

# ATHLETIC HANDBOOK



# Athletics Program Profile

## Mascot

Royals  
Lady Royals

## School Colors

Royal Blue & White

## League

Texas Association of Private and Parochial Schools (TAPPS)

## Boys Classification

Football: Division 4 District 3  
Boys Basketball: 2A District 6  
Baseball: 1A/2A District 4

## Girls Classification

Volleyball: 2A District 6  
Girls Basketball: 2A District 6  
Softball Classification: 1A/2A District 3

## Boys Sports

Varsity Football  
Varsity Basketball/Jr. Varsity Basketball  
Varsity Baseball  
Varsity Track & Field

## Girls Sports

Varsity Volleyball/Jr. Varsity Volleyball  
Varsity Basketball/Jr. Varsity Basketball  
Varsity Softball  
Varsity Track & Field

## Individual Sports

Co-Ed Tennis

## Auxiliary Sports

Cheerleading  
Dance Team

St. Gerard Catholic High School  
Frank M. Barnes Jr., Athletic Director  
Peter Rivera, Principal  
521 S. New Braunfels  
San Antonio, TX 78203  
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## **Handbook Purpose**

The St. Gerard Catholic High School Athletic Department believes that student-athletes' success in our athletic programs is established and maintained with the foundation of discipline, order, and adherence to the rules, regulations, and policies outlined in this handbook.

Information in this handbook is designed to inform the student-athlete and their parents/guardians of the basic rules, regulations, and policies concerning the St. Gerard Catholic High School Athletic Program. In addition, the information in this handbook is provided for the safety of our student-athletes and is developed with the best interest of our student-athletes. The rules, regulations, and policies contained in this handbook are not intended to punish, nor to restrict, but to protect and uphold the integrity of St. Gerard Catholic High School and the St. Gerard Catholic High School Athletic Programs.

Please keep in mind that this handbook is not totally inclusive. Even though we do not anticipate the occurrence of any out of the ordinary situations, should any arise throughout the school year, the Athletic Director reserves the right to amend this handbook and will make decisions concerning those occurrences. The rules, regulations, and policies included in this handbook are basic and will be used in conjunction with other rules, regulation, polices, in the school program.

All student-athletes at St. Gerard Catholic High School will adhere to all information outlined in this handbook. Failure to comply with the rules, regulations, and policies outlined in this handbook will result in a suspension and/or expulsion of participation in any one and/or all of St. Gerard Catholic High School Athletic Programs.

Participation in St. Gerard Catholic High School Athletic Programs is a privilege, not a right. The Athletic Director reserves the right to deny and/or limit participation of a student-athlete in any of our athletic programs for one or more violations of school and athletic rules, regulations, and policies.

## **Philosophy**

The St. Gerard Catholic High School Athletic Department considers athletics to be an integral part of the high school experience and seeks to provide positive and enriching athletic programs that balance and reinforce the educational pursuits, academic success, and overall athletic excellence of student-athletes. St. Gerard Catholic High School Athletic Department embraces the concept that the student-athlete is first and foremost a student, while at the same time realizing the dividends gained through

athletic competition. Integrity, sense of community, teamwork, sportsmanship, self-respect, self-confidence, leadership, and loyalty all enrich the lives of each student-athlete who participates in our athletic programs. Therefore, the St. Gerard Catholic High School Athletic Department is committed to the development and maintenance of outstanding athletic programs.

The St. Gerard Catholic High School Athletic Department promotes individual growth and development in the spiritual, emotional, social and physical realms, based on the Catholic Christian principles set forth in the mission statement of the school. The St. Gerard Catholic High School Athletic Department is dedicated to high academic standards and providing equitable athletic opportunities for boys and girls. A challenging, Catholic Christian approach to competition, teamwork, fair play, ethics and life-long learning encompass the main focus of the St. Gerard Catholic High School Athletic Department.

