



SAINT IGNATIUS

— HIGH SCHOOL —

Cleveland • Jesuit • 1886

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Extracurricular Philosophy

STATEMENT OF PHILOSOPHY

Saint Ignatius High School seeks to provide an environment in which the students are assisted in understanding themselves physically, emotionally, socially, and spiritually. The school endeavors to develop the students to be Christian leaders and understand how to use this learned behavior as an example for others. The environment of such an undertaking is characterized by a concern for the individual and his understanding of the relationship with other members of his particular group or team. The coaches and moderators of Saint Ignatius High School must understand the instruments available to them for teaching their students especially the Graduate-at-Graduation document.

THE SAINT IGNATIUS STUDENT

WITHIN THE SAINT IGNATIUS EXTRACURRICULAR PHILOSOPHY

The philosophy that guides the Saint Ignatius Extracurricular Programs has been shaped by the school's Graduate-at-Graduation document. As the Extracurricular Programs exists because of and for the students, the purpose of the programs must be defined through the effects upon the students; goals and objectives must focus on the product of participation - the Saint Ignatius student.

- **OPEN TO GROWTH** - Through participation in extracurriculars, the Saint Ignatius student matures as a person - physically, emotionally, socially, and spiritually - to a degree that reflects a conscious responsibility for his growth. Extracurricular participation begins as a personal choice and continues as an opportunity for the student to develop his body, mind, feelings, and spiritual consciousness always realizing that the ability to participate stems from a gift of God.
- **INTELLECUTALLY COMPETENT** - Through participation in extracurriculars, the Saint Ignatius student exhibits a progression of physical and mental skills. While the physical and mental skills required of a specific sport or extracurricular are as varied as the activity themselves, the need for integration of mind and body in competition remains common to all Saint Ignatius students.
- **RELIGIOUS** – Extracurriculars at Saint Ignatius includes a religious dimension that should permeate the student's life; thus, through participation in extracurriculars, the student finds these activities to be an instrument that can lead him closer to God. The student at Saint Ignatius manifests a fundamental orientation toward God in his relationship with his team and the larger community.
- **LOVING** - As a child of God, the Saint Ignatius student is known and loved by God. That love invites a personal response which is an expression of movement within the human heart beyond self-interest or self-centeredness to relationships that insist upon individual care and concern for each person associated with his team.

- **COMMITTED TO DOING JUSTICE** - Participation in Saint Ignatius extracurriculars must not be for selfish reasons or for merely personal satisfaction; rather, such participation and commitment should prepare the student for further participation and an active life commitment in the church and community in the service of others.

Saint Ignatius High School extracurriculars, clubs and teams must seek to encourage, instill, and foster such growth and development in its students.

A DRUG AND ALCOHOL-FREE DEPARTMENT

To support the goal that students make positive life-style choices formed by a Christian conscience and a loving responsibility toward the other members of teams, all Saint Ignatius athletic teams are drug and alcohol-free. (See "Regulations Governing the Season" regarding the specific policy.)

- * **When the term “extracurricular” appears, please note that said reference applies to all activities, including athletics, which occur outside the classroom.**

St. Ignatius and the Jesuits

Ignatius of Loyola was a poor nobleman who was born in 1491 in the Basque country of Spain. On May 20, 1521, while leading the defense of the frontier city of Pamplona against a superior French attack, Ignatius was hit by a cannon ball that shattered his right knee. During his painful convalescence in the castle at Loyola, he asked for books to read and out of boredom accepted the only ones available: The Lives of the Saints, and The Life of Christ. He came to discover that God was at work in his life, and his past desire for worldly success was transformed into a desire to know, love, and serve God. He decided to travel to Jerusalem and to imitate the disciplines and fasts of the saints.

When his wounds healed, he began his pilgrimage to the Holy Land. He stopped at the shrine of Montserrat in Spain. There on March 24, 1522, he hung his sword and dagger on the grill of Our Lady's Chapel, resolving to lay aside his worldly garments and to don the armor of Christ.

Next, he journeyed on foot to the nearby town of Manresa where he lived for almost a year. He begged for his basic needs and spent most of his time in prayer. Here he experienced God's grace deeply penetrating within him. While reflecting on the movement of the Spirit within him, he wrote notes that formed the basis of The Spiritual Exercises, the core of Jesuit training.

Ignatius traveled to the Holy Land, but he could not remain there because of the political and religious turmoil. Instead, he studied at the Universities of Alcala, Salamanca, Barcelona, and Paris during a ten-year period of preparation for the priesthood. During this period, he gave the Spiritual Exercise to some of his fellow students. On the Feast of the Assumption in 1534, Ignatius and six of his companions pronounced vows during Mass, forming the "Company of Jesus." On September 27, 1540, Pope Paul III approved the "Company" as a religious order, formally establishing the Society of Jesus.

