



**John S. Burke Catholic
High School**

*Interscholastic Athletics
Parent and Student-Athlete
Handbook*

Update December 9, 2008

PRAYER BEFORE THE START OF A SEASON

Lord,

We stand at the start of another journey, the beginning of the season. We do not know what lies ahead of us. We do know that we have great aspirations for the journey and have worked hard to prepare. Help us to keep each moment, each competition in perspective. We ask that you not lead us necessarily to victory; instead lead us to perform at our greatest capability. At the end of the season, may we look back and be proud of how we played, how we acted, and how we grew in our relationship with you.

OVERVIEW OF THE BURKE CATHOLIC ATHLETIC PROGRAM

CORE VALUES:

Each coach and student-athlete is required to uphold the values of our athletic program. These “core values” are:

1. **COMMITMENT**-If fortunate enough to be chosen for a team the student-athlete is committed to their team and their coach for the entire season.
2. **INTEGRITY**- The student-athlete will strive to do what is morally right and will never sacrifice their integrity on or off the field of competition.
3. **PRIDE**-The student-athlete must display pride in themselves, their school and their team.

MOTTO:

In addition to the schools motto ***Non Vox Sed Votum “Not Words, but Deeds”***, the athletic departments motto of ***“Win with Empathy, Lose with Grace”*** reminds us that we should never be boastful or arrogant in victory nor look to make excuses or blame others in defeat.

MISSION:

The mission of the Burke Catholic Athletic Program is to foster the quest for excellence by creating an educational and competitive experience within an atmosphere of Christianity and sportsmanship. Each programs goal is to develop individual and team potential by promoting high standards of competence, character, civility and citizenship. The Athletic Department and its programs exist for the sole purpose of supporting the overall school mission of creating an environment that reflects the Gospel values of Jesus Christ.

GOALS:

1. To provide student –athletes the opportunity to participate in athletic programs that contribute to and reinforce the educational and spiritual goals of John S. Burke Catholic High School.
2. To build the esprit de corps of our school community, it’s students, faculty and alumni.

OBJECTIVES:

1. To develop an understanding and appreciation of the place that sports occupies in our American culture and to develop sound educational attitudes towards them.
2. To make the entire student body aware and grow in the appreciation of athletic competition and proper sportsmanship.
3. To serve as a focal point for the morale, spirit and loyalty of the students by providing a common meeting ground and enthusiasm which is shared by all.
4. To allow for the development of physical growth, mental alertness and emotional stability for all those who participate.

5. To provide the opportunity for student-athletes to learn to how to cope with successes and failures and to make decisions that affect themselves and members of their team
6. To learn to develop a positive work ethic this leads to a feeling of self-confidence and positive self-esteem.

BURKE CATHOLIC INTERSCHOLASTIC SPORT OFFERINGS

FALL

Boys Cross Country-Varsity
 Girls Cross Country-Varsity
 Boys Soccer-Junior Varsity & Varsity
 Girls Soccer- Junior Varsity & Varsity
 Football- Junior Varsity & Varsity
 Girls Tennis-Junior Varsity & Varsity
 Girls Volleyball- Junior Varsity & Varsity
 Cheerleading-Junior Varsity & Varsity
 Equestrian

WINTER

Boys Basketball-Freshman, Junior Varsity & Varsity
 Girls Basketball- Freshman, Junior Varsity & Varsity
 Hockey-Club, Varsity
 Boys Indoor Track-Varsity
 Girls Indoor Track-Varsity
 Wrestling-Varsity
 Cheerleading-Junior Varsity & Varsity

SPRING

Baseball-Junior Varsity & Varsity
 Softball- Junior Varsity & Varsity
 Boys Tennis-Varsity
 Boys Golf-Varsity
 Girls Golf-Varsity
 Boys Track-Varsity
 Girls Track-Varsity
 Boys Lacrosse-Varsity
 Girls Lacrosse-Junior Varsity & Varsity
 Equestrian

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATIONS' **ELIGIBILITY RULES**

