

# Trinity Catholic High School

## ATHLETIC/ EXTRA-CURRICULAR HANDBOOK 2020-2021

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**TRINITY CATHOLIC HIGH SCHOOL**  
*Better Education . . . Brighter Future*

**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 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. Our goal is to:

*provide an excellent comprehensive academic program unmatched in value*

*challenge students to think critically, live virtuously, and serve joyfully*

*recognize the uniqueness and diversity of each person's talent, intellect, style, and ability*

*create 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 and extra-curricular 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, organization and school. How students act is a visible representation of the TCHS community. Students have a responsibility to act in a positive way, both within and outside the school environment. Students failing to do so could forfeit their privilege to participate in athletics and extra-curricular activities at TCHS.

## RESPONSIBILITIES OF THE TRINITY CATHOLIC STUDENT-ATHLETE

Each athlete is expected to:

1. be a positive ambassador for TCHS
2. treat teammates, coaches, opponents and officials with respect
3. play hard and according to the rules
4. exercise self-control at all times, thereby setting an example for others to follow
5. accept the officials' decisions without argument or gestures
6. win with honor and avoid boasting, lose without excuses and never quit
7. always remember it is a privilege to represent TCHS

## MSHSAA REQUIREMENTS

To participate in MSHSAA-sponsored high school athletics and activities, students must abide by the Missouri State High School Activities Association (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 or the TCHS Athletic Director.
  - a. Includes all athletic teams as well as cheerleading
  - b. Physicals must be updated every **two years** and cover all sports the student participates in during those years. The Physical Exam Form is available from the TCHS Main Office, the athletic director or it may be downloaded and printed from the TCHS website.
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. **This form is on the back of the Physical Exam Form.**
  - 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
4. The athlete must be enrolled in TCHS and must have completed all registration requirements in order to participate in athletics. **TCHS follows all other MSHSAA guidelines and recommendations determining transfer eligibility.**

## **TRINITY CATHOLIC POLICIES AND RULES**

All students who choose to participate in the athletic program and other extra-curricular activities at TCHS 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 eligibility/credit deficient rules, etc.)**

## **EXTRA-CURRICULAR AND ATHLETIC ELIGIBILITY**

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

1. are fully registered/enrolled at TCHS
2. are in good standing (not on academic or disciplinary probation)
3. meet their current Christian service benchmark (senior year)
4. meet all of the criteria established by the Missouri State High School Activities Association (MSHSAA)
5. have paid (or have added the fee to their monthly tuition agreement) the athletic participation fee of \$150 (one time yearly fee) before the first practice (athletes and cheerleaders only) of the athlete's first sport season of the school year
6. are fulfilling all financial agreements in terms of tuition
7. have returned the handbook form acknowledging agreement with rules, policies and consequences

## **ELIGIBILITY**

1. Eligibility to participate in athletics and extra-curricular activities is a privilege that is attained by meeting standards set for athletics, by the MSHSAA and extra-curricular activities by TCHS. **TCHS requirements may exceed those of the MSHSAA.**
2. Trinity expects its students to be in good standing (not on academic and/or disciplinary probation and students may not be credit deficient). Additionally, senior participants must be current with their Christian service requirements (senior year):
  - 80% of the requirement completed and verified by the start of the fall sports practices
  - 90% of the requirement completed and verified by the start of winter sports practices
  - 100% of the requirement completed and verified by the start of spring sports practices
3. **If, in the opinion of the parents, coach, counselor, or principal, a student is having academic problems serious enough to indicate that extra study time is necessary for academic success, the student may be removed from its team or activity to allow for more study time.**

- Progress reports may be requested by the principal or athletic director to ensure the student is demonstrating sufficient academic/disciplinary progress. The student 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 TCHS Administration will make the final decision regarding a student's status. The request to have an appeal hearing on any eligibility or disciplinary decision may be made by a student's parent(s) or guardian(s). It is up to the TCHS Administrative Team to decide if such a meeting will take place. **If a meeting is granted, only parent(s), guardian(s), the student and members of the TCHS Administrative Team will attend. No third parties (ie: lawyers, pastors, priests, etc) will be allowed at the meeting.**
  8. Students must be in attendance the day the activity is scheduled in order to participate in an extra-curricular activity (game, practice, performance). This policy applies to practice sessions, rehearsals, etc. Coaches and sponsors shall advise participants of this policy. Students who have been unable to schedule medical 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 appointment. Other circumstances involving a student's absence must be approved in advance by the principal.
  9. Students must be excused from practice to attend SNAP.
- 10. Detention takes precedence over every other school activity and may not be rescheduled because of tryouts, practice, games, etc.**
11. Students who are unable to tryout for a sport or activity due to injury or other medical reason, may do so when the injury/medical reason is resolved. A release to participate must be obtained from a physician and the tryout must be approved by the coach, athletic director, and principal.

