

**ST. JOSEPH HIGH SCHOOL**  
**Athletic Handbook**

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## INTRODUCTION

All students at St. Joseph High School have a right to the academic curriculum and programs offered through our school. However, athletic participation within St. Joseph is a privilege that carries additional expectations for acceptable conduct. Students engaging in athletics not only represent themselves, but also other students, the community and the school district when competing. For this reason, their behavior must be exemplary and always reflect the finest attributes of the student body.

Because participation in athletics is a privilege and not a right, St. Joseph High School is authorized to set higher standards for participants than it would for those students who choose not to participate in these activities. Therefore, this Athletic Handbook extends beyond the Student Code of Conduct not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. This Athletic Handbook will be enforced with all students, grades 9-12, participating in athletics. An athlete is bound by the policy at school, on school-sponsored trips, or anywhere else in public as their actions are a reflection on the St. Joseph High School Athletic Program.

## PHILOSOPHY

The primary objective of athletics is to enhance the overall well-being of the student athlete. In order to accomplish this goal, the program will instill honesty, loyalty, and self-discipline in each and every player and coach associated with the program. It is with the utmost confidence that these qualities prepare the student athlete for athletic success, yet more importantly, benefit the student athlete in all areas of life. The student athlete must understand and accept the importance of the team concept. In our program, we will emphasize teamwork, sportsmanship, integrity and dedication. If the student athlete accepts these principles, success will follow. We believe these characteristics are essential in establishing a solid foundation that is necessary in order to accomplish team goals first, and then individual goals.

The Athletic Department expects to be a program of excellence each year. In doing so, each team will develop a winning attitude and create its own traditions in accordance with those already established. Being a successful program takes time and commitment from each player and coach. We must keep our priorities in perspective and instill excellence into all aspects of the program.

## EXPECTATIONS

The head coach of each sport has the authority to suspend or revoke the privilege of participation in their sports when rules, regulations, and/or standards are not followed or when it is deemed best for that particular sport's team. Athletes participating in, or associated with, the athletic department will be expected to adhere to the following:

- Student athletes always have the responsibility to give their best effort and exhibit good conduct and character in a manner that is a positive example to team members, fellow students, the school, and their community.
- Student athletes will abide by all rules set forth by the coaches and be coachable at all times.
- Student athletes will demonstrate respect for their coaches, teammates, teachers, staff, administrators, fellow classmates, and maintain a proper attitude with each.
- Student athletes are to serve as positive representatives of their team, coaches, and school district during competitions and interactions with opponents. This includes but is not limited to: profanity, "trash" talking, dress, etc.
- Student athletes are expected to maintain (at minimum) passing grades, strive for excellence both on and off the field of competition, and adhere to all policies put forth by the district and athletic department.

## ACADEMICS

In order to be eligible to participate in athletics, students must be passing at the end of the first grading period. After this time, they may only lose eligibility after each nine week grading period. Athletes may regain eligibility after a two-week period following the nine week grading period, and become eligible once they are failing less than two classes (incompletes count as failing grades). If still ineligible after that two week grading period, they can regain eligibility at the end of each additional week once they are failing less than two classes. An athlete will be expected to practice during a period of ineligibility. Traveling with the team is prohibited when a student is ineligible. When missing classes because of an athletic event, it is the responsibility of the athlete to see his/her teacher the day before the missed classes. Tutorials are offered daily from 3 to 3:30, and after school practices will not begin before 4:00 p.m.

## DISCIPLINE PROCEDURES

Each sport's head coach will decide all minor discipline measures. Continual problems by an athlete may result in he/she being placed on a contract or removal from the athletic program. If an athlete fails to comply with the terms stated in the contract ("probationary" period) he/she will be dismissed from the athletic program.

