

**Notre Dame High School  
Athletic Handbook  
2019-2020**

***NOTRE DAME***



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## **MISSION STATEMENT OF NOTRE DAME HIGH SCHOOL, BELMONT**

Notre Dame High School, Belmont, is an independent Catholic college preparatory high school dedicated to the educational mission of St. Julie Billiart and the Sisters of Notre Dame de Namur. We are a caring and compassionate community committed to justice and peace while developing responsible young women of active faith, strong intellect, and Christian leadership. We develop the gifts and talents of each student and foster Gospel values in an environment of academic excellence and mutual respect.

## **INTRODUCTION**

Notre Dame High School recognizes the interest and enthusiasm for athletics demonstrated by our students. Notre Dame High School's philosophy of athletics is to promote positive attitudes, to develop skills and knowledge at the competitive level and to have fun. As a department, we promote sportsmanship, honesty, commitment, support, patience, hard work, integrity, loyalty, and pride.

Notre Dame High School competes in the West Bay Athletic League (WCAL), which includes 13 private schools in San Francisco, the Peninsula, and the South Bay. This conference is a part of the Central Coast Section (CCS) and the California Interscholastic Federation (CIF). Interscholastic sports include: Tennis, Volleyball, Cross Country, Basketball, Soccer, Golf, Softball, Swimming, Lacrosse, Track and Field and Water Polo (plays in the Peninsula Athletic League). Our Spirit Squad (competitive cheer, competitive pom (dance) and game day cheer (traditional cheer) are also a part of NDB's athletic department.

## **ATHLETIC PHILOSOPHY**

All students (who are qualified) may try out for membership on sports teams. Unfortunately, not everyone who tries out can be accepted. The decision of the coach, in conjunction with the Athletic Director and in consultation with the Head of School, is final.

In keeping with our NDB philosophy which seeks to encourage the development of the whole person, a competitive athletic sports program is offered. This program attempts to:

1. build physical ability, endurance, and mental alertness in an atmosphere that is respectful of all persons involved;
2. teach that practice and teamwork are necessary for achievement;
3. develop a capacity to deal with competition, to teach giving 100%, and to accept defeat with patience and victory with humility; and
4. encourage a sense of loyalty to and pride in the Notre Dame High School, Belmont community.
5. provide everyone a fair chance to participate.

Parents are encouraged to help their daughters understand that not everyone will be selected.

## **ATHLETIC DEPARTMENT OBJECTIVES**

We believe in close partnership and collaboration with parents in supporting their daughter's goals and athletic endeavors. To this point, the Notre Dame High School Athletic Department aims to:

1. respond to student needs, interests, and enthusiasm by giving students the opportunity to participate in a wide variety of team sports;
2. introduce students to the fundamentals of sports, sportsmanship, and Christian values necessary for them to develop as a whole person;
3. emphasize teamwork, leadership, respect of others, perseverance, and provide a physical outlet which will enable them to progress in high school athletics;
4. enable students to recognize that the process used in striving to win is as important as the goal itself;
5. enable students to enjoy the athletic experience;
6. develop desirable personal health habits for all NDB athletes; and

## **ATHLETIC ELIGIBILITY GRADE STANDARDS (SEE PARENT/STUDENT HANDBOOK 2017-2018)**

*Notre Dame High School* requires that ATHLETES have a GPA of 2.0 or above. In addition, athletes may not have a report card/progress report that has "Incomplete" grades, two or more "D's," or one or more "F's."

