

Judge Memorial Catholic High School



**Student-Athlete and Parent/Guardian
Athletic Handbook
2019-2020**

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Judge Memorial Catholic High School

Student - Athlete and Parent/Guardian Athletic Handbook 2019-2020

Judge Memorial Mission Statement

The mission of Judge Memorial Catholic High School is to create a community through faith and education that will foster the development of each student's inherent gifts.

Philosophy

As a community based on faith, Judge Memorial Catholic High School partners with parents to foster the integration of student's spiritual, intellectual, emotional, physical, and social development. In our safe, caring, respectful environment, students are empowered to become builders of a more just society.

Athletic Philosophy

At Judge Memorial, athletics are valued for the many life lessons learned through preparation, competition and teamwork. We emphasize development in perseverance, commitment, resiliency, celebrating success appropriately and managing disappointment. All of these skills and others are cultivated through the athletic experience.

The role of the Judge Memorial Athletic Department is to help fulfill the charism of *Cura Personalis*- care for the whole person. Our athletic teams provide opportunities for personal development while competing individually and as part of a team. Our teams compete at a high level while maintaining elevated standards of sportsmanship. We are committed to creating a positive experience for all of our student-athletes, regardless of the competitive outcome. We encourage our students to participate in a wide variety of sports and activities while maintaining the high academic, social, emotional, physical, and spiritual standards of Judge Memorial.

Purpose

The purpose of this handbook is to familiarize Judge Memorial parents and students of the policies and procedures of the athletic program. The handbook should serve as a basic guide for parents and students while complementing the daily activities that are presented by the staff and coaches of Judge Memorial.

Memberships

Judge Memorial is a member of the Utah High School Activities Association. Judge Memorial is in the UHSAA 3A Classification and a member of Region 13.

Program Descriptions

Judge Memorial offers a full program of athletics at the high school level. There are 21 sports at the varsity level for both male and female student-athletes. Freshman, sophomore and junior varsity teams will be fielded in accordance with these varsity teams, provided that the number of participants is adequate to conduct quality practices and competitions. Judge Memorial values a broad based curriculum that exposes students to a variety of experiences. The high school teams offer, with appropriate instruction and interscholastic competition, a variety of athletic opportunities that will challenge and motivate each athlete to give their maximum effort. The following are stressed: fundamentals, tactics and strategies of the sport, sportsmanship, teamwork, cooperation, and learning how to win /lose graciously. There is a greater focus on winning at the varsity level. Winning and losing are consequences of a variety of factors and must always be kept in the proper perspective. It must be consistent with the behaviors listed above and in context to how Judge Memorial teams play the game. Players, fans and coaches must be cognizant that they represent themselves, their families and Judge Memorial. It is understood that all athletes want playing time, but Judge Memorial does not offer equal playing time for all athletes. The non-varsity levels may offer a greater opportunity for playing time, but again there is no guarantee at any level of play.

Statement of Risk

Participation in athletics carries with it the inherent risk of serious injury. In accordance with the statement of risk on the UHSAA Physical Form, please be aware that "...physical injury, including paralysis, coma, or death can occur as a result of participation in interscholastic athletics."

Eligibility-Age/High School

Judge Memorial, as a member school, adheres strictly to the rules and guidelines set forth by the UHSAA.

1. No student who has reached nineteen years of age prior to the first day of September of the school year in which such participation is intended shall be eligible to participate in UHSAA activities.
2. Students have four years of eligibility from the first date of entrance into 9th grade and establish their eligibility at the school in which they participate or 3 years of consecutive eligibility from the start of their 10th grade year.

Eligibility-Academic Standing

The academic progress of students is evaluated during each term. The principal, vice principal, dean, athletic director, and the coaches along with the faculty, will make appropriate decisions on a student's participation as it relates to academics and other situations.

The UHSAA minimum academic requirements are spelled out in UHSAA Reg. Article I, Section 7, which states:

1. A student athlete must carry at least a 2.0 grade point average with only one “F” in the preceding grade period and any grade period ending during the sport season.

