

# **Trinity Catholic High School**

## **OUR BELIEF STATEMENT**

*Christ is the reason for this school.  
He is the unseen but ever present teacher in its classes.  
He is the model for its faculty  
and the inspiration of its students.*

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## **OUR MISSION STATEMENT**

***To Graduate Responsible, Christian Citizens . . .***



***. . . based on the three pillars of ACADEMICS, CHRISTIAN CHARACTER, AND SERVICE***

## **OUR MOTTO**

*Ex Trinitate Unitas  
"From Trinity Comes Unity"*

## **OUR CORE VALUES**

**Trinity Catholic High School, *guided by a philosophy based on our Catholic faith and***

*the teaching of Christ in the Gospels, strives to educate young women and men through a comprehensive program of academic excellence.*

**Trinity Catholic High School**, *recognizing the uniqueness and diversity of individual talent, intellect, style, and ability, teaches students to think critically, live virtuously, and serve joyfully.*

**Trinity Catholic High School** *enables students to be transformed into moral, prayerful, responsible men and women who, in turn, transform our Church and the world as mature Christian citizens who respect the diversity and sacredness of God's Creation.*

May 6, 2003

## **Trinity Catholic High School History**

Trinity Catholic High School was created in January 2003 with the consolidation of St. Thomas Aquinas-Mercy and Rosary High Schools. Through the unity of these two schools and the spirit of Mercy High School comes Trinity.

Trinity is a comprehensive, co-educational high school dedicated to fostering the spiritual, intellectual, social, and physical growth in its students. With the support of its parents, staff, alumni, and the school community, Trinity Catholic High School will flourish and become the *Cornerstone* of Catholic education in North County.

Students whose educational needs can be met by the Trinity staff and who apply will be admitted, given available space. Students are admitted without regard to race, gender, ethnicity, or nationality. Students normally apply during the winter of their eighth grade year for admission to ninth grade the following fall. All incoming freshman students must have successfully completed the eighth grade. Non-Catholic students are admitted provided they, and their parents or guardians, are willing to fully subscribe to the religious philosophy and program at Trinity Catholic High School.

### **OUR PAST**

Mercy High School opened in 1948 in University City and was staffed by the Sisters of Mercy. The school served the Catholic community of the central city and county areas until it merged with St. Thomas Aquinas High School in 1984.

St. Thomas Aquinas High School opened in 1954 at Sacred Heart Parish School in Florissant. It moved to the Dunn Road location in 1958. The school was named after the 13<sup>th</sup> century philosopher who is the patron saint of Catholic education. St. Thomas Aquinas-Mercy was consolidated with Rosary to form Trinity Catholic High School in 2003.

Rosary High School was founded in 1961 by the Catholic Schools System of the St. Louis Archdiocese, in collaboration with the School Sisters of Notre Dame. It has been located at 1720 Redman Road since it opened. The high school was dedicated to Mary, the mother of Jesus Christ, and our Lady of the Rosary. Rosary was part of the Trinity Catholic High School consolidation with St. Thomas Aquinas-Mercy in 2003.

### **School Mascot - THE TITANS**

### **School Colors - CRIMSON, SILVER, & WHITE**

### **Motto – *Ex Trinitate Unitas* “From Trinity Comes Unity”**

### **ACCREDITATION**

Trinity Catholic High School is fully accredited by the North Central Association and the Committee on Accredited Schools and Colleges at the University of Missouri, Columbia. Trinity is a member of the National Catholic Education Association, the Missouri State High School Activities Association (MSHSAA), and the Archdiocesan Athletic Association (AAA).

## INTRODUCTION

The Trinity Catholic High School (TCHS) athletic program is an integral part of the learning and growth experience of students during high school. Participation exposes students of all ability levels to interscholastic competition, coaches, teammates, referees, fans, and the challenges and rewards of competition. These experiences provide students with the opportunity to develop responsibility, discipline, teamwork, sportsmanship, and self-esteem. As participants, the students represent not only themselves but also their team and school as well. How students act is a visible representation to the entire community. Students have a responsibility to do so in a positive way, both within and outside the school environment. Students failing to do so could forfeit their privilege to participate in athletics at TCHS.