In order for a student to be eligible to participate in an interscholastic sports program he or she must comply with the following eligibility rules:

1. Be a **Bona Fide Student** – the student is a regally enrolled boy or girl whose name is on the official attendance registry and must be taking at least four subjects including Physical Education.
2. **Age** – a student shall be eligible for inter-school competition in grades 9, 10, 11, and 12 until his/her nineteenth birthday. If the age nineteen years is reached on or after July 1, the student may continue to participate during that year in all sports.
3. **Duration of Competition** – a student will have four consecutive seasons of each sport beginning with the season in which the student entered grade 9.

NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATIONS' **CODE OF ETHICS**

It is the duty of all concerned with high school athletics:

1. To emphasize the proper ideals of sportsmanship, ethical conduct and fair play.
2. To eliminate all possibilities which tend to destroy the best values of the game.
3. To stress the values derived from playing the game fairly.
4. To show cordial courtesy to visiting teams and officials.
5. To establish a happy relationship between visitors and host.
6. To respect the integrity and judgment of the sports officials.
7. To achieve a thorough understanding and acceptance of the rules of the game and the standards of eligibility.
8. To encourage leadership, use of initiative and good judgment by the players on the team.
9. To recognize that the purpose of athletics is to promote the physical, mental, moral, social and emotional well being of the individual players.
10. To remember that an athletic contest is only a game, not a matter of life and death for player, coach, school, fan or community.

PHILOSOPHY AND EXPECTATIONS BY LEVEL

FRESHMEN:

This level of competition is only available in the boys and girls basketball programs. Basic skills are stressed, but team and game strategy development is increased. An emphasis is also placed on physical conditioning and an introduction to strength development. The outcomes of the contests become a consideration at this level. An attempt will be made to play all participants; however, equal playing time is never guaranteed nor mandated.

JUNIOR VARSITY:

This program is intended for those who display the potential for continued development into productive varsity level performers. Team membership varies according to the structure of each sport, but sophomores and freshmen occupy the majority of the roster positions. In rare cases juniors, who may not possess the skills necessary to compete on the varsity level, but would benefit from the playing time gained on the junior varsity level, may be selected for junior varsity participation. This level increases the development of team play strategy, the refinement of fundamental skills and the enhancement of physical conditioning and strength development. Winning at the junior varsity level is important and participants will be taught how to cope with winning and losing, by winning with empathy and losing with grace. An attempt will be made to play all participants. However, each student-athlete should recognize that they may not play frequently, and that equal playing time is never guaranteed nor required.

VARSIITY:

This level of competition is the pinnacle of the high school athletic program. Normally, seniors and juniors make up the majority of the roster; however gifted sophomore and freshmen may be included. Team play, sportsmanship, individual physical ability, motivation and mental attitude are very important aspects of

competition at this level. While contest participation over the course of the season is desirable, a specified amount of playing time is never guaranteed. It is vital that each team member has a role and knows its importance. Preparing to win and striving for victory in each contest are worthy goals of a varsity level team. The head varsity coach is the leader of the program and is responsible to insure that their program remains consistent with the overall mission, goals and objective of the Burke Catholic Athletic Department.

GUIDELINES FOR INTERSCHOLASTIC ATHLETIC PARTICIPATION

MEDICAL:

1. Before any student-athlete will be allowed to participate in any activity, the, two page, Parent Permission Form (PPF) MUST be submitted prior to each sport season. The date on which the PPF is signed cannot be more that 30 days prior to the start of the season.
2. Sports physicals are offered (free of charge) here at the school and are scheduled at various times during the school year. The student-athlete is responsible for scheduling the appointment with the school nurse and report to their appointment on time! Student-athletes may have a physical exam perform outside of with their private physician, but the school physical exam MUST be used. Physical exams are valid for one year.
3. The student-athlete is to report all injuries, no matter how minor to their coach. The coach will complete an accident report form, which MUST be submitted to the athletic director by the following morning. All accident report forms will be kept on file in the Health Office.