## ATTENDANCE

All athletes are required to attend all scheduled practices and games, including those that occur during school holidays. If there is an emergency or unavoidable situation and an athlete must miss the athletic class period, practice and/or game, the athlete must call their coach as soon as possible. By calling in BEFORE a missed workout with a reason deemed valid by the head coach, their absence will be considered excused. If the athlete does not call before missing a workout, it will be considered unexcused for that work out, regardless of the reason missed. Attending practice with a club coach/trainer does not take precedence over participation in a school supported team practice, and absences will be counted as unexcused.

All athletic punishments (determined by each individual head coach) for absences, must be completed before the athlete will be allowed to participate in a contest. Athletic punishments must be done on the athlete's time, which is generally before or after a practice – not during the athletic class period or during a practice. All decisions of an athlete's practice or playing time because of missed practice will be determined by the Head Coach. Any athlete who has excessive absences during a single season may be removed from the team.

Make-ups for excused absences will be intended to make up for the conditioning missed during the excused absence, not as a punishment.

## MULTIPLE EXTRA-CURRICULAR ACTIVITIES

We recognize that each student should have the opportunity for a broad range of experiences in the area of extra-curricular activities. We want our athletes to participate in as many school sponsored activities that they can be successful in. ( A Fall, Winter, and Spring Sport) A student athlete who attempts to participate in multiple extra-curricular activities must communicate this information to coaches and sponsors. This will help prevent conflicts between activities. We will attempt to schedule events in a manner to minimize conflicts. When conflicts do arise, the sponsors will communicate and work out a solution so the student will not be caught in the middle. While encouraging athletes to participate in as many sports as possible due to some overlap in the same season, it is impossible to do both

because of the practice/game schedule. Ex. Basketball/Soccer in the Winter season, and Baseball/Softball/Track in the spring. In this case we will encourage the athlete to choose the favorite sport. When students are participating in school and non-school activities (club sports or other), high school competition will always take precedence. Individuals who miss events for club sports will have the absence considered as unexcused, and could result in loss of playing team or removal from the team.

### SCHOOL ISSUED EQUIPMENT

Students will be issued proper equipment, workout gear, and game uniforms to the extent applicable to each sport. All school issued equipment and personal belongings should be locked away during practice and contests. In the event that all equipment and/or uniforms issued are not returned, or damaged, the student athlete will be required to make full restitution (replacement cost) to the athletic department. In the case of some items such as uniform restitution, price may be the minimum number of uniforms for an order. Per TAPPS rules, no equipment or uniform may be given to student athletes on a permanent basis.

### DRESSING OUT

All athletes will be expected to dress out daily. Athletes, who are injured or ill and able to attend practices, will be required to dress out. They will be expected to sit or stand with their team and learn through listening and observing. All athletes will be given lockers and a clean place to dress. Valuables should be locked for safekeeping.

### DRESS CODE / APPEARANCE

All athletes represent the school, community and coaches. Therefore, it is expected that all will dress in an acceptable manner and follow the guidelines set forth in the Student Code of Conduct.

### TRAVEL

All athletes participating in out-of-town contests will be transported in a school provided vehicle. Athletes will ride to the game with their team (there could be a circumstance in which the athletic director would approve an athlete meeting the team at the site of the game, but this situation would be extremely rare). After the contest, the athlete will ride home with the team unless signed out by a parent or legal guardian. No one else will sign an athlete out under any circumstances. A parent may write a letter giving permission for another adult to take his / her child. However, it must be given to his / her coach prior to leaving for the contest. Athletes leaving without previous approval will at a minimum, have extra athletic punishment decided upon by the head coach of their sport.

## INJURIES

Student athletes must notify a coach of any injuries before leaving a practice or game. This can prevent minor injuries from becoming major injuries. If the parent decides that the athlete needs to see a doctor, please contact the coach so he or she can pass along the proper medical forms. This will also help delays in payment by the school's insurance company. We must treat all injuries immediately.