## RESPONSIBILITIES OF THE TRINITY SPORTSMAN/SPORTSWOMAN

Each athlete is expected to:

1. treat opponents with respect
2. play hard, but play within the rules
3. exercise self-control at all times, thereby setting an example for others to follow
4. respect officials and accept the officials' decisions without argument or gestures
5. win with honor—avoid boasting, lose without excuses, and never quit
6. always remember that it is a privilege to represent Trinity Catholic High School, on and off the field of competition

## MSHSAA REQUIREMENTS

To participate in high school athletics students must abide by MSHSAA rules and policies. These include:

1. Physical Exam—a student may not begin practicing with a team until a physical exam by a doctor is completed (**Physical Exam Form**) and turned into the coach of that sport
  - a. Includes all athletic teams as well as cheerleading and danceline (pom poms) squads
  - b. Physicals must be taken each year and cover all sports the student participates in during that year
  - c. The Physical Exam Form is available from the TCHS Main Office
2. Permission to Participate/Emergency Release Form—Each student must read and sign an application to participate, which states that she/he has read and understands the MSHSAA eligibility rules and the rules included in this handbook.
  - a. Parents/guardians must read and sign a **Permission to Participate Form**, which includes verification by the parents/guardians that the athlete is covered by a basic athletic insurance policy.
3. Practices Prior to Games—each athlete must have participated in conditioning practices with the team on 14 separate days before he/she may participate in a game or meet.
  - a. The 14-day restriction is waived if an athlete competed in the previous sports season except spring or fall.
  - b. The number of required practices is reduced to 10 for softball, tennis, golf, and cheerleading
4. The athlete must be enrolled in Trinity Catholic High School.
  - a. Students who are not enrolled at Trinity by the 11<sup>th</sup> school day are ineligible to participate on athletic teams, according to MSHSAA guidelines.
  - b. TCHS follows all other MSHSAA guidelines and recommendations determining transfer eligibility.

## TRINITY POLICIES AND RULES

All TCHS athletes must follow the following policies and rules. In all cases, MSHSAA policies and/or rules supercede TCHS policies/rules unless the TCHS policies/rules are more restrictive (i.e., TCHS credit deficiency rules).

### EXTRA-CURRICULAR AND ATHLETIC ELIGIBILITY

A student is eligible to participate in athletics and other extra-curricular activities if the student:

1. is in good academic and disciplinary standing (i.e., not on probation)
2. meets all of the criteria established by the Missouri State High School Activities Association (MSHSAA)
3. meets current Christian service hours requirement
4. is registered/enrolled at Trinity
5. is less than 1.0 credit deficient
6. **has paid the athletic participation fee (athletes only)**

If a student becomes ineligible at the end of the first semester, according to the MSHSAA, that student will be ineligible for the entire second semester. If a student becomes ineligible at the end of the second semester, according to the MSHSAA, the student will be ineligible for the next semester unless that student passes sufficient summer school classes to regain his/her eligibility.

**NOTE: According to the MSHSAA:**

- **correspondence courses do not regain a student's eligibility;**
- **no electives may be counted toward this requirement of academic eligibility;**
- **no more than one credit earned in summer school shall count toward maintaining academic eligibility.**

If a student fails two (2) classes in a semester, the student will be ineligible to participate in activities. If a student becomes ineligible at any time, the student will be removed from the team or activity until eligibility is reviewed and restored. If a student is not eligible by the completion of tryouts for the activity, he/she is not eligible to participate in that sport or activity until the next semester grades are posted and sufficient courses passed (or the criteria listed above are met). Students who are unable to tryout due to injury or other medical reason, may try out for the activity or team when the injury/medical reason is resolved. A release to participate must be obtained from a physician and approved by the coach, athletic director, and the principal.