ACADEMIC:

1. Failure to maintain a 70% GPA will result in a two-week suspension from all extracurricular activities.
2. Failure to attain the minimum standard of a 65% GPA will result in a suspension from all extracurricular activities for the quarter.
3. Two failures during a marking period will result in a two-week suspension from all extracurricular activities.
4. More than two failures will result in a suspension from all extracurricular activities for the quarter.

CITIZENSHIP:

All Burke Catholic student-athletes MUST:

1. Be good, law abiding citizens at all times, in and out of school. All student-athletes are encouraged to reach their full potential in their academic pursuits.
2. Be well groomed. Their dress MUST be neat and appropriate in school, on the field of competition and in the community.
3. Be in school before 9:00 AM in order to practice or play in a game. Exceptions include students who come to school late following a doctor's or dentist's visit, providing they have a note from the doctor or dentist or student-athletes who have attended a pre-approved official college appointment validated by the college registrar.

The conduct of a student-athlete is closely observed in many areas of life, in particular, on the field of competition, in the classroom and in the community. Take pride in yourself, your team and your school.

Projecting a positive image is important. Winning or losing is not as important as your reaction to winning or losing. Remember we win with empathy and lose with grace.

Unsatisfactory citizenship on the part of a student-athlete (in or out of season, in or out of school) may result in the student-athlete having the privilege of participating in our athletic program permanently revoked.

DEMERITS:

It is expected that all student-athletes will refrain from receiving demerits! The following corrective actions will take place for failure to comply with this expectation:

1. If a student-athlete receives eight (8) demerits in one marking period they will receive a one-week suspension from practice and games.
2. If a student-athlete receives eleven (11) or more demerits in a marking period they will receive a MINIMUM of two week's suspension. The athletic director reserves the right to extend the suspension if deemed necessary.
3. If a student-athlete is suspended from school they will be immediately be suspended from their team UNTIL THE STUDENT IS RELEASED BACK TO THE TEAM BY THE ATHLETIC DIRECTOR. Student-athletes may not attend practices or games during the suspension.
4. DETENTION POLICY
 - a. If a student-athlete should receive a demerit he/she will attend after school detention the following day.
 - b. It is the athlete's responsibility to notify their coach if they will be serving detention.
 - c. Student will not be permitted to practice or play in a game the day of the detention.
 - d. The head coach will decide whether or not the student-athlete will play in the next game, if the detention was served the day before the next scheduled game.
 - e. The Deans Office will contact the Athletic Director with the names of student-athletes who were issued demerits. The Athletic Director will in turn will notify the coach.

SCHOOL ATTENDANCE AND PARTICIPATION

1. Students who are absent may not attend or participate in any game or practice scheduled for that particular day.
2. Students who arrive at school AFTER 12:00 noon are counted as absent for that day. Therefore, the student may not participate in any game or practice scheduled for that day.
3. A student who is not present by 9:00AM may not participate in any game or practice scheduled for that day.

EARLY DISMISSALS

Periodically, it is necessary for a team to be released early from school to participate in a scheduled contest. Realizing the impact this has on student academic responsibilities, the Athletic Director will ensure a team is released early only if it is absolutely necessary.

In the case of an early dismissal the student-athletes is responsible to ensure that all assignments are submitted in a timely manner.

BURKE CATHOLIC SPORTSMANSHIP POLICY

The Burke Catholic Athletic Department is committed to promoting the proper ideals of sportsmanship, ethical conduct and fair play. The Burke Catholic Athletic takes our definition of sportsmanship from the words of Jesus Christ:

"Do unto others as you would have them do to you". Luke 6:31

On the field competition this may be a hard concept to grasp, as we strive for victory. However, we must remember that even our opponents were made in the image and likeness of God. And we must respect and dignify all God's children. The concept of sportsmanship must be taught, molded, expected and reinforced in order for it to permeate our very being. Practicing good sportsmanship is Christianity in action.