A head coach reserves the right to encourage a higher standard for his/her athletes.

Athletic Offerings

The following are athletic offerings during each of the three sports seasons:

FALL	WINTER	SPRING
Girls Soccer Boys Cross Country Girls Cross Country Volleyball Football Cheer* Girls Tennis Boys Golf	Boys Basketball Girls Basketball Boys Swimming Girls Swimming	Boys Lacrosse Girls Lacrosse Girls Golf Boys Tennis Baseball Softball Boys Track & Field Girls Track & Field Boys Soccer

*Not recognized by the UHSAA as an official varsity sport but has varsity status at Judge Memorial

All sport tryouts are established by the UHSAA. All students playing a fall sport are expected to be present on the first day of tryouts and to attend all preseason practices to be considered for selection. Summer vacations and jobs should be scheduled accordingly.

Tryouts

A student-athlete is entitled to a tryout opportunity before the coach will make a final decision as to their status. An athlete may be afforded more time than the scheduled tryout if the coach deems it necessary. A player who is released from one team may tryout for a second team during a sport season, if the coach of the latter team is agreeable. Some teams may not require a tryout.

High school eligibility is established by enrolling at Judge Memorial or trying out for and making a team, whichever comes first.

Daily Attendance

Students must be in attendance during the full school day to be eligible to participate in any game, practice, competition, performance or activity held that day.

Expectations of the Student Athlete

Attendance at all practices, scrimmages, and games is mandatory for student athletes during the season. Incidents regarding health, academics, funerals, court appearances, or family events such as weddings, may be excusable and will be addressed on an individual basis.

Attendance at practices, scrimmages, and games should be with effort and purpose. Each member of a team represents himself/herself, their family, and Judge Memorial. Conduct, appearance and behavior should be representative of a regular school day.

A head coach may have additional expectations. They will be presented at the team's Parent Night held early in the sport season.

Limited Team Membership

The UHSAA **does not** permit participation in the same sport outside of school during the sport season. **Participation on any non high school team should not conflict with the game or practice schedule of a school sponsored team.**

The UHSAA Limited Team Membership rule (Section 11, page 22) is as follows:

1. A student, while participating as a member of a high school team, may not participate on a team not sponsored by his or her school in the same activity during the same season. A student may compete in a non-sponsored contest as an individual, not a team member, while a member of a high school team during an activity season.

Any student-athlete who misses a Judge Memorial athletic commitment due to an outside athletic experience may be disciplined by their coach, which could include dismissal from the Judge Memorial team.

Student Sportsmanship

UHSAA requires players, coaches and spectators to (Guidelines 30 A, page 44):

1. Be courteous to all (participants, coaches, officials, staff and fans)
2. Know the rules. Abide by and respect officials' decisions.
3. Win with character and lose with dignity.
4. Exercise self-control and reflect positively upon yourself, the team and the school.
5. Permit only positive sportsmanlike behavior to reflect on your school or its activities.

*** Students should also refer to the Spectator Code of Conduct on page 15. ***

It is important to note that a **player or coach who is disciplined or ejected from a game will be suspended for the remainder of the contest and must sit out the next game also, in compliance with UHSAA rules. The Judge Memorial administration reserves the right to review all infractions and take further disciplinary action if deemed necessary.**

Parent and Adult Sportsmanship

Parents and adults are expected to follow the UHSAA requirements stated in the Student Sportsmanship section above. Parents are to refrain from speaking with coaches before, during or after games. The best approach in communicating with a coach is to schedule an appointment. It is requested that parents refrain from providing instruction and criticism to any student other than their own child. Please save comments that may interfere with an athlete's performance and attention to a coach's instructions until the contest is complete. This includes parents conversing with athletes during athletic contests.

***Parents and adults should refer to the Spectator Code of Conduct on page 15.**

Lines of Communication

The student-athlete should first bring questions and concerns to the attention of the head coach. If this line of communication is unsuccessful, the second step is for the parent/guardian to contact the coach. If the above aforementioned steps have been followed to no avail, the student-athlete or parent/guardian should contact the athletic director.