Ignatius personally approved the foundation of forty Jesuit schools. By the time he died on July 31, 1556, he had established the foundation of the Jesuit enterprise: to work for the greater glory of God through preaching and spiritual counseling, but most especially through high school and college education. Saint Ignatius is the patron saint of retreats and of the spiritual exercises.

The Philosophy of Saint Ignatius High School

Saint Ignatius is a four-year boys Catholic and Jesuit college preparatory high school. The aim of the entire Saint Ignatius community--administrators, faculty, staff, parents and students--is the spiritual, academic, emotional and physical development of the student.

During his four years at Saint Ignatius High School, a student should grow in a personal relationship with Jesus Christ. He should come to realize that he is invited to follow Jesus and work with Him to build God's kingdom on earth. Just as the motto of all Jesuits is "For the Greater Glory of God," the student should come to the same orientation of making choices that honor God by doing the greater or better good.

Specifically, the student should be marked by a number of characteristics. A Saint Ignatius student is one who is **open to growth**. He seeks opportunities to stretch his mind, imagination, feelings, and religious consciousness.

A Saint Ignatius student is **intellectually competent**. He possesses an appropriate mastery of the fundamental tools of learning. He discovers his emerging intellectual skills for more advanced levels of learning.

A Saint Ignatius student is **loving**. He is able to move beyond self-interest or self-centeredness in his relationships with others.

A Saint Ignatius student is a **religious person**. He has a basic knowledge of the major doctrines, practices and spirituality of the Catholic Church. He strengthens his relationship with a religious tradition and community. (What is said here, respectful of the conscience of the individual, also applies to students of other religious backgrounds.)

A Saint Ignatius student is **committed to doing justice**. He recognizes the potential within himself for doing injustice, as well as the injustices in some of the surrounding social structures. He is preparing himself to become a competent, concerned and responsible member of the world, national, local and family communities. Thus, he is beginning to appreciate the fact that Christian morality not only involves the individual conscience, but it demands that each person work actively in society to positively promote social justice.

In summary, a Saint Ignatius student is a man-for-others.

Prayer for Generosity
Lord, teach me to be generous,
Teach me to serve you as you
deserve,
To give and not to count the cost,
To fight and not to heed the
wounds,
To toil and not to seek for rest,
To labor and not to ask for reward,
Save that of knowing that I am
doing your will.
St. Ignatius of Loyola

Definitions for use in this handbook

Extracurricular – any activity scheduled, sponsored and supervised by Saint Ignatius High School. Extracurricular participation begins as a personal choice and continues as an opportunity for the student to develop his body, mind, feelings, and spiritual consciousness.

Athlete – any student that is on a varsity, j.v. or freshman team or a student that is participating in a tryout or conditioning program for a varsity, j.v. or freshman team.

Season – starts with the first official day of practice as stated by the OHSAA (for non-recognized sports this date will be the earliest date that a sport in the same season can begin). The season shall officially end with the banquet.

Extracurricular Mission Statement

An extracurricular program is an integral part of the total education and growth experience at a Jesuit high school. Extracurriculars are designed to affirm and promote the Ignatian values of the Profile of the Graduate at Graduation and in so doing engage students fully in mind, body, and heart. Students, moderators, coaches and parents are called upon to work together in a true spirit of collaboration to assist in creating an environment in which those Ignatian values can be revealed, tested and proven relevant to the entire school community.

Students participating in extracurriculars will mature physically, emotionally, socially and spiritually and will learn to take responsibility for his growth by developing loyalty, pride, integrity and commitment. Extracurriculars provide the opportunity for students to exhibit a progression of physical, emotional and social skills ultimately enabling them to apply these skills and knowledge to new situations and a variety of learning formats. Through participation in extracurriculars students learn that God is active in all things and that individual and liturgical prayer will bring him closer to God. Students come to trust that he is known and loved by God: that love invites a personal response, which is an expression of movement within the human heart beyond self-interest of self-centeredness.

Students are called to be conscious of the Catholic dimension of extracurriculars in a Jesuit school and are thus invited to accept their mission to be a leader in service and to acknowledge his active commitment toward fostering a just society. All members of the Saint Ignatius high school community must seek to encourage, instill and foster such growth and development in all students involved in extracurriculars.

ACADEMICS AND ELIGIBILITY

Eligibility for Extracurricular Activities

Saint Ignatius High School encourages participation in extracurricular activities. However, students are reminded that **such participation is a privilege and not a right**. A student's academic welfare takes precedent over his participation in any activity. This policy is meant to encourage students who are active in any activity to maintain their academic standings. In addition, all State of Ohio eligibility standards apply. **This includes the fact that all students must pass 5 one-credit courses per quarter. Any student who passes less than 5 one-credit courses is ineligible for a full quarter. The eligibility or ineligibility of a student continues until the start of the fifth school day of the next grading period.**

All students have their academic progress formally evaluated eight times per year, in the middle and at the end of each quarter. A student is deemed ineligible when his grade point average drops below a 1.7, or when he accumulates 2 or more points using the following scale: each grade of D+, D, and D- counts as ½ point, and each grade of F counts as one point. In other words, a student who has four or more D's, two or more D's and an F, or two or more F's will be ineligible.