## INSURANCE

The school district provides a supplemental insurance policy that will cover all TAPPS activities. If an athlete is covered under another policy in addition to the school's policy, the other policy will be the primary provider, not the school's policy. Claims should be filed on both policies. The primary provider should pay the initial benefits. The school's policy will then act as a supplemental policy and pay a portion of the remaining charges. If the athlete is not covered under an additional policy, then the school's insurance will act as the primary provider and pay accordingly. Rarely, if ever, will the school's insurance cover 100% of the charges. Contact a coach when an athletic injury requires medical attention and we will be able to send the appropriate information along with you.

## LETTERING

Each varsity sport has established criteria for earning a varsity letter or letter jacket. The head coach of each sport will be responsible for the lettering criteria (approved by the Athletic Department). Earned letter jackets are purchased by the athlete and STJ provides the letter. Students may be denied in the event a student athlete violates any part of the athletic policy. Varsity athletes are allowed to receive one letter jacket while in high school, provided they meet the criteria for lettering in a varsity sport.

## THEFT

Taking things from other athletes, the school, etc. will not be tolerated. Law enforcement officers will be contacted, and charges filed. The athlete may be suspended or expelled from athletics.

## HAZING

Hazing is defined as any intentional, knowing or reckless act occurring on or off campus directed against a student that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated to, affiliating with, holding office in, or maintaining membership in any organization whose members are, or include, other students.

Hazing will not be tolerated by the athletic department or school district. If an incident of hazing occurs, disciplinary consequences will be handled in

accordance with the Student Code of Conduct as well as additional consequences which could include suspension, or removal, from the athletic program. It is a criminal offense if a person engages in hazing; solicits, encourages, directs, aids or attempts to aid another in hazing; or has firsthand knowledge of an incident of hazing being planned or having occurred and fails to report this to a coach or school administration.

## TRIAL PERIOD

At the beginning of each sport, a “trial period” of up to two weeks will be given to athletes. During this time, an athlete may try a sport by attending practices and games in order to decide if he /she desires to play the sport. During the trial period, an athlete may decide not to participate in the sport without any suspension or punishment required under the quitting rules. After the cut-off date for the trial period, all quitting rules will be followed. This “trial period” rule is designed to encourage athletes who are curious or interested in a sport to give it a try.

\*Starting a sport late: On occasion athletes will decide to participate in a sport after the season has already begun. If the athlete is already enrolled at the school they have only three weeks to join the sport once the season has begun, and possible entry will still be at the discretion of the head coach. If already into the third week of practice, the 2-week trial period does not apply and quitting will result in the 24 mile punishment. If the student is a transfer during the year, TAPPs transfer dates, their previous participation at their former school, and the amount of dates left in the season will all be a factor.

## QUITTING

Any athlete who starts a sport will be expected to finish that sport (after a two-week trial period). Any athlete walking off the field or gym floor during a practice or game, or refusing to participate when called upon, will be considered by the coach to have quit. If an athlete decides to quit, he/she will be given a 24 hour cooling off period (maximum of one per sport). If after that time, he/she still wishes to quit, he/she will be put on contract. If he/she quits two sports in a year, the athlete will be removed from athletic participation.

### Consequences for Quitting

Run 24 miles, supervised by a coach in one calendar week (not including Sundays.) No practice may be competed in until the running is complete. If not completed within one week, the athlete will have to restart. The athlete will also not be allowed to participate in competition in another sport until the sport that the athlete quit has completed its season, including postseason.



The Athletic Director may, at his discretion, make an exception to this rule when an event outside of the control of the athlete or his/her family causes the athlete to drop a sport.