Judge Memorial asks that all coaches have an open door policy for student-athletes to discuss team matters. The administration would prefer that the coach and player work through a situation by allowing young men and women to experience speaking with an authority figure about situations that are important to the athlete and/or the team. Coaches are responsible for defining the role that each player has on a team and to discuss the role openly with each player.

It is important to note that **coaches are not obligated to discuss playing time with parents. This is a discussion that should include the player and coach only. If an unsuccessful resolution or understanding has not been reached then the problem can be brought to the athletic director.**

Registration, Physical Exams & Parent Consent

Utah High School Activities Association has adopted an online athlete registration system that has eliminated all paperwork associated with registering for high school sports. All high school athletes will be required to register on the website <RegisterMyAthlete.com>. Each school in the UHSAA has its own secure website. Parents should start at the RegisterMyAthlete.com web site and follow the step-by-step instructions for RegisterMyAthlete. Parents will need to select a state and then a school, and then "Create An Account." Parents will go to the appropriate season and choose the sport in which their child will participate. Several pieces of information will be required to complete the registration, however, parents may leave the registration site to obtain needed info, and return to the site where they left off.

All of the paperwork previously associated with athletic participation is now on the Judge Memorial “Register My Athlete” site and will now be signed electronically. The documents for Judge Memorial that will require electronic signatures include:

- University of Utah Consent to treat
- NFHS Sport Parenting Training
- NFHS Bullying/Anti-hazing Training
- Judge Memorial Activities/Athletics Parent Release Form
- Judge Memorial Seasonal Transportation Release Form
- Judge Memorial Concussion Protocol
- Judge Memorial Athletic Injury and Insurance Waiver
- Judge Memorial Student-Athlete and Parent/Guardian Athletic Handbook

The registration will be complete once all items on the checklist have been completed.

The UHSAA requires all students who participate in UHSAA sports to have a physical, annually. It is very important that all students who will be participating in fall sports have a physical as soon after April 15, as possible. Any Physical taken after April 15, will be valid until July 15, of the following year. Parents need to print the UHSAA Preparticipation Examination Form , (*found on the Register My Athlete website, www.registermyathlete.com, under individual sports registration item 5.*) and upload the form to the Register My Athlete website or bring the completed form to school, where it will be uploaded to the student’s registration.

If parents run into any problems or have questions please feel free to contact Athletic Director, Scott Platz, Splatz@judgememorial.com, or 801-517-2136.

Health Insurance

All students participating in athletics should be covered by health insurance. The parents’ health insurance will serve as the primary coverage for all injuries sustained during participation in the Judge Memorial athletic program. There is **NO secondary insurance coverage** available through Judge Memorial.

Choosing a Team

It is in the student-athlete’s best interest to be at the first practice of each sports season. If emergency circumstances do not allow for 1st practice attendance then the coach should be notified so that other tryout arrangements can be made.

Quitting a Team

Students, who “quit” a team after the first official contest of the season, will not be permitted to participate on another team during that season, unless the latter coach agrees to accept the athlete as a team member, with prior approval of the athletic director. In most cases, the registration fees will NOT be refunded for students who “quit” a team.

Hazing/Harassment

In keeping with the philosophy of the school that recognizes the dignity of every person, harassment and hazing of any member of the school community, whether on or off the school property, will not be tolerated. Harassment includes, but is not limited to, any form of verbal abuse, including electronic communications, demeaning behavior, physical violence or sexual misconduct, or behavior that interferes with another person's feeling of well being at the school. When appropriate, law enforcement officials will be contacted when such harassment violates state and local statutes. Students who harass any member of the Judge Memorial community are liable for expulsion from the school.

Injuries-Use of the Athletic Training Room

All injuries must be reported to the athletic trainer at Judge Memorial. Judge Memorial has two board certified and state licensed athletic trainers who are skilled in emergency management, prevention, assessment, treatment, and rehabilitation of sports-related injuries. The athletic trainer will keep a written account of injuries, evaluations, and treatments for insurance purposes. All doctors' notes should be given to the athletic trainer as a matter of record keeping. Any prescriptions for rehabilitation should be given to the athletic trainer so that they can supervise and administer the appropriate treatment.