Successful athletic programs are a source of pride among alumni, students, faculty, staff, and others. Such pride has a tremendous effect upon the school including the areas of alumni giving, public relations, and student enrollment. Furthermore, it is paramount that a strong athletics programs be part of a well-rounded institution dedicated to the service of a broad range of students. The St. Gerard Catholic High School Athletic Department shares the responsibility with others on campus to contribute positively to the physical, spiritual, social, and educational welfare of each student-athlete.

The St. Gerard Catholic High School Athletic Department is committed to upholding and practicing the established Texas Association of Private and Parochial Schools (TAPPS) and district rules, regulations, and policies governing athletics.

## **Goals of the Athletic Program**

To foster academic and athletic achievement in our students-athletes by emphasizing the importance of sacrifice, self-discipline, and dedication to achieving goals.

To develop the desire in our student-athletes to continually improve through practice and the development of a strong work ethic.

To provide our student-athletes the opportunity to demonstrate good sportsmanship and respect for others as a means of learning good citizenship.

To develop in our student-athletes emotional control, dependability, and a respect for rules, property, and authority.

To provide our student-athletes the opportunity to work as team members in order to achieve shared goals while learning the importance of cooperation and teamwork.

To provide our student-athlete with experiences which require problem solving, decision-making, and critical thinking skills.

To provide our student-athletes the opportunity to pursue lifelong physical fitness, conditioning, and better health habits.

To develop in our student-athletes a sense of team loyalty and school spirit.

To encourage our student-athletes to achieve academic success while keeping athleticism in proper perspective.

To provide a safe and healthy environment free from performance-enhancing and other body-altering substances

To exhibit Christ-like character in actions, thoughts, and words.

## **Risk Statement**

Student-athletes and parents/guardians should be aware that any athletic participation will have inherent dangers. Most injuries that occur during athletic participation are relatively minor, such as: scrapes, scratches, sprains, strains. More serious injuries could possibly include: cuts, muscle tears, tendon or ligament damage, neck, spinal cord injuries, and head injuries. It should be recognized that these conditions may require major surgery. Although rare, death or catastrophic injury can result from athletic participation. Awareness is imperative that these injuries are possible and following directions can save your life. Care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

## **Expectations of Conduct for Student-Athletes**

The St. Gerard Catholic High School Athletic Department is committed to providing top-notch athletic programs to our student-athletes. All student-athletes at St. Gerard Catholic High School are expected to present themselves in a positive manor as role models on the field and/or court, in the classroom, and in their respective communities. Additionally, athletic activities often draw high public interest, visibility and focus of attention in the media. All student-athletes' behavior commands a public interest and attention that is unique in its capacity to elevate or denigrate the student-athlete, the school, and the team. High standards of conduct and citizenship are essential precepts of the St. Gerard Catholic High School Athletic Department. These high standards include instilling our student-athletes with a positive attitude, building strong character, teaching responsibility, and demanding integrity. Again, all student-athletes must and will set a positive example and be role models for all. To maintain high standards for all of our athletic programs, a firmly and fairly enforced code of conduct is necessary. Therefore, all student-athletes will abide by a code of conduct specifically for athletic activities.

## Definitions of Expectation of Student-Athletics

**Respect for Authority** - Obey and cooperate with coaches and honor the official. Recognize that they are placed in their positions of authority by God, and as such, are owed your respect.

**Humility** - Don't boast; don't act proud. Show forth the attitude that God is the one who is ultimately responsible for your abilities and successes.

**Endurance** - Persevere in the face of pressure, hard work, and discouragement. Keep your eyes fixed on the higher goals. Don't quit; don't let up!

**Intensity** - Play on the edge of your limits. Give everything you've got at all times. Focus your total attention on the job at hand, and put forth every effort to execute it perfectly. Don't be content with mediocrity; strive for excellence!