All students who are deemed ineligible will be restricted from participating in any extra curricular activities for a minimum of two weeks (14 days), and additional intervals of one week until their grades improve. In addition, all freshmen and sophomores who are ineligible will be required to attend the Learning Center in Room 11 during all their free periods (excluding lunch) for a minimum of two weeks, and additional intervals of one week until their grades improve enough to remove them from ineligibility. The Learning Lab will be open to students who are not ineligible, too, but attendance is not mandatory for those students. Tutoring and other services in Room 11 are designed to assist students in improving their academic performance and removing themselves from the ineligibility list.

NOTE: A student who fails in any of his obligations for arranging meetings, attending the Afterschool Program, or attending tutoring sessions arranged by his teacher, counselor, or the Dean of Academic Administration will receive the penalty for cutting a class. The student also risks gaining permanent ineligibility due to his lack of concern with fulfilling these obligations. Time spent at jug for these infractions takes away from the Afterschool Program and some tutoring sessions. This lost time must be made up before eligibility will be granted.

Any student that is ineligible during an extracurricular tryout period will severely limit his ability to make the squad.

OHSAA Eligibility

4-4-1

In order to be eligible in grades 9-12, a student must be currently enrolled and must have been enrolled in school the immediately preceding grading period. During the preceding grading period, the student must have received passing grades in a minimum of five one-credit courses or the equivalent, which count toward graduation.

4-4-7

Summer school and other educational options may not be used to substitute for failure to meet the academic standards specified in Bylaw 4 during the last grading period of the school year.

EXTRACURRICULAR REGULATIONS & POLICIES

Requirements for Participation in Extracurriculars

As a student at Saint Ignatius High School the following requirements must be met in order to be eligible to participate in extracurriculars:

- All academic eligibility requirements have been satisfied.
- Physical examination completed and the form is on file with the Athletic Department (athletes only).
- The Emergency Medical Authorization (EMA) must be completed prior to any tryouts. This document will be used by athletics and the school nurse.

Transfer Policy (as stated by the OHSAA)

Because of the continuing changes to this rule, we ask that you please visit www.ohsaa.org and click on the eligibility tab and then the OHSAA Bylaws. The transfer rule is covered under 4-7-1. If you have any questions regarding this policy please contact the Athletic Director immediately.

Absence and Extracurriculars

Students have the right and responsibility to attend school each day. Acceptable reasons for being absent are personal illness or injury, a death in the family or any reason acceptable to the Dean of Students. *The Dean of Students shall declare an absence as unexcused if it cannot qualify in one of these categories even though the student is absent with parental consent.*

If a student misses any class(es), other than by reason of a school activity such as a field trip or retreat, during the school day and is active in an extracurricular activity or sport, he may not participate in the extracurricular or sport that day without approval from the administration. An athlete who has an excused absence on Friday may participate in a contest on Saturday or Sunday.

We strongly encourage members of our extracurricular programs to not take vacations while in

season. By choosing to be a member of an extracurricular at Saint Ignatius High School each student should have a clear understanding of his commitment.

Students are always expected to attend class the day after a contest unless otherwise approved by the Dean of Students. An unexcused absence will be treated as cutting class as defined by the student handbook.

Early Dismissal Requests

Because extracurriculars are considered a most integral part of the students' development, the administration recognizes the necessity of occasional early dismissal from class to accommodate travel time to different events.

All Extracurricular schedules will be reviewed and approved by the Dean for Student Affairs. Once approved, any events requiring early dismissal will be "excused" absences, and the usual procedure should be followed with the Dean of Student Affairs' office. Fall season schedules must be submitted to the Athletic Department by June 1; winter schedules must be submitted by September 15; spring schedules must be submitted by February 15.

Even when the Principal has approved early dismissals, coaches and moderators should post an early dismissal list at least three days in advance of the day of the game.

Early dismissal requests are the responsibility of the Athletic Director; it shall be at the discretion of the Principal and Athletic Director that early dismissal requests are granted. Coaches and moderators are directed not to abuse the privilege of early dismissal for athletic contests.

Rain-outs and make-up games and matches will be reviewed as they occur for the purposes of rescheduling.

Use of Off-Campus Facilities

When off-campus facilities are used, coaches and moderators are to follow the instructions of the director in charge. It is important that we maintain good relations with officials in Cleveland and other outside agencies, since many times we are dependent upon their facilities for some of our sports.

Drug and Alcohol Policy

Saint Ignatius High School believes that chemical use by a high school student is inherently unhealthy for him for any combination of physical, emotional, spiritual, academic, or social reasons. In the case of chemical dependency, Saint Ignatius recognizes that it is a treatable disease, which does not respect any group or age.