## PARENT/COACH RELATIONSHIPS

It is important that coaches maintain an open and positive communication relationship with the parents and/or guardians of student athletes involved in our athletic program. Positive communication is a two-way process and parent/guardians are expected to communicate any questions or concerns they might have to the appropriate coach. Student athletes should be encouraged to seek resolution of issues or concerns with their coach first before involving a parent/guardian. Coaches are employed to make decisions concerning strategies, procedures, playing time, evaluation of student performance, and what is best for the team. Playing time will NOT be discussed with parents/guardians. Playing time is based on competition and practice. We feel every student athlete will benefit from being in the athletic program regardless of how much, if any, playing time he/she receives. Any concern which may require a parent/coach meeting will follow the following protocol:

### Parent/Guardian Expectations

- Be positive and supportive of you son/daughter.
- Be positive and supportive of the coaching staff and the entire athletic program.
- Encourage your son/daughter to talk to his/her coach first about any issue or concern not involving moral turpitude.
- Notify the coach and/or trainer of any injury, illness, or absence in a timely manner.

### Protocol for Meeting With A Coach

- The student athlete will be required to attend any parent/coach meeting.
- The meeting will always begin at the lowest level (meet with the coach directly involved) unless it is a case of moral turpitude. Any case involving moral turpitude should involve contacting the athletic director immediately.

- At the conclusion of the meeting, if a resolution is not reached, the coach in charge of that meeting will assist you (the parent) in setting up another meeting at the next level.( Head coach of that sport.)
- Meeting guidelines will be instituted and reviewed by the coach at the initiation of each meeting.

Do NOT engage a coach for the purpose of a parent/athlete meeting before, during, or directly after a practice or game. Please go through the appropriate steps as outlined above.

### IN-SCHOOL SUSPENSION

When an athlete is assigned to ISS, his / her absence to the athletic period will be unexcused, and an athletic punishment will occur. Students must attend after school practice while in ISS. A student may participate in a contest on the day they are released from ISS. However, all punishment must be completed prior to participating in a contest.

### SUSPENSION FROM SCHOOL

If an athlete is suspended from school for any reason, he / she will be ineligible for athletics the day(s) of suspension. Suspension will be treated as an unexcused absence. Multiple suspensions during the same school year will result in expulsion from athletics from the rest of the school year.

### EXPULSION

The athletic philosophy will be based on full participation by all athletes. It is our desire to see every athlete succeed in athletics and life. However, there may be a time when an athlete becomes a detriment to the team. Every effort will be given to save the athlete, but there may be a time to remove the athlete from the program. The TEAM will always come before the individual. Remember, athletics is a privilege. Removal from a team would have the same consequences as quitting.

### RE-ENTRY TO ATHLETIC PROGRAM

An athlete that wishes to rejoin the athletic program must complete the following steps in order to be considered for re-entry.

- Inform the Athletic Director and appropriate coach of your intention.
- Must have demonstrated good citizenship and good behavior in the school and community. Detentions and ISS placements will be considered detrimental to a student requesting re-entry
- All prior disciplinary actions must be completed before participation

will be allowed.

\*Note\* All Athletes that are allowed re-entry will be placed on contract/probationary period. Failure to comply will result in immediate removal from athletics.

### EXAMPLES OF MINOR OFFENSES

These will be handled on an individual basis by the head coach of the sport and/or the Athletic Director.

- Excessive absences from workout
- Failed shave check
- Tardiness
- Profanity
- Misconduct in class
- Inappropriate dress, hair, jewelry, body tattoos, or visible “hickies”
- Inappropriate conduct in school sponsored activity
- Equipment damage, misuse, or the loss of equipment
- Unsportsmanlike conduct/Technical Fouls (may result in suspension)
- Conduct unbecoming of a team player (may result in suspension)

### EXAMPLES OF MAJOR OFFENSES

The head coach of the sport and the Athletic Director will handle these jointly, and punishments may include suspensions or removal from the Athletic Program.