Student-athletes who are physically unable to participate in athletics as indicated by a physician's documentation, may not be reinstated to continue participation with a Judge Memorial team without a written clearance document from that same or another qualified physician.

The athletic training room is for everyone's safe use and convenience and is the direct responsibility of the athletic trainer. Students should see the athletic trainer prior to using rehabilitation equipment and modalities. They should always use the equipment in the instructed manner stated by the athletic trainer with safety of themselves and others in mind. Any questions about the safe and proper use of equipment should be directed to the athletic trainer.

A certified and licensed athletic trainer will be present onsite for most home and away athletic events. The athletic trainer will only contact parents/guardians if an athlete has sustained an injury that keeps the student-athlete out of play and/or requires additional treatment and evaluation. The athletic trainer and/or coach will contact parents by telephone anytime an athlete receives any type of head injury, regardless of severity.

Use of Locker Rooms, Weight Room, Fields and Courts

The athletic facilities at Judge Memorial should be used appropriately at all times and under the supervision of the school's coaching staff. The locker/team rooms should be used for changing and getting ready for practice and competitions. Student-athletes are expected to

act appropriately at all times in the locker room. Proper respect for each other and an individual's personal property is expected at all times.

The equipment manager will issue lockers to athletes at the beginning of the sports season. If a student-athlete has an assigned locker, then he/she is responsible for having it locked at all times. Vandalism and theft will be subject to sanctions according to Judge Memorial's theft policy as stated in the Judge Memorial Parent/Student Handbook.

Changing Clothes for Practice and Competitions

Students who participate in athletics must use designated locker rooms to change from school uniforms into athletic apparel.

Athletic Practices

Most teams begin practice after school and are completed in less than 3 hours. Teams usually practice Monday-Friday with the possibility of Saturdays and holidays, depending upon their playing schedule. Practices may occur on Sunday if the playing schedule warrants it. Athletic practices vary in length, location and starting times depending upon facility availability and coaches' schedules. A number of our coaches are employed off campus and may not be available at 3:00 pm everyday. Changes in the practice schedule will be addressed by the coaches directly with their team.

Team Photographs

Team photographs for each sport are the responsibility of the head coach. The head coach will communicate the date along with the time schedule and location for the photographs. Photographs are taken in the team uniform. The photographs taken may be utilized for the yearbook and UHSAA state tournament programs.

Practice End-Time and Student Pick-Ups

Athletes are expected to arrange for transportation, as they are expected to attend the full duration of practices. It is requested that parents kindly respect the long hours put in by our teacher/coaches and make every effort to be on time for pick up following practices/games.

Scheduling

Schedules are laid out at the beginning of each season. Scheduling changes for all athletic teams may be adjusted as circumstances dictate.

Cancellation of Practices and Games

The cancellation of practices and games may be necessary for a variety of reasons. The head coach will make every effort to communicate the cancellation in a timely manner.

Coaches and players will be notified at the first opportunity without disrupting the school day. Last minute changes may occur, usually as a result of inclement weather. An all-school announcement will be made in this case in a timely manner. The students will be encouraged to call appropriate people to inform them of the changes, if school has been dismissed.

Uniforms & School Equipment

All Judge Memorial student-athletes will be issued school athletic uniforms and equipment specific to each sport. All uniforms and equipment are the property of Judge Memorial, unless designated by the head coach and/or equipment manager.

Uniforms are only to be worn for games/contests or on special occasions as designated by the coach or school administrator. Practice gear should be clean and in good repair. Any apparel that advertises drugs, alcohol, or unacceptable slogans will not be allowed at practices/games. Female student athletes must wear a minimum of two-layers, an appropriate under-garment and appropriate article of clothing over top. Male athletes may not appear with a bare-chest.