**Enthusiasm** - Carry out each task promptly and eagerly. Enjoy the game!

**Faith** - Show that you know the Lord is in control of every situation and is carrying out His will in your life, even when things don't seem to go your way.

**Respect for the Opposition** - Be courteous. Don't let up on them; they deserve your best effort, regardless of the score. Commend an opponent's excellence. Shake a hand!

**Responsibility** - Be where you need to be when you need to be there. Do what is expected of you even without direct supervision. Choose to work and to make wise decisions on your own initiative.

**Integrity** - Be honest! Earn a good name as one who is trustworthy. Play by the rules of the game. Have a sense of fair play that comes from a real commitment to the truth.

## Unacceptable Conduct

Certain conduct by any student-athlete is absolutely unacceptable and will not be tolerated. Examples of such unacceptable conduct include, but are not limited to, theft, vandalism, disrespect, hazing, harassment, violation of alcohol, tobacco and illegal substances restrictions, major infractions of the school's policy, or violations of law. This unacceptable conduct rule will be enforced twelve months of the year. This means that the St. Gerard Catholic School Athletic Department will penalize or punish a student-athlete who engages in unacceptable conduct during the school term, over a holiday break, or while school is out of session. This also means that the Athletic Department imposes sanctions for unacceptable conduct which occurs at school, at a school sponsored event, or off school grounds. The penalty for engaging in unacceptable

conduct can include revocation of the privilege of participating in athletic activities to expulsion from all athletic programs and school.

### **Definitions of Specific Kinds of Unacceptable Conduct**

**Theft** - stealing or taking personal property that belongs to another person, school, team, or organization.

**Vandalism** - willful or malicious breaking, destruction, or defacement of public or private property.

**Disrespect** - actions that show or express a lack of high regard or respect for others (fellow students, opponents, teachers, coaches, administrators, parents, or adults). This includes actions that result in OSS and the use of unacceptable language (cursing).

**Hazing** - any action that humiliates, degrades, abuses, or endangers another person, regardless of that person's willingness to participate. These actions may include initiation rituals into a team, club or organization.

**Harassment** - actions, comments, threats, verbalizations, coercion, jokes, teasing, or intimidation that is based on or takes place because of the race, color, sex, religion, or national origin of another person, who reports the actions as unwelcome.

**Alcohol, tobacco, and illegal substances restrictions** - Any illegal use or possession of alcohol or tobacco or use, sale, possession, or purchase of any illegal or controlled substance, including prescription drugs.

This list of examples is not intended to be thorough and the Athletic Director may impose disciplinary action for conduct not specifically listed in this handbook.

### **Punishment for Unacceptable Conduct:**

Generally, when a school official has reason to believe that a student-athlete has engaged in unacceptable conduct as described in this handbook, the school official will notify the student-athlete of the violation and provide the student-athlete with the opportunity to present his or her account and explanation. The school official will then confer with the Athletic Director to determine the appropriate sanction or penalty to be imposed. The level of discipline imposed is at the Athletic Director's discretion, and sanctions may range from reprimands to suspension from an athletic activity, or in the most serious incidents of misconduct, expulsion from all athletic programs and possibly school.

**Suspension** means that the student-athlete is not allowed to dress out or participate in an athletic contest. It may also include suspension from practice.

**Dismissal** means that the student-athlete is no longer a part of the athletic program. If dismissed, the participant's uniform and equipment will be taken up and his/her name will be removed from the athletic program roster. Re-instatement into the athletic program will be considered only after one calendar year. The Athletic Director after consulting with the principal must approve any re-instatement.

## **Substance Abuse**

The St. Gerard Catholic High School Athletics Department is dedicated to promoting and preserving the integrity of our athletic programs for the benefit and welfare of our student-athletes.

The use and abuse of drugs and/or alcohol may impair the ability of a student-athlete to perform in the classroom and on the field/court of play and have been proven to lead to impaired judgment and/or serious health problems, and even death. In addition, use of tobacco products has been shown to lead to serious health problems, including cancer. Consistent with this goal and these findings, the St. Gerard Catholic High School Athletics Department has established zero tolerance substance abuse policy.