Chemical is defined as any non-prescribed mind-altering substance. This definition therefore, includes alcohol. Although steroids are not mind-altering, their use is also included in this policy.

It is the policy of the Saint Ignatius High School Administration that a student involved in extracurriculars found to have been drinking or using drugs or other

controlled substance (including tobacco products) either on or off campus, while in-season will be suspended from extracurricular activities for a period of two weeks (for athletic teams it shall be a period equal to 10% of the season and includes practices). Any student found to have been drinking or using drugs while practicing or participating in an extracurricular event is liable for dismissal from that extracurricular activity for the remainder of the year.

If a student is found to have abused a substance a second time, then he is liable for dismissal from participation in any Saint Ignatius sponsored extracurricular.

These rules are in addition to any procedures outlined by the Saint Ignatius High School Student Handbook. The Head Coach (in conjunction with the AD) and/or the Dean of Students can assess further action where it is deemed necessary.

Hazing

- Hazing is defined in Ohio Revised Code 2903.31 as follows: “As used in this section, ‘hazing’ means doing any act or coercing another, including the victim, to do any act of initiation onto any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person.”
- The statute does not require substantial risk of mental or physical harm. In theory, therefore, any fear, embarrassment, or pain caused by an act of hazing would be actionable.
- Not only may a school discipline a student (or group of students) for hazing, it MUST take action to prevent such hazing, actively enforcing such policies against hazing that would, by definition, include reasonable discipline when appropriate.
- Hazing is one of the very few instances in which the Revised Code specifically creates civil liability for any administrator, employee, or faculty members "...who knew and reasonably should have known of the hazing and who did not make reasonable attempts to prevent it...."
- In addition, hazing is one area that provides for criminal sanctions against both the participants and any school employee who recklessly permits its occurrence.
- Hazing activities of any type are inconsistent with the educational process and shall be prohibited at all time. No administrator, faculty member, other employee of the school shall encourage, permit, condone, or tolerate any hazing activities. No student, including leaders of student organization, shall plan, encourage, or engage in any hazing.
- Hazing is defined as doing any act or coercing another, including the victim, to do any act of initiation unto any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person. Permission, consent, or assumption of risk by an individual subjected to hazing does not lessen the prohibition contained in this policy.
- Administrators, faculty members, and all other employees of the school shall be particularly alert to possible situations, circumstances or events that might include hazing. If hazing or planned hazing is discovered, involved students shall be

informed by the discovering school employees of the prohibition contained in this policy and shall be required to end all hazing activities immediately. All hazing incidents shall be reported immediately to the Dean of Students.

- Administrators, faculty members, students, and all other employees who fail to abide by this policy may be subject to disciplinary action, which may include disciplinary probation, suspension and possible dismissal from team activity and/or school, and may be liable for civil and criminal penalties in accordance with Ohio Revised Code 2903.31.
- Athletes involved in a hazing incident may be removed from the teams and may lose any and all awards, including varsity letters.

Medical Procedures

Physical Examinations

The Saint Ignatius Athletic Department and the Ohio High School Athletic Association (OHSAA) require physical examinations for all students participating in a sport. This rule is as follows:

An annual physical examination by a medical practitioner certifying that the student is physically fit to participate in athletics is required before a student may try out, practice, or participate in interscholastic athletic competition. OHSAA Physical examination forms are available in the Athletic Director's Office and on the Saint Ignatius Athletic Website.

It is the coach's and the Athletic Director's responsibility to insure that no student is permitted to try out for or participate on his team until such time as the player's record of a physical examination is on file in the Athletic Department.

Emergency Medical Authorization (EMA)

At the start of each school year every student is required to have an Emergency Medical Authorization form filled out online. The link for this form can be found on Haiku on the parent intranet. Detailed instructions are available on Haiku to help you submit this form properly.

Concussion and Head Injury Policy and Procedures

Saint Ignatius High School recognizes the seriousness and potentially long-lasting effects of concussions and head injuries in teens and takes seriously its obligation to educate parents, students and our school community. The following policy outlines the steps our school will take to prevent and address concussions and head injuries in sports and other school activities.

1. Notification, Education and Training

All parents or guardians will receive annually a copy of the Ohio Department of Health Concussion

Information Sheet and must sign a written acknowledgment verifying that they have received and reviewed the information. A copy of the Ohio Department of Health Concussion Information Sheet is available at www.healthyohioprogram.org/concussion. A copy is also attached to this Handbook. The document contains important information about signs and symptoms of concussions, the dangers of returning to school and activities too soon, and the need for gradual recovery and return.

All coaches, trainers and others involved with sports will receive training regarding recognizing the signs of a concussion or head injury, precautionary measures to avoid injuries and the necessary procedures to take in the event of such an injury.

2. Removal from Practice or Competition

Any student who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from the activity and shall not return to practice or play until cleared with written authorization by a physician or licensed healthcare provider as set forth under Ohio law and OHSAA regulations as applicable.