### **GENERAL D/F POLICY**

#### **Athletic Probation**

If a student-athlete does not meet the minimal grade expectations on her report card at the end of any grading period, she is on athletic probation for the period of one week (seven days). If at the end of that week, the student-athlete has brought her grade(s) up to acceptable stated levels, she will again be eligible to participate. This probation continues on a week-to-week basis until the student-athlete has improved her grade to the required level. In order to remain eligible, student-athletes may not have:

- Incomplete grades
- Two or more "D's"
- One or more "F's"
- A GPA below minimum 2.0

#### **Interim Grace Period (Athletes and Cheerleaders Only)**

There is a grace period (student-athlete may continue to practice and play) at the end of the first and fourth grading periods for the student-athlete who has earned an "Incomplete grade", two or more "D's" or one or more "F's" on her report card. She will be placed on athletic probation at mid-second and/or mid-fifth grading period (3 weeks after the date grades are submitted) if her grade/grades continue to fall below the following unacceptable stated levels:

Student-athletes will not be allowed to participate in athletics at the start of the new semester if they finish the prior semester with two or more "D's", one or more "F's" and/or GPA below 2.0. If the student-athlete finishes with incomplete grades at the end of a semester, she must complete all course work (tests, homework, term papers and projects) and earn a passing grade that has been recorded with the Registrar's Office. Only then will the student-athlete will become eligible again. The policy will be included in the contract each student and parent is required to sign and will also be monitored by the Athletic Director.

### **ACADEMIC DISHONESTY ATHLETIC POLICY**

Any academic dishonesty report filed by a student athlete's teacher could result in a student-athlete's forfeiture of practice and playing time.

### **ATHLETIC REVIEW BOARD**

The purpose of the Athletic Review Board is to review complaints from parents and students after all other efforts to resolve a conflict have been exhausted, i.e., the final decision of the coach and Athletic Director. The Board will not hear appeals regarding coaches' decisions in the areas of playing time and awards. The Athletic Review Board is a standing committee that sits for the year.

The Athletic Review Board is composed of the following members:

- 1-2 members of the Faculty/Staff (non coaches) appointed by the Administration
- 1-2 coaches appointed by the Administration. If the appointed coach(es) is/are the coach(es) of the team under review, another (other) coach(es) will be appointed by the Administration.
- The Assistant Principal for Student Affairs
- The Head of School

The Athletic Director will be responsible for setting up the meeting at the request of the family and/or athlete. After review of the issues at hand, the Athletic Review Board will vote, and its decision will be final. The Athletic Director will inform the family and/or athlete in writing of the Board's decision.

## **AWARDS**

The department honors their athletes at the end of the school year by hosting an all-program awards ceremony at NDB in the Moore Pavilion. A sit down dinner be provided for families. All athletes are expected to make arrangements to attend the awards night. Athletes are also expected to dress up for the event. No jeans, t-shirts, sweats or tennis shoes are to be worn.

Varsity team awards:

- Block Letter – first year varsity team members
- Sport Insert - varsity athletes who have already lettered - insert to be sewn on to block letter
- Senior Award – varsity seniors receive gift from Boosters
- Scholar Athlete – varsity athletes who earn GPA of 3.5 or higher un-weighted; Fall Sports P1, Winter Sports P4, Spring Sports P5, Cheer/Pom athletes P4
- WBAL Awards – first team, second team and honorable mention awards
- CCS playoffs qualification certificates

In addition to the varsity awards, NDB Athletics, in conjunction with each team, honors athletes from each team with team awards. Team members choose their own teammates for three of the four awards. The player's votes are only recommendations to the coaching staff for the selection of the awards. If peers select a player that is not a team leader, role model, or positive teammate, the coach may choose a more deserving athlete. In most cases, players choose peers that are deserving of the awards.

**All awards are checked and approved by the Athletic Director.**

The 3 **Team Awards** are:

- Most Valuable Player
- Most Improved
- Most Inspirational

A fourth award, the **Coach's Award**, is determined by the coach/coaches of each team. The criteria for selection of this award may include:

- Team leader
- Team role model
- Supportive team member
- High skill level
- Positive sportsmanship
- Demonstrated excellent knowledge of sport

## **OTHER ATHLETIC DEPARTMENT AWARDS**

Alison Huber Athletic Spirit Award (presented at Class Day)

- In July 2001, the Notre Dame community lost a special member when Alison Huber, class of '99 passed away. She was admired by her peers/classmates, faculty, staff and coaches for her all around enthusiasm and compassion for others, in addition to many other positive qualities. We continue to honor her memory by annually recognizing a graduating senior who exhibits similar qualities with the Alison Huber Athletic Spirit Award. The criteria for this award is a senior athlete who shows the compassion, team spirit, and loyalty to the Notre Dame community that Alison displayed throughout her four years at Notre Dame.