Any drug that is procured illegally or is prohibited by law, including the sale, purchase, or possession of said drug, is prohibited by St. Gerard Catholic High School Athletic Department. Drugs obtained by medical prescription or purchased over the counter, if used inappropriately, are also prohibited. Documentation of all prescription drugs for approved medical conditions must be provided to the Athletic Department prior to participation in our athletic programs.

Through this policy, the Athletic Department communicates a clear message of non-tolerance to student-athletes about substance possession, distribution, use, and abuse in a positive, forceful, and straight-forward manner. Athletic participation at St. Gerard Catholic High School is considered a privilege and substance possession, distribution, use, and abuse on or off school property are considered an abuse of this privilege. To the point, student-athletes found to be in violation of this policy will face definite expulsion from St. Gerard Catholic High School and the Athletic Program.

## **Criminal Infractions**

Some forms of misconduct may violate local, state, or federal criminal law. If a student-athlete is charged with a criminal offense other than a minor traffic violation, the student will immediately be suspended from participation in all athletic activities until the Athletic Director have an opportunity to review the circumstances surrounding the arrest. After reviewing the circumstances that led to the student-athlete's arrest, the Athlete Director may elect to continue the period of suspension until the criminal charges are resolved or impose disciplinary consequences, to include suspension from games or contests, based on the conduct that led to the student-athlete's arrest. Depending on the amount

of time necessary for the criminal matter to be resolved and the facts of the matter, the Athletic Director will have the discretion to lift the suspension and return the student athlete to participation on probation pending resolution of the matter.

If the student-athlete is convicted of the offense or pleads “no contest,” the Athletic Director will impose a minimum one game suspension up to a maximum dismissal of the student-athlete from all athletic activities. If criminal charges are dropped or if the student-athlete is found not guilty, he/she may return to regular participation. It is important to note, however, that regardless of the outcome of any criminal charges, a student-athlete will be subject to punishment if the Athletic Director determines that a student-athlete has engaged in conduct that violates rules, regulations, and policies outlined in this handbook and/or the schools handbook.

## **Departure from an Athletic Activity**

The St. Gerard High School Athletic Department recognizes three types of departure from an athletic program. Please note no athletic fee refunds will be given for any departure:

**Leaving** - Season ending injury, poor health status, family emergency or academic performance all may lead to permissible departure from the team only after being discussed between parents, the head coach and Athletic Director.

**Quitting** - Regardless of reason, any student-athlete quitting an athletic program after he/she has started the athletic program will not be eligible to participate in the next athletic sport of his/her choice. The only exception to this rule is if the student-athlete and head coach have clearly communicated up front that a quit might be in play.

**Dismissal** - Regardless of reason, any student-athlete who is dismissed from an athletic program for conduct, rules infractions or disciplinary reasons will not be eligible to participate in any athletic programs for a time period of no less than 12 months from the dismissal date.

## **Student-Athlete Ejections**

If a student-athlete is ejected from an athletic contest the following disciplinary action will be enforced.

### **First Offense**

The student-athlete will be fined and suspended for seven days. The student-athlete will not participate in any scheduled athletic contest(s) within that seven day time frame. In the event there is a bye week the student-athlete will be sanctioned for two weeks of suspension. The student-athlete will not be allowed to return until the fine is “Paid in Full”

### Second Offense

The student-athlete will be fined and dismissed from the athletic program for a period not to exceed 12 months.

## **Parent/Guardian Ejections**

If a parent/guardian is ejected from an athletic contest the following disciplinary action will be enforced.

### First Offense

The parent/guardian will be removed from the premises by the on-site law enforcement officer and will be suspended for a period of seven days to include any events during that time-frame.

