

**Trinity
Catholic
High School**

**ATHLETIC HANDBOOK
2011-2012**

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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.

OUR MISSION

Trinity Catholic High School is a welcoming and caring community committed to graduating responsible citizens grounded in Christian values, dedicated to serving others, and engaged in life long learning.



OUR VISION

Trinity Catholic High School, founded on the proud traditions of Mercy, St. Thomas Aquinas, Rosary, and St. Thomas Aquinas-Mercy High Schools, is a faith-based school serving North County and the surrounding areas of the metropolitan St. Louis area that

- Provides an excellent comprehensive academic program
- Is unmatched in value
- Challenges the students to think critically, live virtuously, and serve joyfully
- Recognizes the uniqueness of and diversity of each individual's talent, intellect, style, and ability
- Continually strives to create a state of the art facility in a safe, welcoming, and caring environment.

Our Blessing

May the love of the Father enfold us, the wisdom of the Son enlighten us,
the fire of the Spirit enflame us.
And may the blessing of our Triune God rest on us
and abide with us, now and evermore.

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 ATHLETE

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
 - 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 and the Athletic Director
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. Example: fall to winter sport-OK; fall to spring sport-14 days needed
 - b. The number of required practices is reduced to 10 for softball, golf, and cheerleading
4. The athlete must be enrolled in Trinity Catholic High School.
 - a. Students who are not enrolled at Trinity by the 11th 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 students who choose to participate in the athletic program at TCHS choose and agree to follow its 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

Trinity students are eligible to participate in athletics and other extra-curricular activities if they:

1. are registered/enrolled at Trinity
2. are in good standing (not on academic or disciplinary probation)
3. meet their current Christian service benchmark
4. meet all of the criteria established by the Missouri State High School Activities Association (MSHSAA)
5. have 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, that 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:

- **summer school 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 principal.

ATHLETIC DEPARTMENT POLICIES AND RULES

CONDUCT

All Trinity student-athletes are expected to maintain high standards of conduct and self-discipline, practice good sportsmanship, and be respectful of others, including opponents, team mates, officials, coaches, and spectators.

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. Trinity's requirements may exceed those of MSHSAA.
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 participants must be current with their Christian service requirements.
 - 80% of the requirement completed and verified by August 4, 2011
 - 90% of the requirement completed and verified by November 3, 2011
 - 100% of the requirement completed and verified by February 22, 2012
3. If, in the opinion of the parents, coach, counselor, or principal, an athlete is having academic problems serious enough to indicate that extra study time is necessary for academic success, 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 academic standing and/or behavior have improved.
4. A student can be ruled ineligible by the administration, athletic director, or the coach for failure to be a good school or community citizen.
5. Ineligible students are not permitted to try out, practice, perform, or compete.
6. Individual coaches select team members from those students who try out. The coaches also set standards for retention in consultation with the athletic director.
7. All eligibility rules and infractions are subject to review. The administration will make the final decision regarding a student's status.
8. Students must be in regular full attendance the day the activity is scheduled in order to participate in an extra-curricular activity (game, practice, performance). At the close of school on the day of the activity, the sponsor or coach shall certify to the principal that all those who will represent the school have been in attendance the full day. This policy applies to practice sessions, rehearsals, etc. Coaches and sponsors shall advise participants of this policy. Students who have been unable to schedule dentist or doctor appointments on another day may be excused from this policy as long as they provide the attendance secretary with a written doctor's note verifying their presence at the dentist or doctor office and stating the student is released to participate in an activity. All other circumstances involving absence and the approval to participate must be approved in advance by the principal.
9. Students must be excused from practice to attend SNAP.

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 alcohol or other illegal drugs on or off campus will be dismissed from the team and will be referred to the administration for further disciplinary action according to school policy.
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. At a minimum, an additional suspension will be imposed.

ATHLETIC EQUIPMENT

1. As stipulated by MSHSAA, Trinity issued sports uniforms may be worn when Trinity Catholic High School is being represented in competition.
2. Equipment and uniforms, including warm-ups and sweats, issued to athletes are the sole responsibility of the athlete.
3. All school issued uniforms and equipment, including warm-ups and sweat suits, must be returned at the time and place designated by the coach.
4. Equipment and uniforms issued to athletes must be returned in good condition; clean, undamaged, and the proper color.
5. Athletes must make full restitution for damaged or lost equipment and/or uniforms. Athletes who fail to make full restitution will not be permitted to try out, practice, or compete in any sport until the restitution is made.
6. Final report cards, diplomas, and transcripts will not be issued to athletes who do not turn-in uniforms or do not make full restitution for lost or damaged equipment or uniforms.
7. Athletes who willfully or maliciously destroy school property will be required to make full restitution. If they are permitted to remain at Trinity they will be ineligible to participate in extra curricular activities for at least one calendar year.

RULES FOR INDIVIDUAL SPORTS

1. Standards for athletes in specific sports are set by the coaches and approved by the athletic director and principal.
2. Athletes who do not meet the standards and do not follow the expressed expectations and rules may be suspended or dismissed from the team
3. Ordinarily Sunday practices are not held. If Sunday practices must be held they will be pre-approved by the administration. Sunday practices will not begin before noon and will conclude by 8:00 p.m.
4. All competitions and practices will conclude by 5:00 p.m. on Holy Thursday. No competitions or practices will be held on Good Friday.
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. THIRD ejection will result in immediate removal from the squad.
 - d. Any student athlete reported for inappropriate conduct or unsportsmanlike behavior will participate in a conference with their coach, the A.D. and the principal to determine consequences.

PROBATION

Probation is the continued enrollment of a student, but with specific conditions. The decision to use probation is made by the principal in consultation with the deans of discipline, counselors, and the learning consultant. The conditions of probation will be communicated to the parent/guardians of the students involved.

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 at the time of tryouts, he or she may not participate anytime during that season.

Academic probation

A student who is deficient 1.0 or more credits will be placed on academic probation for a period of at least one semester. Academic probation is reviewed by the principal at the end of each semester and prior to the start of a new school year. 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 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 a three-credit deficiency may result in dismissal from Trinity for academic reasons.

Disciplinary probation

A student will be placed on disciplinary probation if

1. actions of the student at school or at school activities are judged sufficiently serious and/or persistent
2. the student receives an "U" in conduct in three or more subjects during the same grading period
3. the student receives four "N's" in conduct during the same grading period

Disciplinary probation is reviewed at the end of each semester. At that time, the probation may be terminated, may be continued with the possibility of additional conditions of probation, or the student may be referred to the Disciplinary Review Board to determine if the student will be permitted to remain at Trinity. During the period of disciplinary probation, any single serious violation or series of lesser violations of school regulations may result in the student being withdrawn.

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 Athletic Director and Principal
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 and coach and approval by the parents on the Parent Permission Form. 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, he/she 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 or numeral.

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

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, policies, and consequences 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.

STUDENTS MAY NOT PARTICIPATE UNTIL THIS FORM IS ON FILE WITH THE COACH.