Immediate medical attention will be sought.

3. Return to School and Play

In order to return to school, practice and play, the student must receive written clearance from a doctor or licensed health care provider that it is safe for the student to return. Under no circumstances will a student be permitted to return to play sooner than 24 hours after the episode, regardless of whether it has been determined that the student did not experience a concussion. In most instances, a gradual recovery progression will be required, which may include a step-by-step exercise-based progression.

Progression of recovery from a concussion or head injury is individualized, and will be determined on a case by case basis. Factors that may affect the rate of progression include but are not limited to: previous history of concussion, duration and type of symptoms, age of student, and sport/activity in which the student participates. A student with a prior history of concussion, one who has had an extended duration of symptoms, or one who is participating in a collision or contact sport should be progressed more slowly. The Ohio Department of Health Concussion Information Sheet contains a sample activity progression.

Making the determination that an athlete is ready to begin implementing the graduated return to activity protocol is a medical decision. However, the school's Concussion Management Team plays a critical role in deciding to return a student to activity - both academics and athletics. The Concussion Management Team includes teachers, counselors, school nurse, administration, and an athletic department representative. Communication among the Concussion Management Team, the parents or guardians, healthcare provider and the student will provide a more complete picture as to the student's plan of progression and recovery.

Even if a student has obtained written clearance to return, the Concussion Management Team has the authority to prevent a student from participating in an activity if signs, symptoms or behaviors of

the concussion are still apparent in the academic setting or during physical activity. It is our school's policy to exercise an abundance of caution and to err on the side of limiting return.

In addition to obtaining written medical clearance, the parents or guardians may be required to sign a Return to Play Acknowledgment and Waiver form.

Procedure for Emergency Injuries

If an athlete is injured during a practice or a game (and the injury is deemed relatively minor), the coach or the Athletic Trainer should administer any necessary first aid and, if necessary, have the player sit out the rest of the practice or game. If the injury appears to be serious enough to warrant immediate medical treatment, the coach or the Athletic Trainer should assess the situation and take action deemed necessary. The following may be some procedures taken:

DIAL 911. Tell the person who answers exactly where the student is (on the field, in the gymnasium, in the locker room, etc.). If possible, send a responsible student to the front of the school in order to direct the ambulance driver to the injured student. Keep trying to contact the student's parents while waiting for the ambulance in order to inform them of the action that has been taken.

CONTACT THE STUDENT'S PARENTS. Inform the parents of the injury and ask them exactly where the student should be sent. Remember that EMS will take the athlete to the nearest hospital. If the Athletic Trainer or coach cannot reach the student's parents and feels an ambulance is necessary, he should:

The coach or athletic trainer should follow the following guidelines:

- **NEVER ALLOW THE INJURED STUDENT TO LEAVE IN THE AMBULANCE UNLESS THE PARENT, A FULL-TIME TEACHER/COACH, OR A MEMBER OF THE SCHOOL ADMINISTRATION IS IN THE AMBULANCE WITH HIM. IN THE EVENT THAT PARENTS ARE UNAVAILABLE AND TRAVEL WITH THE INJURED STUDENT IS NOT FEASIBLE, THE COACH SHALL ALLOW ANOTHER STUDENT TO ACCOMPANY THE INJURED PLAYER. THE COACH SHALL EXERCISE REASONABLE JUDGMENT BEFORE ALLOWING THIS PROCEDURE TO TAKE PLACE**
- **CONTACT THE PRINCIPAL, THE DEAN OF STUDENTS AND THE ATHLETIC DIRECTOR TO INFORM THEM OF THE INJURY - SCHOOL # 216-651-0222. PLEASE REFER TO PERSONAL NUMBERS TO REACH THESE PARTIES AFTER HOURS.**
- **FILE AN INJURY REPORT WITH THE ATHLETIC TRAINER. FORMS ARE AVAILABLE IN THE ATHLETIC DEPARTMENT.**

Travel and Facilities

The Athletic Department will do everything it can to create an athletic schedule that reduces travel and overnight stays. The Athletic Director must approve any travel prior to a schedule being finalized.

Transportation Requests and Guidelines

The head coach or moderator should turn in transportation requests to the Athletic Director during the first week of August for fall activities, the first week of November for winter activities, and the first week of March for spring activities. The coach, moderator, an assistant coach, or another responsible adult, preferably a member of the faculty, must accompany the team at all times while traveling, be it in Cleveland or on an out of town trip.

A player traveling to an event in school-sponsored transportation is required to return to school in school-sponsored transportation unless that player is released directly by the coach to his parents. Permission to be released must be requested at least 48 hours in advance. Coaches shall never authorize the release of a player to the parents of another player. **Under no circumstances should a student/athlete be permitted to drive a school-authorized vehicle.**

Should the school bus or charter bus break down, the coach/moderator and his members are to stay in the vehicle until help arrives. The coach should call the school to request help if a school vehicle is used. If a charter vehicle is being used, the driver will call his company for a replacement. **UNDER NO CIRCUMSTANCES ARE THE PLAYERS TO HITCHHIKE.**

Student Transportation in Private Vehicles

Students may be permitted to drive or ride in private vehicles to and from events under the following conditions:

- They have proof of insurance.
- They are legally permitted to drive.
- They are not in an obvious physical or mental state, which suggests they should not drive.
- No official school transportation is available.