### Second Offense

Parent/guardian will be banned from all athletic events for a period not to exceed 12 months.

## **Attendance**

Students-athletes involved in St. Gerard Catholic High School Athletic Programs must be in attendance a minimum one-half day to participate in their athletic activity. Student-athletes will not participate in an athletic activity or athletic practice on the day he/she has been absent from school one-half day without just reason. Just reason will be anything beyond the control of the student-athlete. However, confirmation notes will be required by the coach of that athletic activity.

## **Multiple Activities**

We encourage student-athletes to be well rounded, participating in different activities both athletically and otherwise, especially early in their athletic careers. Different activities challenge athletes in different ways, and the skills developed through the training methods used in one sport will often help the student-athlete in another sport.

Regarding multiple athletic program participation, student-athletes may not participate in multiple athletic programs at the same time. Student-athletes may, however, participate in a lifetime sport (cross country, golf, swimming, tennis) and an athletic program at the same time if agreed upon by coaches of both programs.

Good, open communication between the student-athlete, his/her parents/guardians, and the coaches involved are paramount and a priority will be declared in case of scheduling conflicts and agreed upon by the coaches.

## **Conflict Resolution**

In all matters of communication between student-athletes, parents/guardians, and coaches, the following should be followed in athletic matters.

General issues involving athletics should be directed to the Athletic Director. Specific issues that involve student-athletes, parents/guardians, and coaches should be handled as follows:

1. Should an issue or problem arise that involves a student-athlete and the coach, the student-athlete should first go to his/her coach in an effort to independently solve the problem.
2. If an unsuccessful result is the outcome, the parent/guardian of the student-athlete should then set up a one-on-one meeting with the coach to attempt to resolve the problem.
3. If the parent/guardian remains unsatisfied, a meeting with the Athletic Director should be scheduled. ALL MEETINGS WITH COACHES AND THE ATHLETIC DIRECTOR that involve parents/guardians will be scheduled by appointment only through the Athletic Director. It is not recommended to show up unannounced or to confront the coach in public.
4. If after following the recommended procedure neither the student-athlete nor the parent/guardian has been able to achieve an acceptable solution with the coach or the Athletic Director, the Principal should be contacted by the parent/guardian to set up a conference. Parents/guardians should be aware that the decision of the principal is final with regards to the conflict.

Student-athletes and parents/guardians should note that playing time and other student-athletes will not be discussed in these meetings.

## **Appeal Procedure**

A student-athlete and parent/guardian may appeal any decision of the Athletic Director by filing with the principal a written appeal within five days of the decision to be reviewed. The appeal must state specifically why the decision should not be implemented. The principal shall render a decision within five days. The decision of the principal is final. If the principal made the original decision, that decision will be final.

## **Weekly Eligibility**

The St. Gerard Catholic High School Athletic Department expects the highest academic standards of student-athletes. Eligibility will be checked on a weekly basis. Any student-athlete receiving a grade of 69.999 or below in one or more classes will be ineligible for the following week of competition. The Athletic Director will communicate with student-

athletes and parents/guardians about eligibility status. Students-Athletes are still able to practice during the week that competitive participation is denied.

## **Sportsmanship Statement**

“Whatever happens, conduct yourselves in a manner worthy of the gospel of Christ.”  
Philippians 1:27

St. Gerard Catholic High School Athletics Department endorses ethical behavior and good sportsmanship by all student-athletes, parents/guardians, coaches and guests, before, during, and following an athletic contest, home or away.

St. Gerard Catholic High School Athletics Department values your positive, constructive and courteous support for both student-athletes and officials. Cheers and comments should encourage and not be degrading to opponents, fans, officials or any single individual.

Profanity, racial, ethnic, sexual comments, or other threatening actions directed at officials, student-athletes, coaches, or team representatives will not be tolerated and are justification for instant removal from the contest site. The consumption or possession of alcoholic beverages and other drugs is expressly prohibited.