Tiger of the Year (presented at Athletic Awards Banquet)

- The Athletic Department honors a senior who made the greatest number of contributions to NDB Athletics over her four years of athletic participation. Arbitrary points are awarded for participation on freshman, JV and varsity level teams, qualifying for CCS, winning a championship (league, CCS, nor-Cal or state), making first team all league, and being selected as team MVP.

Season of Sport (presented at Athletic Awards Banquet)

- NDB honors a senior who participated on the most seasons (teams) at Notre Dame Belmont, with varsity participation being weighted. Playing on multiple teams throughout the student-athlete's four years of high school is an important feat/quality, deserving of recognition. In order to qualify for this award a senior must have competed in at least **ten** seasons of sport.

Scholar Athlete (presented at Class Day)

- The Scholar-Athlete Award is given to a senior who participated as a two-sport varsity athlete, maintained a minimum 3.5 GPA unweighted, completed 100 service hours, and is a good role-model for her teammates among many other positive qualities.

Ron Williams Memorial Freshman Award (presented at Athletic Awards Banquet)

- In 2004, our freshman basketball parents created a very special scholarship in memory and in honor of Ron Williams, a beloved coach of 2003-2004 freshman basketball team. Coach Williams died unexpectedly in April of 2004 after completing a very successful 2003-2004 season with our freshman tigers. In the brief time coach Williams was with us, he instilled in his players a great love for the game, the importance of sportsmanship, the values of cooperation, team spirit and unity, and fair and selfless play.

## **CLUB TEAMS**

Off-season "club teams" are not sponsored or explicitly endorsed by Notre Dame High School. Participation on a club team does not guarantee a roster spot on a Notre Dame High School team.

Athletes may not play on a non-school team ("club team") while a member of a Notre Dame High School team of the same sport during the same season. For example, an athlete may not play club soccer while a member of a Notre Dame High School soccer team during the high school season. If this CIF/CCS rule is broken, the team will forfeit the game in which the illegal member of the team played.

## **COMMITMENT**

Players are expected to make all scheduled practices, games and team events. If there is an emergency or a reason a player misses a practice or game, it is up to the player to inform the coach that she will be absent. It should be understood that medical and dental appointments should be made during non-practice and game times. There may be practices and games during holiday breaks and on student holidays. It should also be understood that missing practices and games may have an impact on the amount of playing time that a player receives and could result in removal from the team.

## **COMMUNICATION PROCEDURES**

The athlete and athletes' parents agree to the following steps if there is a problem with any team related issues:

- The athlete discusses it with the coach
- The athlete discusses it with the Athletic Director
- The athlete and parents discuss it with the coach
- The athlete and parents discuss it with the Athletic Director
- The athlete and parents and Athletic Director meet with the Head of School

## **CONCUSSIONS**

Any athlete who shows signs or symptoms of a possible concussion will be removed immediately from athletic participation. If there is no Athletic Trainer present at the practice or competition, the student-athlete should be evaluated by a physician. A physician's note with treatment plan and clearance to return to athletic participation would then be required. When an Athletic Trainer is present, he/she will discuss with the student-athlete and parent(s) if further evaluation by a physician is needed, the course of treatment and return-to-play protocol.

## **CONFLICTS WITH EXTRACURRICULAR ACTIVITIES**

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of conflicting obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities and, to this end, will attempt to schedule events to minimize conflicts. However students and their parents/guardians have the responsibility to do everything they can to avoid conflicts including the avoidance of committing to too many activities.

## **EMERGENCY MEDICAL AUTHORIZATION (APPRYSE)**

Each athlete's parents or guardians must complete an emergency medical authorization giving permission for treatment by a physician or hospital when the parent(s)/guardian(s) are not available.