SPECTATORS CODE OF ETHICS

It is the responsibility of each spectator to:

1. Keeps cheers positive. Absolutely no profanity or degrading language or gestures will be tolerated.
2. Avoid actions, which will offend visiting teams or individual players.
3. Show appreciation of good play by BOTH teams.
4. Learn the rules of the game in order to be a well-informed spectator.
5. Treat all visiting teams and spectators as guests and show respect.
6. Accept the judgment of coaches and officials.
7. Encourage all spectators to participate in the spirit of good sportsmanship.
8. Avoid the use, abuse, and resulting negative influence of drugs, including alcohol and tobacco.
9. BE LOUD, BE PROUD, BE RESPECTFUL!!!!

STUDENT-ATHLETE CODE OF BEHAVIOR

It is the responsibility of the Burke Catholic student-athlete to:

1. Demonstrate self-control and respect for others at all times, be they officials, spectators or other athletes.
2. Remember that participation in athletics is a privilege that is not to be abused by unsportsmanlike conduct.
3. Deal with opponents with respect. Shake hands after the competition and congratulate them on their performance.
4. Respect the integrity and judgment of the officials.
5. Remember that improper behavior while in uniform, in school or in the community reflects poorly upon yourself, your family and your school.
6. Understand and abide by the rules and regulations of the game.
7. Remember that the use of drugs, including alcohol, tobacco and illegal performance enhancing supplements is detrimental to the integrity of the game and its participants.

BURKE CATHOLIC, SECTION IX AND OCIAA DISQUALIFICATION POLICY

Know knowing that sportsmanship is a vital ingredient of our athletic program. The National Federation of High School Athletics, The New York State Public High School Athletic Association and Section IX have targeted the area of sportsmanship as a major emphasis. Burke Catholic has instituted the following policy to ensure the development of and understanding of the importance of proper sportsmanship and fair play.

When an athlete is ejected from a game for fighting or unsportsmanlike conduct, the following action will be taken:

1. First ejection
 - a. Athlete cannot attend (even as a spectator) or participate in the next regularly scheduled game.
 - b. Athlete will also be required to complete an assignment on Sportsmanship.
2. Second ejection
 - a. Athlete cannot attend (even as a spectator) or participate in the next two regularly scheduled games.
 - b. Athlete will submit a second assignment on Sportsmanship
3. Third ejection
 - a. Athlete forfeits their athletic eligibility at Burke Catholic High School

CHAIN OF COMMAND

From time to time during the course of season, parents/guardians and student/athletes may have questions or concerns that need to be addressed. The team coach is the best source of information. The student-athlete or parent should address any concerns directly with his/her coach. If, after speaking with the coach the student-athlete or parent is not satisfied, the next step is for them to set an appointment with the Athletic Director. Following this chain will open up lines of communication with student-athletes, coaches and parents so that small issues or concerns do not turn into distractions that become negative influences on individual and team goals.

TEAM SELECTION

In accordance with our philosophy of athletics and the desire to encourage student participation, we encourage coaches to keep as many student-athletes as possible without unbalancing the integrity of their sport. All students (*including students who were on the team the previous year*) trying out for a sport must understand and accept the possibility of not making the team. The hardest part of any coaches' job is to inform a student that they did not make the team. Cuts are and must be made. The final decision on squad size will be left up to the varsity coach.

PRACTICES AND CONTESTS

Each student-athlete is required to attend all practices and games unless excused by the coach. A student-athlete who is injured or is ill but still able to attend school is also required to attend practice if possible although they will not actively practicing. Any student-athlete failing to abide by this policy may be subject to appropriate disciplinary action. Punishment could range from a warning, to suspension to dismissal from

the team. Remember, once you have been selected to a team you are making a commitment to that team and Burke Catholic for the full season.

“QUITTING”

Understanding that Commitment is our first core value, quitting a team mid-season is unacceptable at Burke Catholic. It is expected that once a student is chosen for a team, they are making a commitment to that team for the entire season. If a student-athlete decides to “quit” or leave their team, for any reason, they must make their intentions known to the Athletic Director. If the student-athlete fails to speak directly with the Athletic Director they will be ineligible to participate on any teams for the remainder of their career at Burke Catholic.