## **Practice Attendance**

One of the most important aspects of athletic competition is the amount of practice time utilized in preparing our student-athletes for athletic competition. Practice is an integral part of our athletic program and should be considered as such by all parties involved.

If a student-athlete makes a decision to participate in any St. Gerard Catholic High School Athletic Programs, a commitment is made by that student-athlete not only to play the games, but also to attend all the scheduled practices in order to have the best chance at playing the game successfully.

Practices are not optional unless indicated as being so in rare situations by the coach. In the event that a student-athlete must miss a practice, a call to the Athletic Director is required as early in the day as possible. This informs the coach of the student-athlete’s absence and allows that coach to adjust his/her practice schedule accordingly based on the number of student-athletes who will be present.

## **TAPPS Athletic Contests Prohibited Activities**

Live animal mascots, cannons, firearms, fireworks, etc. are prohibited at TAPPS athletic contests.

No dogs or other animals are allowed at TAPPS contests.

Noisemakers are prohibited at TAPPS events held in field houses / gyms.

In events held in field houses / gyms, megaphones may be used only by cheerleaders in uniform. Megaphones must not be used to strike walls, bleachers, or playing surfaces.

Bands, when permitted, shall play only during time-outs and intermissions. Individual instruments may not be used as noisemakers.

No sound systems, other than the one(s) provided by the host school are allowed at TAPPS secured sites or at neutral sites unless mutually agreed.

Body paint and like decoration shall not be permitted by players or spectators. (Exception: Small markings as sold by cheer or other school organizations on the cheek are permitted) This rule applies to all games held at neutral sites. If a TAPPS school is not going to permit this activity at their facility, the opponent should be notified in advance of the contest.

Streamers, confetti or other such materials are not allowed at neutral sites.

Air horns and bullhorns, handheld or otherwise, are not permitted at any TAPPS contest.

The use of, or appearance of using, any controlled substance (alcohol, drugs, etc.) before, during or after games at contest sites is prohibited by TAPPS.

Except in their normal course of business, emergency vehicles shall not flash lights or sound sirens during the course of a game.

## **Code of Conduct for Parents/Guardians**

Athletic competition of interscholastic student-athletes should be fun and should also be a significant part of a sound educational program. Everyone involved in athletic programs has a duty to assure that their programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. The highest potential of athletics is achieved when all involved consciously teach, enforce, advocate, and model these values and are committed to the ideal of pursuing victory with honor. Parents/guardians of student-athletes can and should play an important role and their good-faith efforts to honor the words and spirit of this code can dramatically improve the quality of a student-athlete's athletic experience.

## **TRUSTWORTHINESS**

Trustworthiness - Be worthy of trust in all you do.

Integrity - Live up to high ideals of ethics and sportsmanship and encourage players to pursue victory with honor. Do what's right even when it's unpopular or personally costly.

Honesty - Live honorably. Don't lie, cheat, steal or engage in any other dishonest conduct.

Reliability - Fulfill commitments. Do what you say you will do.

Loyalty - Be loyal to the school and team. Put the interests of the team above your child's personal glory.

## **RESPECT**

Respect - Treat all people with respect at all times and require the same of your student-athletes.

Class - Teach your child to live and play with class and be a good sport. He/she should be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect in pre- and post-game rituals.

Disrespectful Conduct - Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect for Officials - Treat game officials with respect. Don't complain or argue about calls or decisions during or after an athletic event.

## **RESPONSIBILITY**

Importance of Education - Support the concept of "being a student first." Commit your child to earning a diploma and getting the best possible education. Be honest with your child about the likelihood of getting an athletic scholarship or playing on a professional level. Reinforce the notion that many universities will not recruit student-athletes who do not have a serious commitment to their education. Be the lead contact for college and university coaches in the recruiting process.