Appryse is a medical information and injury notification system used for NDB Athletics to manage medical information and emergencies. Appryse securely contains contact information and medical history in a cloud-based mobile phone accessible system. In the event of injury, you will be automatically notified via phone, email and text message simultaneously and given directions to the location of your child, whether on the field or the hospital they are taken to.

Parents are able to enter all information online and upload or fax doctor physical forms. Information can be updated throughout the year as it changes, and the following season only requires a review and update of information.

**There is now an August 1 deadline to sign-up for or update APPRYSE and upload physicals. A \$50 fine will be assessed in order to make sure this process is complete before school begins in the fall.**

To access and download the required forms, you must first [enroll in Appryse](#). Once enrolled, go to the "to do checklist" and download the required forms.

## **FORMAL ADDRESS OF COACHES**

Coaches are expected to be addressed professionally by their athletes. Coaches must require their athletes to refer to them as coach, or coach last name, or coach first name, at all times. This is a school-wide policy.

## **HAZING/BULLYING**

Bullying/Hazing occurs when an individual is subjected to treatment in a school environment which is hostile, offensive, or intimidating. Harassment of a student by any other student is prohibited and will not be tolerated. NDB's Parent/Student Handbook states that Bullying/Hazing and/or the inappropriate use of social media amongst teammates is not condoned.

## **INTERSESSION**

All athletes participating in winter and/or spring sports during an intersession year must enroll in a course that will not interfere with her sport season. The intersession coordinators will be notified of this athletic policy, and team rosters will be checked to make sure that athletes honor their decision to play a sport.

## **KAIROS RETREAT**

All athletes playing a sport who would like to attend a Kairos Retreat (as either a participant or in a leadership role) must participate in a retreat that does not conflict with her sport season. If an athlete plays in both seasons in which a Kairos Retreat is held, students are directed to choose the retreat that has the least impact for her team(s). The Athletic Director and Kairos Coordinator work to make sure students are given the opportunity to attend Kairos.

## **MOORE ATHLETIC PAVILION**

West Locker Rooms are designated for Physical Education students. East Locker Rooms are available for the athlete's use during their season of sport. Locks must be obtained from the Assistant Athletic Director or PE Teacher for a fee. All personal equipment should be kept secured in your locker. All athletic bags must be stored in locker room either in assigned locker or neatly on the floor. All bags found outside of the locker room will be confiscated and a one-hour detention will be assigned to violators of this policy. Gym: Only athletic shoes are allowed on the gym floor. Athletes are expected to help keep the gym in a clean and orderly manner and coaches are expected to make sure that all facilities are left clean. This includes removing water bottles, not leaving backpacks, and returning all equipment to its storage location.

## **PARENTAL SPORTSMANSHIP**

Parental sportsmanship encompasses the practice of playing fair, taking defeat without complaint and victory without gloating, and treating teammates and opponents with respect and dignity. In accordance with the school's philosophy and goals, the promotion of sportsmanship is of utmost importance. Sportsmanship demonstrated by all involved in athletics is perhaps the clearest sign of the Mission of Notre Dame High School. As parents are the primary role models for their daughters, it is critical that parents set the best possible example of sportsmanship, particularly when they are spectators at an athletic contest. Sportsmanship includes, but is not limited to, the following:

- showing respect for all players, opponents, and officials;
- maintaining self-control;
- showing respect for the facility in which the contest is taking place;
- refraining from heckling, jeering, or using profane language; and
- demonstrating a positive attitude in words and actions.

Any violation to the above rules will result in being addressed by the Athletic Director in collaboration with the Head of School.

## **PARENT TRANSPORTATION FROM EVENTS**

After away athletic contests, parents must make sure that the coaching staff is aware that the athlete(s) in question is/are leaving with parents. Parents may take other athletes only if the transportation information has been completed.

## **PLAYING TIME**

Individual players are not guaranteed playing time. During practices and contests, all players will have the opportunity to improve their skills and demonstrate their athletic ability. Each coach determines playing time for each player based on what is best for the team and the individual athlete.

