccer – Sarah Groven sgroven@rcsmn.org
Football - Mike Kesler coachkesler@rcsmn.org
Cheerleading – Jill Dilger jdilger@rcsmn.org
Volleyball – Pam Wackel pwackel@rcsmn.org
Girls Tennis - Maurice Westerhouse mwesterhouse@rcsmn.org

**Winter Sports Head Coaches**

Girls Basketball – Chadd Clarey cclarey@rcsmn.org
Boys Basketball - Noah Rajtar nrajtar@rcsmn.org
Boys Hockey - TBD

**Spring Sports Head Coaches**

Girls Golf – Deanna Deutsch ddeutsch@rcsmn.org
Boys Golf - Jacob Waldman jwaldman@rcsmn.org
Boys Tennis – Steve Tacl stacl@rcsmn.org
Girls/Boys Track – Pete Gilman pgilman@rcsmn.org
Baseball - Dave Jenson djenson@rcsmn.org
Softball - Mike Macken mmacken@rcsmn.org

**MSHSL Co-op**

Wrestling (Byron) ryan.radke@byron.k12.mn.us
Swimming/Diving (John Marshall) laurenrkalwasinski@gmail.com
Boys Lacrosse (JM/Century) Brett Applegath
Girls Lacrosse (John Marshall) Breanna Bly
Adapted Floor Hockey (Century)
Adapted Softball (Century) kagannon1@rochesterschools.org
Adapted Soccer (Century) midusso@rochesterschools.org
Girls Alpine Ski (John Marshall)
Boys Alpine Ski (John Marshall)

**Clubs**

Figure Skating
Bowling
Clay Target

**Extra-Curricular Activities**

Art Club - Mrs. Sullivan ssullivan@rcsmn.org

Debate - Mr. Klebe mklebe@rcsmn.org
One Act Play - Ms. Pyfferoen mpyfferoen@rcsmn.org
Speech - Ms. Pyfferoen mpyfferoen@rcsmn.org
Visual Arts - Mrs. Sullivan ssullivan@rcsmn.org
Marching Band - Mr. Scheller ascheller@rcsmn.org
Center Street Singers - Mr. Fourniea pfourniea@rcsmn.org
Mock Trial - TBD
Cultural Exchange Club - Mr. Clapp sclapp@rcsmn.org
Hi-Lighters Jazz Band - TBD
Drama Club - TBD
Lego Robotics - TBD
Math League - Mr. Lacine mlacine@rcsmn.org
Science Club - Mrs. O'Hara johara@rcsmn.org
Chess Club - Mr. Hanson zhanson@rcsmn.org
Gaming Club - TBD
SADD/CAM - Mrs. Guggenberger lguggenberger@rcsmn.org
Winter Drumline - Mr. Scheller ascheller@rcsmn.org
World Language Club - Mr. Clapp sclapp@rcsmn.org

**Varsity Lettering**
Varsity Lettering criteria is established by each individual coach/director for their respective sport/activity. The athlete must be in good standing academically. Any athlete receiving a MSHSL and/or school violation during the season will be ineligible to receive a varsity letter during that season.

**Participation**
Participation in Lourdes teams competing in HVL and/or MSHSL competitions is reserved for students in Grades 7-12 enrolled in Rochester Catholic Schools.

**RCS Annual Student-Athlete Awards**
The Activities Department each year gives the following awards to student athletes. The Activities Director, along with input from the head coaches, makes the selections for the awards.

1. John Mason Award - Male Scholar Athlete
2. Ann Krebsbach Award - Female Scholar Athlete
3. Francis McGovern Award - Most Dedicated Athlete
4. Fall,Winter,Spring Athlete of the Season

**RCS Annual Student Fine Arts Awards**
The Activities Department each year gives the following awards to students who participate in Fine Arts. The Activities Director, along with input from the Band and Choir Directors, makes the selections for the awards.

1. Music Student of the Year
2. The Director's Award for Band
3. The Director's Award for Chorus
4. Gene Eiden Jazz Award
5. Kayla Koranda Music Award
6. Minnesota Music Educators Association All State

**Funding**

Extra curricular activities are funded from the school budget and the activities department budget, with support from the Eagle Athletic Booster Club and LHS Music Boosters. The school budget pays coaches salaries. The activities budget is funded from gate receipts, activities fees, concessions, and fundraisers and pays for equipment, uniforms, transportation, officials, and awards.

**Social Media Policy**

Rochester Catholic Schools ("RCS") uses its official websites and social media network accounts to: conduct its business and ministries, promote its activities, and advance student learning. The following is RCS' Social Media Policy. The absence of, or lack of explicit reference to a specific website, blog or social media networks does not limit the extent of the application of this policy. Where no explicit guidelines exist or no general principles seem to apply, employees should (i) use their professional judgment, (ii) take the most prudent action possible, and (iii) consult with administration if uncertain.

**Social Media General Principles (applicable to the entire RCS community)**

These social media principles apply to all online and mobile platforms for sharing content and information, whether controlled by RCS or hosted by others, in which members of the RCS community engage in discussions or activities relating to RCS.

- All RCS branded social media accounts (pages, groups, etc.) must be administered by the RCS Department of Advancement.
- All use of social media must reflect the Christian ethics, values and teachings consistent with the mission and goals of RCS and the Roman Catholic Church.
- All use must be appropriate for promoting RCS' activities or enabling and advancing student learning and will treat all people with dignity and respect.
- Any person, organization, or group wishing to use any Rochester Catholic Schools name, logo, mascot, or school seal on a social media account must obtain written consent from the RCS Director of Schools or RCS Marketing and Communication Specialist. RCS reserves the right to withdraw such consent at any time and demand that its logos and images be removed from any website, blog or social media page or account that is deemed by RCS, in its sole discretion, to be inappropriate, and/or inconsistent with the mission of RCS and/or the Church.

- Under no circumstances should a blog or social media post disclose private information about students, other individuals, organizations, or groups.

Inappropriate use will not be tolerated and may result in removal of posts, account suspension, account removal, or other appropriate legal remedy. Illegal activity will result in law enforcement notification, if necessary. RCS reserves the right to pursue any claims it may have at law or in equity due to violations of this policy.

**Branding Guidelines**

Most simply put, a brand guide is a document that is set up to govern how a brand is communicated and visually represented. This is important because consistent brands have more impact on their users. Such brands are stronger, more user friendly, more valuable, and oftentimes, more credible.

A brand guide's main strength allows for multiple individuals to create marketing and design materials that look as though they were produced by one voice and vision. Rules are laid out so the subjective elements of design are removed, and an in-depth brand personality has been created to ensure all who work on this brand are invested in and dedicated to the well-being of this brand

## The Fight Song

Onward Lourdes, Onward Lourdes
Step up get in line
Put the ball across the goal line
Scores light up each time
DO RAH RAH
Onward Lourdes, Onward Lourdes
Fight'em for your fame, Fight Eagles, fight
And we will win this game!
E-A-G-L-E-S
Lourdes Eagles, Lourdes Eagles, Lourdes Eagles
L-H-S
**GO EAGLES!!!**

**I have read all materials provided in the Activities Handbook and understand the expectations regarding participation in extra curricular activities including the following:**

- The RCS mission statement and values. I will work to follow through with these expectations.
- The academic eligibility expectations, and understand that failure to maintain academic excellence could result in probation or suspension for athletics and extracurricular activities and events.

_____ _____ Student Signature Date

_____ _____ Parent Signature Date