Role Modeling - Remember, participation in sports is a privilege, not a right. Parents/guardians too should represent the school, coach and teammates with honor, on and off the court/field. Consistently exhibit good character and conduct yourself as a positive role model.

Self-Control - Exercise self-control. Don't fight or show excessive displays of anger or frustration.

Healthy Lifestyle - Promote to your child the avoidance of all illegal or unhealthy substances including alcohol, tobacco, drugs and some over-the counter nutritional supplements, as well as of unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game - Protect the integrity of the game. Don't gamble or associate with gamblers.

Sexual Conduct - Sexual or romantic contact of any sort between students and adults involved with interscholastic athletics is improper and strictly forbidden; report misconduct to the proper authorities.

## **FAIRNESS**

Fairness and Openness - Live up to high standards of fair play. Be open-minded, always willing to listen and learn.

## **CARING**

Caring Environment - Consistently demonstrate concern for student-athletes as individuals and encourage them to look out for one another and think and act as a team.

## **CITIZENSHIP**

Spirit of the Rules - Honor the spirit and the letter of rules. Teach your children to avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

# **Student-Athlete Code of Conduct**

Athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. The highest potential of athletics is achieved when student-athletes are committed to pursuing victory with honor according to six core principles: trustworthiness, respect, responsibility, fairness, caring, and good citizenship. This code applies to all student-athletes involved in athletics at St. Gerard Catholic High School. As a student-athlete at St. Gerard Catholic High School it is required that, in order for a student-athlete to participate in St. Gerard Catholic High School Athletic Programs, the student-athlete must act in accord with the following:

## **TRUSTWORTHINESS**

Trustworthiness - Be worthy of trust in all you do.

Integrity - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it's unpopular or personally costly.

Honesty - Live and compete honorably; don't lie, cheat, steal or engage in any other dishonest or un-sportsman-like conduct.

Reliability - Fulfill commitments; do what you say you will do; be on time to practices and games.

Loyalty - Be loyal to your school and team; put the team above personal glory.

## **RESPECT**

Respect - Treat all people with respect all the time and require the same of other student-athletes.

Class - Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in pre- and post-game rituals.

Disrespectful Conduct - Don't engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport.

Respect Officials - Treat contest officials with respect; don't complain about or argue with official calls or decisions during or after an athletic event.

## **RESPONSIBILITY**

Importance of Education - Be a student first and commit to getting the best education. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes who do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

Role Modeling - Remember, participation in sports is a privilege, not a right; and you are expected to represent my school, coach and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the participation privilege is within the sole discretion of the Athletic Director.

Self Control - Exercise self-control; don't fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate.

Healthy Lifestyle - Safeguard your health; don't use any illegal or unhealthy substances including alcohol, tobacco, drugs and performance-enhancing supplements or engage in any unhealthy techniques to gain, lose or maintain weight.

Integrity of the Game - Protect the integrity of the game; don't gamble. Play the game according to the rules.

### **FAIRNESS**

Be Fair - Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

### **CARING**

Concern for Others - Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to yourself or others.

Teammates Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

### **CITIZENSHIP**

Play by the Rules - Maintain a thorough knowledge of and abide by all applicable game and competition rules.

Spirit of Rules - Honor the spirit and the letter of rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

# STUDENT-ATHLETE PARENT/GUARDIAN SIGNATURE PAGE

I have received the St. Gerard Catholic High School Athletic Handbook, and I have read and understand all rules, regulations, and policies contained in this handbook.

I understand that my son/daughter must follow all contents of this handbook in order to participate in any and all St. Gerard Catholic High School Athletic Programs.

I also have read and understand rules, regulations, and policies as they pertain to parents/guardians.

I also understand that the Athletic Director can amend this handbook with or without our prior notice.

Student-Athlete Printed Name: \_\_\_\_\_

Student-Athlete Signature: \_\_\_\_\_

Parent/Guardian Printed Name: \_\_\_\_\_

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

Date: \_\_\_\_\_