## **PERFORMANCE ENHANCING SUPPLEMENTS**

The Athletic Department prohibits the use of performance-enhancing supplements such as Creatine, Androstenedione, and Androgenic/Anabolic Steroids. Such products may have a damaging effect on the health of those who use them. It is expected that Notre Dame High School athletes will train and compete hard, reaching their full potential based on their natural abilities, without the introduction of foreign substances into their bodies. Students using these supplements will be immediately removed from the team. Any athlete who has used or is in possession of drugs, alcohol, or related paraphernalia at school or at school related activities will be removed from the roster immediately. She will have to appeal to the Athletic Director before trying out for another team at Notre Dame High School. All athletes and parent(s)/guardian(s) will be required to sign a CIF mandated Androgenic/Anabolic Steroid Contract.

This statement is included in the Athletic Participation Packet that each player and parent must sign.

## **PHYSICAL EDUCATION COURSE CREDIT**

Students can satisfy one semester (of two required semesters) of the PE requirement for playing a season of sport at Notre Dame High School. Students must adhere to all team rules, regulations, and attendance policies and complete the season in order to receive credit for the sport.



## **PHYSICAL EXAMINATION**

A yearly physical examination is required. The physical form must be completed by a licensed physician and uploaded to APPRYSE before August 1 of each new school year, otherwise a \$50 late fee is assessed. Participation in any tryouts, practices, or games is not allowed if not completed. The physical covers all sports for one 12-month period from the date of the exam.

## **REMOVAL OF STUDENT-ATHLETE**

If a player is removed from a team, it is the coach's responsibility to have an accurate and valid case for player removal. The coach will document player indiscretions including foul language, acts of poor sportsmanship, inappropriate behavior towards teammates, and any others acts that could be seen as detrimental to the team. While documenting inappropriate behavior, the coach should start the process of meeting with the athlete and then the athlete and parent(s). These meetings will allow the coach to express his/her concerns and learn the cause(s) of the player's behavior. Meeting(s) with the player and her parent(s) should help both player and parent gain an understanding of what behavior has to change as well as why change is important. As stated in the Athletic Handbook, if a player has a problem with the coach, the player must first meet with the coach and then the Athletic Director. After this process, the athlete and parent(s) must meet with the coach and Athletic Director. If the problem is not resolved through this process, the athlete, parents, Athletic Director, and Principal will meet. The coach and Athletic Director reserve the right, in their discretion, to dismiss a player from a team without warning for actions of such a severe nature as to warrant immediate action.

In order to ensure the stability of the rosters, an athlete who is removed from a team or who resigns from a team without prior approval of the coach, Athletic Director, and Head of School will lose the privilege of participating in athletics until the season of sport is complete.

## **REPORTING OF INJURIES**

All injuries that occur while participating in athletics should be immediately reported to the coach and the Athletic Trainer. If the injuries require treatment, it will be necessary to complete an ***Injury Report*** ([link](#)). Once an athlete has been injured and has received medical attention, a written release from a licensed physician (depending on the injury) and approval by the Athletic Trainer is required before she can return to athletic competition.

Any athlete who shows signs or symptoms of a possible concussion will be removed immediately from athletic participation. If there is no Athletic Trainer present at the practice or competition, it is advised that the student-athlete get evaluated by a physician. A physician's note with treatment plan and clearance to return to athletic participation would then be required. When an Athletic Trainer is present, he/she will discuss with the student-athlete and parent(s) if further evaluation by a physician is needed, the course of treatment and return-to-play protocol.

## **REQUIRED ATHLETIC PACKET INFORMATION (APPRYSE) (LINK)**

No student will be allowed to participate in Athletics (tryouts, practices, or competitions) without completing Appryse (consent and waiver form, transportation consent form, emergency information, and physical examination form).

## **STUDENT BEHAVIORAL EXPECTATIONS**

Student athletes are expected to conform to all of the school's rules and regulations. Violations of the school's rules and regulations will result in detention which may result in an athlete missing a game or practice. There will be no exceptions to the school's detention policy for athletes which reads as follows:

- Detention will meet 2 times per week (Tuesday and Thursday) each 1 hour sessions
- Student receives detention one day and is assigned day to serve
- No show = additional hour to be completed on 2 assigned dates
- Detention has priority over all practices. Practices and games are not acceptable reasons to miss detention.