## **ACADEMIC EVALUATION**

Students' grades will be reviewed each quarter. In order to remain eligible for extra-curricular activities, students must earn a 2.00 grade point average or higher for each quarter. Students with two or more failing grades at the quarter (regardless of the GPA) will also be ruled ineligible for extra-curricular activities for the following quarter. Students may regain their eligibility when grades are reviewed at the end of the subsequent quarter. If a tryout occurs for a sport (or activities begin for a club or

organization) while a student is ineligible, the student will not be allowed to tryout. **It will be up to the coach of a sport, or moderator of a club or organization, as to whether the student is allowed to rejoin a team or organization if the eligibility is regained.**

At the end of each semester, any student who is credit deficient will be ruled ineligible. Students who become ineligible at the conclusion of the first semester of the school year will be removed from any extra-curricular activities. If that student is only a half credit deficient, the student will be able to return to extra-curricular activities once the credit is recovered through a TCHS approved credit recovery program. **It will be up to the coach of a team or moderator of club or organization as to whether a student is allowed to rejoin a team or organization if the eligibility is regained.**

At the end of each semester a student who is more than a half credit deficient, will be ruled ineligible for the entire second semester per the MSHSAA credit deficient rules. **No more than a half credit may be recovered during the school year in order to regain extra-curricular eligibility.**

Students who become ineligible due to credit deficiency at the end of the second semester of a school year will be required to recovery all of their deficient credits over the summer in order to be eligible to participate in extra-curricular activities at the beginning of the following school year.

## **ATHLETIC DEPARTMENT POLICIES AND RULES**

All Trinity Catholic coaches, student-athletes, as well as family members and friends who attend athletic contests, are expected to:

- \* know and demonstrate the fundamentals of good sportsmanship
- \* show respect for school property and authority
- \* show respect for opponents and opposing coaches and fans
- \* show respect for players who are injured
- \* respect the judgement and strategy of the coach (even if you disagree)
- \* avoid profane language and obnoxious behavior
- \* avoid applauding errors and penalties of the opponents
- \* refrain from heckling, jeering or distracting opponents
- \* refrain from being critical of players, coaches or officials for a loss.

Failing to live up to these expectations could result in coaches and athletes being suspended from games and others being banned from attending TCHS athletic contests.

A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute, shall not be eligible for extra-curricular activities by MSHSAA and TCHS guidelines until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fines, court costs, etc.) or special conditions of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. **Moving traffic offenses do not apply unless they involve drugs, alcohol or injuries to others.**

It is the responsibility of the student and/or parents to notify the school of any and all situations that would affect a student's eligibility under the above standards. If the student or parents do not notify the school of the situation prior to the school's discovery, the student shall be ineligible for 365 days from discovery, pending review by the MSHSAA Board of Directors.

### **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, learning consultant and other appropriate school personnel. The conditions of probation will be communicated in writing to the parent/guardians of the students involved. During probation, a student may not participate in any way in extra-curricular activities including tryouts, practices, performances, games, and competition. If the student is on probation, and therefore ineligible at the time of try outs, or the start of activities for a club or organization, he or she may not participate anytime during that season or for the duration of the specific activities of that club or organization.

### **Disciplinary probation**

A student will be placed on disciplinary probation if the actions of the student at school or at school activities are judged sufficiently serious and/or persistent.

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, or the student may be referred to the Disciplinary Review Board to determine if the student will be permitted to remain at TCHS. 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.

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

1. The use of illegal drugs, alcohol, and tobacco products including electronic and vapor cigarettes prevents athletes from performing to the best of their ability and is forbidden.
2. Students who use alcohol or other illegal drugs on or off campus will be subject to suspension or dismissal from a team or activity and will be referred to the administration for further disciplinary action according to school policy.

## **ATHLETIC EQUIPMENT**

1. As stipulated by MSHSAA, Trinity Catholic 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.

## **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. Sunday practices will not begin before noon and will conclude by 8:00 p.m.
4. 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 TCHS and MSHSAA, shall receive the following punishments in all sports:
  - a. Ejection from a contest – miss the following contest per MSHSAA rules and meet with the athletic director and administration. The athlete may be suspended for additional contests as well depending on the severity of his or her actions.
  - b. Second ejection from a contest – miss the following contest per MSHSAA rules. meet with the athletic director and administration and be suspended for **at least** one additional contest. The athlete may face additional consequences depending on the severity of his or her actions
  - c. A third ejection from a contest - will result in immediate removal from the team.
  - d. Any student-athlete reported for inappropriate conduct or unsportsmanlike behavior will participate in a conference with their coach, the athletic director and principal to determine consequences.

### **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, statisticians and students participating in school sponsored extra-curricular activities must travel to and from games and events 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." Students may drive themselves, 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 another student, parent or guardian.