### ATHLETIC DEPARTMENT POLICIES AND RULES

#### CONDUCT

All Trinity student-athletes are expected: (1) to maintain high standards of conduct and self-discipline; (2) to practice good sportsmanship; (3) and to respect others, including opponents, officials, and each other.

## **ELIGIBILITY**

1. Eligibility to participate in athletics is a privilege that is attained by meeting standards set for that sport by the Missouri State High School Activities Association (MSHSAA) and Trinity Catholic High School (TCHS requirements may exceed MSHSAA's)
2. Trinity expects its students to be in good standing (not on academic and/or disciplinary probation and less than 1.0 credit deficient). Additionally, senior athletes must have completed and verified 80% of their Christian Service commitment by the first day of try-outs
3. If, in the opinion of the coach or the principal, an athlete is having academic problems serious enough to indicate that extra study time is necessary to improve his/her grades, the athlete may be suspended from the squad to allow for more study time. Progress reports may be required by the principal to ensure a given athlete is demonstrating sufficient academic/disciplinary progress. The athlete may be reinstated when evidence is provided that her/his grades have improved
4. Ineligible students may not try out, practice, or compete
5. The individual coach selects team members from those students who try out. The coach sets standards for retention on the team
6. All eligibility rules and infractions are subject to review. The administration will make the final decision regarding a student's status
7. Students must be in attendance a full day in order to participate in an extra-curricular activity (game, practice, or performance) on the same day
8. Students are to be excused from practice to attend SNAP as outlined in the policy on file in the athletic director's office
9. A student can be ruled ineligible by the administration, athletic director, or the coach for failure to be a good school or community citizen

## **ATHLETES' USE OF ILLEGAL DRUGS, ALCOHOL, AND TOBACCO PRODUCTS**

1. The use of illegal drugs, alcohol, and tobacco products prevents athletes from performing to the best of their ability and is forbidden
2. Athletes who use either illegal drugs or alcohol (on or off campus) will be dismissed from the team and will be referred to the administration for disciplinary action
3. Athletes who use tobacco products will be suspended for one game. The second offense may result in dismissal from the team and a referral to the administration. As a minimum, an additional suspension will be imposed

## **ATHLETIC EQUIPMENT**

1. Equipment issued to athletes is the responsibility of the athlete
2. Equipment issued to athletes must be returned in proper condition; that is, clean, undamaged, and the proper color
3. As stipulated by the MSHSAA, uniforms must be worn only when representing Trinity Catholic High School in competition
4. Athletes must make restitution for damaged or lost equipment. Athletes who fail to make restitution may not try out, practice, or compete in any sport until restitution is complete
5. Diplomas and transcripts will not be issued to athletes who do not make restitution for lost or damaged equipment

6. Athletes who willfully or maliciously destroy school property will be deemed ineligible for one calendar year
7. Uniforms and/or athletic clothing must be turned in to the coach within 48 hours after the season is completed
8. All applicable uniform items must be washed/cleaned at the time of turn-in

## **RULES FOR INDIVIDUAL SPORTS**

1. Coaches set the standards for athletes in specific sports
2. Athletes who do not meet the standards and do not follow the rules may be suspended or dismissed from the team
3. No games or practices may be held on the evening of Holy Thursday and all day on Good Friday
4. Sunday practices are strongly discouraged. If any practice must be conducted (i.e., practice for state competition, etc.), it will not begin before 11 a.m. and must conclude by 7 p.m.
5. An athlete who displays unsportsmanlike conduct, or i.e. vulgar or profane language, excessive rough play, and not in accordance of the policies of Trinity Catholic High School and MSHSAA, shall receive the following punishments in all sports:
  - a. Ejection from a contest – miss the following contest and meet with the A.D. and Administration
  - b. Second ejection from a contest – miss following contest, meet with A.D. and Administration, possible dismissal from the squad.
  - c. Other violations of misconduct or unsportsmanlike play:
    - Football – Report from MSHSAA – meet with A.D. and Administration
    - Basketball – Technical fouls – meet with A.D. and Administration
    - Soccer – 4 yellow cards (miss game) – 3 red cards (Dismissal from team)
    - Baseball – Report from MSHSAA - meet with A.D. and Administration
    - Volleyball, Track, Tennis, Swimming, Golf - meet with A.D. and Administration