## **TRAVEL**

It is the athletic policy that student-athletes will travel to games and practices in a school vehicle. Each coach will have driving information on the student-athlete's driving form indicating if the athlete may drive herself, other teammates to and from practices/games. Athletes may drive other athletes with parental permission and only if they have had their driver's license for one year. A copy of their driver's license will be requested with their forms. The Athletic Director may allow for an exception, **ONLY** when parents provide a written notice to the Athletic Director about the following:

- Athlete Conflict (this does not include where athletes live and if games are close to residence or if games are later than immediately after school).
- Athletic Director/Head of School Decision

For liability purposes, Athletes may only drive to the following locations for practices or contests:

- Carlmont High School, Belmont
- Aragon High School, San Mateo
- Hillsdale High School, San Mateo
- Crystal Spring Uplands, Hillsborough
- Nueva School, San Mateo
- Sequoia, Redwood City
- CSM, San Mateo
- Serra, San Mateo
- Mariner's Point, San Mateo

The school requests that athletes be driven to practices and contests by parents, when locations are outside of the above areas.

## **TRYOUT POLICIES AND PROCEDURES**

Athletes are guaranteed a minimum of three tryout sessions. If an athlete has a conflict with a tryout session time and must miss one of the sessions, the absence must be cleared with the coach and/or Athletic Director **PRIOR** to the tryout. If a student cannot participate in the regularly scheduled tryouts due to injury or another medical condition, the athlete will have a tryout scheduled for her if she provides a doctor's note. The tryout will be part of the regularly scheduled practice with drills and scrimmages being conducted with the team's improvement in mind. Any exception to this policy must be approved by the Athletic Director.

Parents, relatives and friends are not allowed to view tryouts – they are closed sessions. Parents are not allowed to help conduct tryouts.

Choosing the members of an athletic team is the sole responsibility of the coach. Prior to trying out, the coach will provide the following information to all potential athletes:

1. extent of the tryout period (minimum of three sessions);
2. anticipated number of students to be selected; and
3. practice and game time commitments.

Multi-sport athletes will not be penalized for participating in more than one sport. When athletes are involved with more than one sport, a special tryout will be conducted. Fall athletes trying out for winter sports and winter athletes trying out for spring sports will be given a one-day tryout (minimum) at the conclusion of their previous season of sport. The Athletic Director will determine the day of the one-day tryout.

All rosters will be placed on the athletic website once tryouts are completed.

The Varsity Team may include athletes from all grade levels. The JV Team may include all grade levels except seniors. The Freshman Team includes freshmen only.

## **UNIFORMS/EQUIPMENT**

An athlete is responsible for any uniforms the school provides. Athletes will be charged double the full cost of replacement of uniforms not returned or returned in poor condition. In addition, a student may not try out for any future Notre Dame High School team until the cost is paid in full. Uniforms may include jerseys, shorts, warm ups, and team bags. Uniforms are to be returned to the coaches at the end of the season.

All practice gear is purchased online at the NDB Spirit Pack site. There are required items to purchase and some that are optional. If an athlete has purchased an item(s) during the year prior, she does not have to purchase the required item(s) again. There may be new items required on a year to year basis. Go to [ndhsb.org](http://ndhsb.org) under athletics/links and forms.

### **WEIGHT ROOM POLICY**

Beginning each new school year, all returning sophomores, juniors, and seniors must complete twenty hours in the weight room in order to participate on an NDB athletic team. If the twenty hours have not been completed, an athlete may still attend try-outs for her sport. If the athlete makes the team, she must complete the twenty hours in order to join the team for practices and contests. All hours must be completed with the NDB Strength and Conditioning Coach in the NDB Weight Room.