- Using or being in the presence of illegal drugs or illegally consumed alcohol is prohibited which includes, but is not limited to, MIP and DWI charges reported to the school by authorities.
- Using tobacco products or vaping.
- Theft or malicious destruction of any school or individual’s equipment or property.
- Violent or severe acts shown to school officials or other teammates.
- Any athlete charged with a felony crime will be suspended indefinitely until after their trial is over or as soon as they are cleared from wrongdoing. The athlete will be allowed back in the program only if it is deemed to be in the best interest of the program/team.
- Any minor offense, which becomes a repeating problem.
- Ejection from game for unsportsmanlike conduct/personal fouls

## DRUG TESTING

The school may require drug testing of any student in grades 9–12 who chooses to participate in school-sponsored extracurricular activities.

A student participating in these activities or any new student to the school at any grade level may be tested for the presence of illegal drugs and alcohol at the beginning of the school year and prior to joining an extracurricular program. All students in the school may be randomly tested throughout the school year.

## FAILED DRUG TEST

Any occurrence will be handled in accordance with the Student Code of Conduct.

First Offense - The student shall be suspended from any extracurricular activity for four to 6 weeks (tobacco) and 6 to 9 weeks (HTC) following the date the student and parent are notified of the test results.

Second Offense - The student shall be suspended from any extracurricular activity for 18 weeks following the date the student and parent are notified of the test results. The students have the opportunity to reduce the time to 12 weeks by completing approved community service hours as set by the school.

Third Offense - The student shall be removed from the school and forfeit any participation in any extracurricular activity for the remainder of the student's enrollment in the District allows the student to re-enroll at a later date.

If a student's suspension from participation is not completed by the end of the semester, the student shall complete the assigned period of suspension during the following semester or during the first semester of the following school year.

## ALCOHOL/DRUG USE/CO-CURRICULAR SUSPENSION

Any athlete caught using or under the influence of alcohol, other drugs, or vaping will be subject to the following consequence: (in addition to disciplinary or legal consequences that may apply)

Athletes will have make-up conditioning for every practice day they are absent. Athletes will show up following the first two weeks of suspension either prior to practice, or after practice during their suspension to complete their conditioning accrued under a coaches' supervision. (Ex. If football ends practice at 6:00 the athlete would be required to be there at 6 to do conditioning with the team, and then complete his additional conditioning for missing the practice.) Athletes are not allowed to be present during the main portion of practice, and all makeups must be completed before participating in an event after returning from suspension.

Makeup for outdoor sports- 5 timed gassers( 5 timed 220yd runs) per practice day.

Makeup for indoor sports- 10 horses and 5 towel pushes, down and back, or a 4 station weight workout per practice day.

\*Exception- If tryouts for a sport occur during suspension for a sport the athlete will be eligible to return to at the end of their co-curricular suspension, the athlete is eligible to attend workouts to determine status on the team.

## SOCIAL MEDIA

Student athletes are high-profile representatives of St. Joseph High School, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student athlete can reflect positively or negatively not only on the individual student athlete, but also on his or her team and coaches, the Athletic Department and the entire school campus. Therefore, student athletes are expected to represent themselves and the school with honor, dignity and integrity at all times – including when interacting on social networking websites and in other online environments. The popularity of social networking websites (e.g., Facebook, Twitter, Vine, YouTube, Instagram, BlogSpot, Snapchat, Tik Tok etc.) has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything a student athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student athletes than the profiles of other students. Thus, administrators and coaches have the right to monitor these sites and student athletes could face discipline depending on the severity of the infraction.

Suggestions & Recommendations Regarding Social Networking Sites Some students mistakenly believe social networking websites have a veil of privacy about them and assume their profiles are viewed only by a close circle of friends and fellow students. To the contrary, the content on most of these sites is accessible by anyone in the general public unless security and privacy features are used. The public nature of these websites has created personal safety and personal welfare concerns. Student athletes should be very careful about what personal information they share on the internet.