Most sports elect to purchase disposable items (Spirit Pack) that the athletes will pay for and keep (for example a tee shirt, warm-up shirts, etc.) The cost of the required Spirit Pack is varies for each sport and optional items may also be available with this purchase. The other fee associated with participating in a sport is a \$50 participation fee per athlete.

All uniforms and equipment are to be returned to the equipment manager within one week of the season's conclusion. All students must remove their equipment from the athletic lockers one week following the season. Any personal property left in the athletic lockers will be donated to charity. Students who do not return the school-issued equipment will be placed on the school's fines list. These students will not be permitted to take their final exams or play another sport until the equipment is paid for or returned.

Game Transportation

Judge Memorial will provide transportation to and from away athletic contests in most cases. Contests on Saturdays and non-school days in the Salt Lake Valley may be rare exceptions and parents will be notified prior to the event. Students are expected to behave properly on buses transporting them to and from school sponsored athletic events. Students whose conduct is unacceptable may be prohibited from riding team buses. Repeated inappropriate behavior may result in removal from a team. Student-athletes may travel home from a competition with their parents. However, this is only with their head coach's approval. A player may not travel home with another team member's parents. **A head coach reserves the right to have a team travel together to and from any contest.**

Athletic Event Parking

Parking along driveways, areas marked with red curbs, or no parking zones is prohibited. Vehicles parked illegally may be ticketed or towed to a location selected by Judge Memorial. If

an event requires parking in the surrounding neighborhoods of the campus, please respect the property of our neighbors.

Judge Memorial is not liable for any damage to a vehicle traveling through the campus or parked on school property.

Admission Fees to Athletic Events

The region sets Region 13 admission fees; admission fees for endowment and state play-off games are different than regular season prices and are set by the UHSAA.

End Of Season Banquets

Many athletic teams hold banquets at the completion of their season. The organization and type of team celebration is left to the discretion of the head coach. Parents interested in assisting with banquet organization should contact the head coach.

Use Of Alcohol, Nicotine, Drugs & Weapons

All Judge Memorial athletic coaches, (paid and volunteer) are required and obligated to immediately report any knowledge of student-athlete misconduct relevant to alcohol, nicotine, weapons and drug use, solicitation or purchasing, to the athletic director. Coaches must follow UHSAA and Judge Memorial Catholic High School rules, regulations and consequences relevant to use of alcohol and/or drugs. Following the reporting of an infraction to the athletic director, the student-athlete will be disciplined in accordance with the guidelines set by the UHSAA (Article XI Section 1: a, b, c, page 27) on their website at www.uhsaa.org and then as stated in the Judge Memorial Parent/Student Handbook:

- a. First Offense: Suspension from two consecutive games, meets, matches, competitions or performances at the same level of play (and any intervening levels as well). **Practice may be continued following a personal assessment of the student by a licensed substance abuse intervention or treatment program and/or participation in a Diocesan approved intervention program.**
- b. Second Offense: A six-week suspension from games, meets, matches, competitions or performances. Student participation in an assessment by a licensed substance abuse intervention or treatment program with prescribed follow-up is required. Practice may only continue after the assessment has been completed and positive participation in the prescribed follow-up is occurring.
- c. Third Offense: An eighteen-week suspension from all games, meets, matches, competitions, performances and practices. Reinstatement of eligibility at the end of the eighteen-week suspension is predicated upon successful completion of a formal assessment, intervention and treatment program.

In all foregoing offenses, Judge Memorial Catholic High School and the Diocese of Salt Lake City have the right to set forth discipline, suspension, corrective measures, parent/guardian involvement and rehabilitation that must be met.

Judge Memorial Catholic High School reserves the right to enforce school policies as stated in the current Parent/Student Handbook in any situation related to the use of alcohol, nicotine, drugs and weapons. Judge Memorial policies supersede all UHSAA rules, regulations and guidelines.

Coaches who circumvent the process as outlined in the aforementioned sentences will be disciplined and may be relieved of their duties.