## **CIF/CCS RULES**

### **Student Participation**

Only students regularly enrolled in public and private CIF member schools, grades 9-12, shall be permitted to participate in the California Interscholastic Federation and shall represent only that school of enrollment except as provided in Bylaw 303. Interscholastic sports teams composed of boys and/or boys and girls shall be conducted in accordance with these Bylaws. Girls interscholastic sport teams shall be conducted according to these Bylaws including certain additional rules and modifications pertaining to girls' sports teams and mixed sports teams.

### **STUDENT ELIGIBILITY – PENALTY FOR PROVISION OF FALSE OR FRAUDULENT INFORMATION**

If it is discovered that any parent, guardian, caregiver or student has provided false information in regards to any aspect of eligibility status on behalf of a student, that student is subject to immediate ineligibility for CIF competition at any level in any sport for a period of up to 12 calendar months from the date the determination was made that false information was provided.

### **ELIGIBILITY RULES**

Only students enrolled in public or private CIF member schools grades 9-12 are permitted to participate in athletic competition. Students may not participate or practice on any team if their 19<sup>th</sup> birthday occurs on or before June 15 of the current school year. A student who enters the 9<sup>th</sup> grade following his/her completion of the 8<sup>th</sup> grade is eligible for competition for a maximum period of eight semesters. This eligibility must be used during the first eight semesters of school attendance. Enrollment and/or attendance of (15) days or more at any school or participation in one or more inter-school contest(s) counts as one of the eight semesters. **Note:** Special transfer situations do occur that may or may not involve a loss of eligibility. Foreign exchange students interested in participating in athletics should contact the Athletic Director regarding their possible eligibility.

### **AGE REQUIREMENT**

No student, whose nineteenth (19th) birthday is attained prior to June 15, shall participate or practice on any team in the following school year. A student, whose 19th birthday is on June 14, or before, is ineligible. This bylaw may be waived by section action, provided the section adopts criteria for such a waiver which shall include, but not be limited to the following:

- Such a waiver would not grant more than four years (eight semesters) of eligibility; and
- Such a waiver would not grant more than four years' participation in any sport; and
- That a hardship exists which, in the judgment of the section, requires a waiver.

### **EIGHT SEMESTERS**

A student who first enters the ninth grade of any school following the student's completion of the eighth grade in any school may be eligible for athletic competition during a maximum period of time that is not to exceed eight consecutive semesters following the initial enrollment in the ninth grade of any school, and said eligibility must be used during the student's first eight consecutive semesters of enrollment at that school or any other school. Each California Interscholastic Federation Section may, at its discretion, establish rules and procedures for waiving the limitation on semesters of eligibility, providing:

The student is required by the student's school principal to return to grade eight from grade nine and the student did not take part in an interscholastic contest while in the ninth grade, for the first time OR

The student, because of mid-year completion of an eighth grade or a mid-year completion of the ninth grade in a junior high school, is required by the student's school principal to repeat a semester of work in order to conform to a school program having annual terms, AND that the student has not taken part in an interscholastic athletic contest while enrolled for the first time in the semester which the student's school principal required the student to repeat.

## **DEFINITION OF A SEMESTER OF ATTENDANCE**

Enrollment and/or attendance for fifteen (15) school days or more shall count as one of the eight (8) semesters as specified in Bylaw 202.

Participation in one or more interscholastic athletic contests shall count as one of the eight (8) semesters as specified in Bylaw 202.

## **SCHOLASTIC ELIGIBILITY**

**Initial Eligibility:** In order to be eligible, any student entering from the eighth grade into a CIF four-year high school, a junior high, or a junior high under the provisions of Bylaw 303, must have achieved a 2.0 grade point average on a 4.0 scale in enrolled courses at the conclusion of the previous grading period.

**Probationary Period:** The governing board of each school district, private school, or parochial school may adopt, as part of its policy, provisions that would allow a student who does not achieve the above requirement in the previous grading period to remain eligible to participate in interscholastic athletics during a probationary period. The probationary period shall not exceed one semester in length, but may be for a shorter period of time, as determined by the governing board of the school district, private school, or parochial school. A student who does not meet the above requirements during the probationary period shall not be allowed to participate in interscholastic athletics in the subsequent grading period. For the purpose of determining the maximum length of a semester, the measure shall be the maximum number of days comprising a semester as used in that school during the year in question.