## **PROBATION**

When referred to in this handbook, means a period of time for special evaluation and review of a student's academic and behavioral concerns. The final result may be dismissal from school if there is less than satisfactory improvement.

During probation a student may not participate in extra-curricular activities and/or sports, including tryouts, practices, performances, games, and competition. If the student is on probation, and therefore ineligible when tryouts are complete for a team or squad, he or she may not participate anytime during that season.

Probation is reviewed at the end of each quarter and semester. At that time, one of the following actions will be taken: (1) the probation may be terminated; (2) the probation may be continued with the possibility that additional restrictions or stipulations be added to the conditions of probation; or (3) the student may be referred to the Disciplinary Review Board to determine whether or not the student may remain at Trinity.

There are two types of probation - DISCIPLINARY and ACADEMIC. They are defined as follows.

## **DISCIPLINARY PROBATION**

A student is placed on disciplinary probation if:

1. actions of the student at school or at school activities are judged sufficiently serious
2. the student receives an "F" in conduct in two or more subjects during the same grading period
3. the student receives two "D's" and an "F" in conduct during the same grading period
4. the student receives four "D's" in conduct during the same grading period
5. the student receives an "F" in conduct in two successive grading periods in the same subject

During the period of disciplinary probation, any single serious violation or series of lesser violations of school regulations may result in the student being dismissed from school.

## **ACADEMIC PROBATION**

A student who is deficient 1.0 or more credits will be placed on academic probation for a period of one semester. Academic probation is reviewed by the principal and the associate principal for academics at the end of each quarter and at the end of summer school. At those times, probation may be ended if satisfactory progress is made towards credit requirements, or continued if the 1.0 credit deficiency remains or if insufficient academic progress is made (as determined by the associate principal or principal). If a student is on academic probation for two consecutive semesters, the parents and student will be required to have a conference to determine a course of action. Accumulation of credit deficiencies can result in the postponement of the anticipated year of graduation.

## **EARLY DISMISSAL**

Students leaving school early due to extracurricular necessity are expected to:

1. display proper conduct and participation in class
2. be responsible for any work or assignments given/missed
3. leave only at the time coordinated by the team coach
4. leave the classroom and the building in a quiet and orderly manner

## **TRANSPORTATION**

Coaches, athletes, cheerleaders, managers, and statisticians must travel to and from contests in transportation as arranged by the school/coaches. Cars may be used; however, adults must follow the provisions set forth in "Protecting God's Children." Athletes may drive to a contest, but this requires prior arrangement with the athletic director. Prior arrangement between the athlete's parents/guardian and the coach/athletic director must be made for any student to ride with the parent/guardian.

## **ATHLETIC AWARDS**

1. All eligibility requirements of the MSHSAA and TCHS must be met for a student to be eligible for consideration for an athletic award.
2. For the student to be considered for an athletic letter must have displayed good sportsmanship in competition and attended practice and games.
3. The student must meet all criteria set by the coach in the particular sport in order to be awarded an athletic letter.

**ACKNOWLEDGEMENT OF THE TCHS PHILOSOPHY  
REGARDING ATHLETIC AND EXTRACURRICULAR PARTICIPATION**

*To be completed by the athlete and parents/guardians*

I have read the Athletic Handbook and understand the responsibilities expected of TCHS athletes. I agree to abide by the rules and policies of this handbook.

\_\_\_\_\_  
Student/Athlete's Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student/Athlete's Signature

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

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

\_\_\_\_\_  
Date

**Please return this signed form to your coach.**