OHSAA Travel Rules

- 9-2-1 Schools may travel out of state to compete in contests in states or provinces in Canada that are contiguous to Ohio regardless of distance to travel. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province includes Ontario. Additionally, schools may travel out of state one time per sport per interscholastic season to compete in contests in states or provinces in Canada that are not contiguous to Ohio provided there is no loss of school time.
- 9-2-2 School sponsored teams and individuals may not travel out of state for practice purposes.

Locker Room and Gymnasium

1. Athletes using any of the school facilities need to be supervised. This is especially true after school, on holidays, and on Saturdays in the locker room. A coach or other adult must be present whenever athletes are in the locker room. The team locker room reflects the attitude of the coach and the team.
2. Individuals not officially connected with the team and with Saint Ignatius High School are not permitted in the locker room. These rules apply to any locker room area that a Saint Ignatius team is using either home or away.
3. The good coach achieves a healthy locker room atmosphere. Order, cleanliness, and neatness are marks of this healthy atmosphere. The coach should train his team in the idea of orderliness. The Physical Plant supervisor will alert the Athletic Director to any extraordinary conditions in the locker room after use by student-athletes and/or coaches. The Athletic Director shall direct the cleanup and organization of the facility.
4. There should be order in the handling of equipment - its issuance, care, and return. The players should report all damaged, lost or stolen equipment to the head coach.
5. **KEYS ARE NEVER TO BE GIVEN TO PLAYERS OR FRIENDS TO USE.** It is very easy for them to make duplicates, to lose the keys, or to leave a door open. To give out a key is to invite trouble.
6. **NO PLAYERS ARE TO USE THE WEIGHT ROOM WITHOUT THE SUPERVISION OF A COACH.**
7. A player is not to enter a Coaches' Office unless a coach has invited that player in. All coaches should cooperate in enforcing this rule.
8. **THE COACH IS NOT TO LEAVE UNTIL THE LAST PLAYER ON HIS TEAM HAS LEFT THE LOCKER ROOM.**
9. Coaches are responsible for locking any and all facilities which they have opened when their team leaves that facility
10. **Tennis shoes or basketball shoes are to be worn by participants while using the gymnasium floor.** Any other type of footwear is not permissible. Socks without tennis shoes or basketball shoes are never to be worn on the gym floor. Violators of this rule are to be given a demerit by the teacher, prefect, or coach.

REGULATIONS GOVERNING THE SEASON

Starting Dates

An organized practice shall be defined as a practice, which is attended by coach and players and at which the coach directs, instructs, and drills the player, players, and/or the team. Organized practices during the school year shall not begin before the starting dates prescribed by the OHSAA. The Athletic Director will publish annually these dates and will list the dates in the school calendar.

Practices

Classes are normally dismissed at Saint Ignatius at 2:50 p.m. Athletic practice should begin as soon as possible after dismissal so that students will arrive home at a reasonable hour. Practices generally do not exceed two-and-a-half hours in length. Practices that begin by 3:30 p.m. shall never extend beyond 6:30 p.m. (The practice sessions of selected varsity and junior varsity teams may be scheduled for later in the day due to facility limitations.)

Tryouts

Most sports* will have a minimum of three (3) tryout days before a 'first cut' is made and a minimum of three (3) tryout days for athletes coming out from another sport. If a student tries-out for a second sport after being cut from a first sport in the same try-out period, the coach will provide the student not less than three (3) try-out days.

* Golf will have a designated tryout period. Parents and athletes will be notified of this tryout period by the coaching staff or athletic department

Injury Provision

In the event a student athlete is injured at the start of tryouts for a cut sport he must meet with the Head Varsity Coach to determine whether or not a tryout would be feasible. If so the tryout procedure would be at the discretion of the coach. For sports that do not cut, the injured student athlete must inform the Head Coach of his injury and his intent to compete with the team prior to the start of practice.

The varsity coach and assistants and the junior varsity coach should do their best to be involved as spectators and/or participants in all tryouts and provide input to freshman, sophomore, and junior varsity coaches on roster selections. The Athletic Director should be kept apprised of all potential athletes who have been dismissed from a team for any reason.

Policy on Cutting of Teams

All cuts must be made verbally with encouragement to see the coach if there are any questions about the decision. Copies of cut lists are to be given to the Athletic Director, the Principal and counselors. (Posting a list only will not be permitted)

In the event a player is transferred to another level, e.g., from the varsity to the J.V. team, the coach shall meet individually with those players to explain the situation.