Pursuing College Athletics

Students who wish to pursue college athletics should meet with their guidance counselor to affirm that all NCAA/NAIA/NJCAA qualifying core courses are considered. The athletic director and coaches are available to write letters of recommendation and to make follow up calls on behalf of the student-athlete after he/she has made initial contact.

If a videotape or DVD of game action is desired to send to college coaches, it is the responsibility of the student-athlete to arrange for the recording and the footage. Each sport has limited ability to videotape games, for instructional purposes only. All videotaping of games for college recruiting purposes is the responsibility of the student- athlete and his/her family.

Prior to the college tryout, the **NCAA Clearing House** must clear students who plan on pursuing collegiate athletics.

Donations

Copies of all checks or purchase receipts for donations where parents or businesses contribute cash or in-kind goods to your program must be turned in to Judge Memorial Advancement. Advancement will make sure donors receive a tax receipt, a thank you note, and listing in our annual report.

Media

Except for game scores, please refer media to Advancement, for photos, sidebar stories or other non-sport related questions about the school. Season-End Recap - please contact Advancement about pitching stories to local media and for our newsletter.

We need a short blurb from the Fall, Winter and Spring sports to include: All-State winners, major college signings, record breakers, region/state titles, other newsworthy items (see past publications on www.judgememorial.com).

Websites

Teams are not permitted to create web pages or websites without the specific written approval of the Athletic Director. Social media websites for athletic teams need to be

reviewed and approved by the Athletic Director, Advancement and the administration before launching. If approved, a link to that site must be included on judgememorial.com.

Use of Student Photographs

The school reserves the right to use student pictures in publications, in advertisements, for media stories and on the school's website. Any parent who does not wish his or her child's picture used must notify the Advancement Office in writing.

Use of the Judge Memorial Logo or Images

All logos, images, and the name of Judge Memorial Catholic High School and may not be used without *prior written permission* from the school. **Please contact the Advancement Office for logo art, and to request permission for use of Judge Memorial logos or images on posters, flyers, programs, or other promotional items.** All apparel orders must have budget approval from the coach and Athletic Director.

The aforementioned athletic guidelines cannot cover all situations that may occur and the school administration reserves the right to make exceptions that will be in the best interest of the parties involved. With the approval of the Athletic Director and Principal, coaches may formulate additional rules for their program in addition to the guidelines in this handbook, but they must not be contradictory to the policies stated herein.

Spectator Code of Conduct

- 1. Be informed of the playing rules of the sport.**
- 2. Appreciate good play regardless of the player or team.**
- 3. Cooperate with the cheerleaders and do not interfere with their cheers.**
- 4. Show concern for an injured athlete regardless of team affiliation.**
- 5. Avoid taunting, jeering or attempting to distract members of the opposing team.**
- 6. Respect school property and the authority of school officials. Remember you are a guest of the home school.**
- 7. Avoid the use of profanity and derogatory or disrespectful yells, chants, songs or gestures.**
- 8. Stand attentively during the playing or singing of the National Anthem.**
- 9. Refrain from offensive and unruly behavior, which reflects poorly on the school you are supporting.**
- 10. Respect contest officials and accept their decisions without public protest. Recognize that we do not have a game without them.**
- 11. Avoid publicly criticizing coaches or athletes for the loss of a contest.**
- 12. Do not confront a contest official at halftime or after a game.**

Sportsmanship Is Everyone's Concern

**Judge Memorial Catholic High School
Student-Athlete and Parent/Guardian Athletic Handbook**

2019-2020 Contractual Agreement

Dear,
Parent and Student-Athlete:

Please read the 2019-2020 edition of the Athletic Handbook for Student-Athletes and Parents/Guardians. After you have reviewed the material inside this handbook, please sign the statement electronically, on the web page, as directed.

I/We the undersigned have read the entire contents of the 2019-2020

Student-Athlete and Parent/Guardian Athletic Handbook and agree to enter into a contractual agreement to abide by the rules, regulations, and policies of Judge Memorial Catholic High School herein set forth for the 2019-2020 academic year.

Parent/Guardian Signature

Date

Student-Athlete Signature

Date