For their own security, protection and welfare and that of their teammates and friends, the Athletic Department strongly recommends and advises student athletes to:

- Keep phone numbers, physical addresses, birthdates, current whereabouts, travel plans and other personal information strictly confidential. This information should not be contained in a student athlete's personal online profile.
- Limit the access of others to e-mail addresses and screen carefully those whom a student athlete may accept as "friends" on a social networking site.
- Use whatever security and privacy features are available to restrict the ability of others to view a student athlete's site or to post pictures, messages and other content on a student athlete's site.
- If an individual contacts a student athlete via a social networking site and the nature of the contact makes the student athlete concerned for his or her safety or uncomfortable in any way, the student athlete should immediately contact a parent, a coach, or a campus administrator.

Rules Regarding Social Networking Sites: As a condition of being a student athlete at St. Joseph High School, student athletes must abide by the following rules related to the use of the internet and social networking sites:

- Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy would be unacceptable.
- Student athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student athletes, teams, coaches, the Athletic Department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
- Student athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Student athletes may not post any content online that would constitute a violation of the St. Joseph High School Student Code of Conduct.

- Student athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student athlete injuries and eligibility status, travel plans/itineraries or information).
- Student athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student athletes are personally liable for any violations of those laws.

Student athletes in St. Joseph are required to abide by rules set forth in these guidelines. The failure to do so will be considered a violation of the athletic handbook and/or the student code of conduct. The violation may result in disciplinary action by the athletic department and the campus. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

## FORMS (Per TAPPS Website)

### Pre-Participation Physical Examination.

Upon entering high school, and every year thereafter a physical examination signed by a physician, a physician assistant licensed by a State Board of Physician Assistant Examiners, a registered nurse recognized as an advanced practice nurse by the Board of Nurse Examiners or a doctor of chiropractic is required. Standardized pre-participation physical examination forms, available from the League office and authorized by the TAPPS Medical Advisory Committee, are required.

### Medical History Form

Each year prior to any practice or participation a medical history form signed by both student and a parent or guardian is required. A medical history form shall accompany each physical examination and shall be signed by both student and a parent or guardian.

### Rules Acknowledgment

Annual Rules Acknowledgment Form signed by the student and the student's parent or guardian.

### Parent/Student Illegal Steroid Use Form

The parent/guardian of each high school athlete, along with each high school athlete, shall annually sign the Illegal Steroid Use Parent and Student Notification/Agreement Form.

### Concussion Acknowledgement Form

According to section 38.155 of the Texas Education Code, 'a student may not participate in an interscholastic athletic activity for a school year until both the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student have signed a form for that school year that acknowledges receiving and reading written information that explains concussion prevention, symptoms, treatment, and oversight and that includes guidelines for safely resuming participation in an athletic activity following a concussion .....' \* This section also applies to students participating in the cheerleading program at the school.

### Sudden Cardiac Arrest Awareness Form

Each year prior to any practice or participation in athletics, a Sudden Cardiac Arrest Awareness form signed by both student and a parent or guardian is required.



## EXTREME HEAT

95°-99° or Heat  
Index of 100°-  
104°

- Access to cool water is unlimited during all practices regardless of conditions.
- Monitor for heat related medical emergencies
- All items listed in “General Recommendations Section above”
- Items listed in section “95°-99° or Heat Index of 100°-104°” and “General Recommendations” above
- Shorts and shoulder pads
- Water Breaks every 30 minutes for no less than 5 minutes.
- An outdoor practice that does not exceed 2 hours

OR

100°-104° or Heat  
Index of 105°-  
110°

- Items listed in section “95°-99° or Heat Index of 100°-104°” and “General Recommendations” above
- Full pads
- Water Breaks every 20 minutes for no less than 5 minutes.
- An outdoor practice that does not exceed a 1.5 hour maximum.
- HS Conditioning should take place without helmets and shoulder pads, JH conditioning should be moved indoors