Each year students will be evaluated by the coaching staff or moderator on skill, team participation and an overall ability to help the squad.

Lettering

In sports that require cuts, any athlete making the team will earn a letter. For non-cut sports the head coach will determine the criteria needed to earn a letter. These criteria will be stated to athletes before the start of the season. Any athlete dismissed from a team due to disciplinary reasons will not receive a letter. Awards will only be given to members of varsity teams.

The Athletic Department will award the following to our student / athletes:
(Awards based on achievement in each individual sport)

1st year award – Letter

2nd year award – Trophy

3rd year award – tba

4th year award – To be determined by the Athletic Director

Special awards will be decided upon by the Head Coach and his or her assistants and approved by the Athletic Director.

Playing Up of Freshman Athletes and Moving Up of Athletes Post Season

If a coach of a program decides that a freshman would be better suited participating on the sophomore, junior varsity or varsity level, the head coach of the program must inform the Athletic Director of that decision. At that time, it must be ascertained that the move is in the best interest of the student/athlete and the team.

This policy does not apply to student/athletes who played up the previous year in a particular sport but does apply to freshman athletes moved-up for post-season play only.

The Athletic Director must be consulted when the varsity coach wants to add a lower level player to his team for post-season competition. This is necessary for OHSAA eligibility purposes and statistical purposes.

Quitting a Team

To emphasize the importance and great degree of commitment asked of the Saint Ignatius athlete, the policy with regard to a student athlete who quits a Saint Ignatius athletic team before the end of its season is as follows: If a student athlete is a member of a particular Saint Ignatius team and then quits that team, he may not try out for any other school team until the completion of the season of the sport which he has quit. If, at the time an athlete quits a team (team “A”) while simultaneously playing on another varsity squad (team “B”), he may continue to participate on that second team (i.e. team “B”). The same ruling also applies to those individuals who are removed from a team because of academic or disciplinary reasons (in these instances, however, a player may be removed from both teams); it applies without exception to all students at Saint Ignatius High School.

Ejection of Athletes From an Athletic Contest

By adoption of the OHSAA, any student/athlete ejected from an interscholastic contest for unsportsmanlike conduct or a flagrant foul shall be ineligible for contests for the remainder of that day as well as for all contest in that sport until two (2) regular season/tournament contest are played at the same level as the ejection (one contest in football). If the ejection occurs in the last contest of the season, the student/athlete shall be ineligible for the same period of time as stated above in the next sport in which the student/athlete participates. A student/athlete under suspension may not sit on the team bench, enter the locker room or be affiliated with the team in any way traveling to, during or traveling after the contest(s).

A student/athlete who has been ejected for unsportsmanlike conduct for the second time shall be suspended for the remainder of the season in that sport. A student who has been ejected for unsportsmanlike conduct for the second time in the season during the last contest shall be ineligible for a period of time/number of contest subject to the discretion of the Commissioner. The period of ineligibility shall commence during the next sport in which the student participates.

It is the responsibility of Saint Ignatius High School to ensure that this regulation is enforced. When an ineligible student is allowed to participate, forfeiture of the contest is mandatory. This regulation shall apply to all regular season and tournament contest and shall in no way limit the discretionary authority of the Commissioner as specified in the OHSAA Tournament Regulations. In accordance with OHSAA Bylaw 8-3-1, the decisions of contest officials are final.

Dress Code

Because the Athletic Department is a highly visible department at Saint Ignatius, all coaches and players should make an effort to present themselves in a professional manner, including and especially on game days. While a team shirt is deemed appropriate on the day of a game, sweats or other attire that may be deemed slovenly is certainly not in keeping with the image of the Saint Ignatius coach or athlete and may not be worn. At the beginning of each sports season, the coach and players shall determine appearance rules.

Suggested guidelines are:

- A clean neat appearance that reflects the dress code.

- This dress code should be in effect while traveling to any game, scrimmage or other contest.
- The code should also be in effect when the team is together in any public forum.

Parent – Coach Communication

Parent – the Athletic Director at the pre-season parent meeting outlines Coach communication prior to each athletic season.

By establishing a clear understanding of both the role of coaching as a vocation and parenting as a vocation, only then can both parties learn to accept the actions of the other. This, in turn, will ultimately lead to greater benefits for our students. This understanding begins with clear communication from the coaches, the parents, the athletes and the athletic administration.