## **SPORTSMANSHIP**

### **PREAMBLE**

The member schools of the CIF/Central Coast Section are committed to providing a sportsmanlike environment for students, coaches and spectators. To that end, the CIF/Central Coast Section has adopted the following sportsmanship and crowd control recommendations. Each member school is requested to commit itself to implementing these recommendations and completing the enclosed sportsmanship contract.

### **SPORTSMANSHIP DEFINITION**

Sportsmanship is defined as a person who can take a loss or defeat without complaint or victory without gloating and who treats his/her opponents with fairness, courtesy, and respect.

1. The following are expected to be role models demonstrating sportsmanship at all times:
  - Principal/Administrative Staff
  - Athletic Directors
  - Coaches, Players and Cheerleaders
  - Faculty Members
  - Booster Club Members, AND
  - Band Members and Band Directors
2. Coaches, players and spectators will respect the integrity and judgment of sports officials
3. The conduct of coaches, players, and cheerleaders generally sets the tone for CIF/CCS school contests. They will be expected to maintain the highest level of decorum at all CCS/CIF school contests.
4. The following behavior is unacceptable at all CIF/CCS high school contests:
  - berating your opponent's school or mascot
  - berating opposing players

- obscene cheers or gestures
- negative signs
- artificial noise makers
- complaining about officials' calls (verbally or with gestures)

5. The following action plans are recommended for implementation at all CIF/CCS school contests.

- a. A script should be provided to the announcer that includes:
  - Welcome statement
  - Sportsmanship expectations
  - Acknowledgement and introduction of game officials (note: There should be a short statement endorsing the officials as neutral persons who have been certified as officials by the appropriate officials association)
  - Introduction of players
  - Sponsorship recognition (when appropriate)
  
- b. Include the CIF Code of Ethics and/or the 16 Principles of the Pursuing Victory with Honor program in the game program (these are found in the front cover of both the CIF and CCS Constitution and Bylaws)
- c. Each participating school's administration is expected to emphasize sportsmanlike behavior at all CIF/CCS school contests:
  - This shall be directed to coaches, players, cheerleaders and spectators in the day(s) prior to the contest.
  - Rallies, team meetings, faculty meetings, spirit club meetings, school bulletins, and PA announcements are all appropriate venues.
  - Contact the principal or administrator-in-charge of the opponent's school at least one day prior to contests as appropriate to promote practical applications of sportsmanship and to ensure the proper environment for the contests.
  
- d. It is the responsibility of the administration of each participating school to designate an administrative representative who will:
  - check in with the site manager 30 minutes prior to the game time and establish where he/she will be throughout the contest.
  - enforce the highest standards of sportsmanship within his/her own student body.
  - contact the administrative representative of the opponent's school to report any violations of sportsmanship by either school's supporters.

# Athletic Contract

Before earning a roster spot on a Notre Dame High School athletic team, for the 2017-2018 year, I agree to abide by all policies and procedures as outlined in the NDHSB Athletic Handbook.

\_\_\_\_\_  
Student's Name (please print)

\_\_\_\_\_  
Parent's Name (please print)

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date

**The Athletic Director retains the right to amend this handbook for just cause, and parents and student-athletes will be given prompt notification if changes are made.**

# Notre Dame High School Androgenic/Anabolic Steroid Contract

Name of Athlete: \_\_\_\_\_  
please print

As a condition of membership in the California Interscholastic Federation (CIF), all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (*CIF Bylaw 524*).

By signing below, both the participating student-athlete and the parents, legal guardian/caregiver hereby agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. We also recognize that under *CIF Bylaw 200.D*, there could be penalties for false or fraudulent information. We also understand that the Notre Dame High School policy regarding the use of illegal drugs, alcohol, and foreign substance will be enforced for any violations of these rules.

\_\_\_\_\_  
Signature of Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Parent/Guardian/Caregiver

\_\_\_\_\_  
Date