105° or Heat  
Index of 110°-  
114°

- Items listed in section “95°-104° or Heat Index of 100°-110°” and “General Recommendations” above
- Shorts, T-shirts and helmets only
- Water Breaks every 20 minutes for no less than 10 minutes.
- No outdoor conditioning. Conditioning can take place indoors
- An outdoor practice that does not exceed a 1.5 hour maximum.
- No outdoor middle school activities, activities must be indoors

110° or Heat  
Index of 115°

All outdoor activity is suspended

## CONCUSSIONS

According to TEC Section 38.153: “The governing body of each school district and open-enrollment charter school with students enrolled who participate in an interscholastic athletic activity shall appoint or approve a concussion oversight team.” St. Joseph High School will adopt the Medical Advisory Committee as the Concussion Oversight Team and will follow all rules set forth by TAPPS dealing with concussions.

## CONCUSSION MANAGEMENT

- No athlete will return to play (RTP) or practice on the same day of a concussion.
- An appropriate health-care professional should evaluate any athlete suspected of having a concussion that day.
- Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
- After medical clearance, RTP should follow a set-wise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

## RTP STEPS FOLLOWING MEDICAL CLEARANCE

- Light aerobic exercise: 5 to 10 minutes on an exercise bike or light jog; no weightlifting, resistance training or any other exercises.
- Moderate aerobic exercise: 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.
- Non-contact training drills in full uniform. May begin weight-lifting resistance training and other training.
- Full contact practice or training.
- Full game play.

(Each step represents one full day)

## STEROIDS

State law prohibits students from possessing, dispensing, delivering or administering an anabolic steroid. Anabolic steroids are for medical use only and only a physician can prescribe use.

Bodybuilding, muscle enhancement, or the increase of muscle bulk or strength using an anabolic steroid or human growth hormone by a healthy student is not a valid medical use and is a criminal offense.

## COLLEGE RECRUITMENT POLICY

Some student athletes may be given the opportunity to participate in college athletics if they show outstanding talent, maintain a high academic standard, and perform with first-class behavior. These are ingredients that all college recruiters are looking for in today's athletes.

Our coaching staff will assist in any way possible to help our athletes pursue an athletic career at the next level. We will do all that we can to expose our players to college recruiters, as well as recommend them. After we have put information and video in the recruiter's hand, it is up to the Colleges and Universities to decide whom they will recruit.

As an athlete, you will be expected to inform your coach if a college recruiter personally contacts you. It is a recruiter's obligation to work through your high school coach. This enables the coach to understand the situation and work to the athlete's best interest.

Student athletes should take the ACT and/or SAT tests before their senior year begins. Every college recruiter must have these scores before any scholarship can be offered. Student athletes are recommended to apply to the NCAA Eligibility Center (formerly NCAA Clearing House) before the end of their junior year. Also, be proactive in your recruitment. Have a realistic list of schools that you would like to attend and attend their camps. Almost all college coaches want to see athletes personally before offering a scholarship.

Please keep everything in perspective as the student athlete works their way through their high school athletic career. Only about 2 percent of high school athletes are awarded scholarships (not necessarily full scholarships) every year at NCAA colleges and universities. For those who are lucky enough to earn one, the average scholarship is less than \$11,000. Also, do not neglect academics. Remember, you must gain admission to the school in order to accept the scholarship.

# ATHLETIC HANDBOOK ACKNOWLEDGEMENT FORM

The STJ Athletic Handbook is available on the Athletics page of the STJ website.  
[www.stjvictoria.com/athletics/](http://www.stjvictoria.com/athletics/)

I have read the 2020-2021 St. Joseph High School Athletic Handbook and agree to adhere to these rules as a condition for my voluntary participation in athletics for St. Joseph. I understand that failure to do so will result in disciplinary measures related to my athletic participation.

STUDENT NAME: \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

I have read the St. Joseph Athletic Handbook and understand requirements for my child's voluntary participation in athletics. I understand the consequences that my child will face if he/she fails to adhere to these rules and agree to such terms.

PARENT NAME: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_