Communication parents should expect from the coach/moderator

1. Philosophy of the program
2. Expectations the coach has for all players (your son included) on the team
3. Locations and times for practices and contests
4. Special team requirements (fees, special equipment, off season programs, etc.)
5. Injury procedure
6. Disciplinary action resulting in your son's dismissal from a team

Communication coaches/moderators should expect from athletes

1. If a problem arises, athletes will meet with their coach first to try to resolve the difference

Communication coaches/moderators should expect from parents

1. Personal concerns expressed directly to the coach
2. Notification of schedule conflicts

Concerns appropriate to discuss with coaches/moderators

1. Ways for your son to improve
2. Behavioral/Disciplinary actions taken

Concerns NOT appropriate to discuss with coaches/moderators

1. Playing time
2. Team strategy
3. Play calling
4. Other students

Proper Communication Procedures

1. Athlete-Coach
2. Athlete-Coach-Parent
3. Athlete-Coach-Athletic Director
4. Athlete-Coach-Parent-Athletic Director

In all cases, it is particularly noteworthy that all communications begin with the athlete. Athletes and parents should realize that confronting an unsuspecting coach before or after a practice or contest is not always a good time. Everyone deserves the opportunity to gather one's thoughts. This includes both parents and coaches. Before or after a practice or contest is often an extremely emotional time. This generally does not result in sound communication. When meetings are necessary proper procedure calls for setting an appointment. Allowing for proper procedures and

open communication, your son can expect a rewarding and positive experience. Let us all join together in helping each other make Saint Ignatius extracurriculars what it was intended to be – a physical, emotional and spiritual growing experience. It is never accepted procedure to communicate displeasure with a coach or moderator over the Internet, in chat rooms, or on electronic message boards.

Community and the Press

Coaches or their assistants are expected to contact the proper media (especially the Plain Dealer) with their team's results. The coach should also contact the athletic department with results in order to have them posted on the Internet.

Coaches are urged to promote their sports and Saint Ignatius athletics in general at every available opportunity, such as homeroom announcements, hosting parent information evenings, sponsoring alumni games, or merely talking with parents and spectators after an athletic contest. Similarly, media attention can be most beneficial to the athletic program; all coaches should try to accommodate media personnel to the utmost of their abilities. Be as honest and positive as possible in dealing with reporters. Emphasize the good things that occurred; do not dwell on the bad things that might have happened. *It is the responsibility of the Head Coach (or his designate) to contact media sports desks immediately after every varsity game to report the outcome of the contest.*

On occasion the Athletic Director will also issue press releases on significant events pertinent to the Saint Ignatius athletic program.

Recruiting

From OHSAA Bylaw 4-9

- 4-9-1** A student is considered a prospective athlete after enrolling in the seventh grade, or the grade corresponding to the seventh grade for a student from a foreign country. Any attempt to recruit a prospective student-athlete for athletic purposes shall be strictly prohibited.
- 4-9-2** For purposes of this Bylaw Section 9, the term “recruit” shall mean the use of influence by any person connected or not connected with the school to secure the transfer of a prospective student-athlete.
- 4-9-3** All member high schools are permitted to mass market their entire high school program and all of its elements for the purpose of informing and recruiting students.
- Recruiting a select athletic group or individual, i.e. eighth grade team or individual sports participants, is a violation.
 - Coaches initiating contact with prospective student-athletes, who are not presently enrolled in the school's educational program, or their parents, prior to written acceptance notification (which cannot occur prior to January 2), is a violation.
 - Note: For the purposes of this section of Bylaw 4, the description of “coaches” as stated in Bylaws 6-1-1 and 6-1-2 shall be applicable.

- 4-9-4** Prior to enrollment, a student-athlete may visit a public or non-public school in contemplation of transfer, as long as that contemplated transfer is consistent with Board of Education or similar governing board policy formally adopted by that school district and arrangements for the visit are made through the principal and/or school administrator designated by the Board of Education or similar governing board.
- 4-9-5** All questions relating to enrollment, attendance or the athletic program shall be handled through the school administration or the admissions office. High school coaches may answer athletic questions from prospective student-athletes and/or their parents and describe their programs only within the school in accordance with approved administrative policies and procedures (i.e. via admissions offices).
- 4-9-6** Member schools shall not distribute athletic publications or advertise solely for athletics. All athletic materials must be accompanied by general school information, prior to student registration. Athletic camp brochures that advertise athletic camps that are available to a general population are permitted.
- 4-9-7** Invitations and/or free admission to high school contests or invitations to athletic-related recognition ceremonies/banquets, etc., are permitted provided that the invitation or admission is extended to the entire group or team and is mutually agreed upon by the administrations of both schools/organizations. Additional favors or inducements, such as T-shirts or caps, cannot be given to prospective student-athletes or their parents.
- 4-9-8** Providing financial aid or scholarships to a student on the basis of athletic ability is prohibited.
- 4-9-9** All member school coaches approved by the Board of Education or other governing board and student-athletes, when invited, may speak at elementary/middle schools, as well as to youth organizations, provided the talk focuses on educational values and coaching techniques and is not used to recruit student-athletes.
- 4-9-10** Any violation of the recruiting prohibitions as set forth in this Bylaw shall cause the recruited student-athlete to be ineligible upon transfer. Furthermore, the school to which the recruited student-athlete transfers or the school the recruiting attempts were intended to benefit shall be subject to sanctions as set forth in Bylaw 12.