TRANSPORTATION TO AWAY CONTESTS

Due to the fact that our students come from many different areas within the county, there may be instances when parent/guardians or the students themselves, may provide transportation to away contests. It is common sense that if a student is closer to the sight of the away contest, they shouldn't have to come to the school and take a bus back to the site. This generally only occurs on weekends and when school is closed for vacation. All games during the week and the majority of the games on the weekends will have transportation provided. A student-athlete may ride home after a game with his/ her parent/guardian; provided they sign the athlete out using the transportation from each coach is issued. Riding home with a teammate or a teammate's parent/guardian is not encouraged, but will be allowed only if the coach receives written authorization from a parent/guardian.

CHANGING SPORTS

A Student-athlete is only permitted to “try-out” for one sport per season. A student-athlete may not change from one sport to another once a team has been selected, without the permission of the Athletic Director. If he/she is “cut” from one team, it is legitimate to try out for another sport with permission from the coach of the team they would try-out for.

CONFLICTICS OF INTEREST

An individual who attempts to participate in too many activities will undoubtedly be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in school activities and, to this end, will attempt to schedule events in a manner so as to minimize conflict. Student-athletes and parents/guardians must realize that many schedules cannot be changed because of league or section regulations or facility usage. Student-athletes have a responsibility to their coach and teammates to do their best to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are inevitable. It also means notifying the coaches involved immediately when a conflict could arise so that he/she can make adjustment to their practice schedule or game preparation.

OUTSIDE PARTICIPATION

The New State Public High School Athletic Association (NYSPHSAA) allows outside participation in organizations such as; AAU, Travel Club, etc. It is imperative that all Burke Catholic student-athletes understand that the commitment to the school team comes first and outside participation should not be a detriment to an individual or the Burke Catholic team. There will be many circumstances where a student-athlete should not participate in an outside activity due to the possible effect on the team. Always check with your coach and or the Athletic Director if you foresee any problems with this policy.

FAMILY VACATIONS

When parent/guardians and student-athletes choose to take their family vacation during the sports season, or a student-athlete chooses to attend a school sponsored trip, it must be understood that the time missed by the student-athlete can affect the team's chemistry and personal conditioning. Student-athletes who miss practices or competition for any reason may have their position or playing time adjusted. The Athletic Office shall make every effort to inform parents/guardians and student-athletes of the season schedule as far in advance as possible.

UNIFORMS & EQUIPMENT

All uniforms/equipment must be returned at the conclusion of the season to the head coach. Failure to return any school issued uniform/equipment is punishable by the student-athlete being issued 5 demerits. In addition a student-athlete will not be eligible to participate in another sport until all equipment is returned. Also, the student-athlete will be financially responsible for any unreturned or damaged equipment (other than normal game wear and tear).

WASHING INSTRUCTIONS FOR ALL ATHLETIC UNIFORMS

Proper washing of the uniform is of the utmost importance to ensure the uniforms appearance and longevity. Please follow these washing instructions when caring for all athletic uniforms:

1. Use liquid soap-do not use powder soap
2. Absolutely no bleach to include non-chlorine bleach.
3. Wash in cold water only
4. Hang dry-do not put uniform in a dryer
5. Do not dry clean

ACCIDENT, INJURIES AND INSURANCE

Student-athletes are covered by a Student Accident Program through Catholic Mutual Group. Benefits under this program will be paid on a "Full Excess" basis. This means that benefits are payable for covered medical expenses that are not recoverable from another health plan. This program provides coverage for injuries sustained during the hours and days when school is in session and while attending or participating in school sponsored and supervised activities on or of premises.

Participation in athletics does involve some risk. Physical injury can occur in any type of sports activity. By volunteering to participate in a school sponsored athletic activity, a student and his/her parents/guardians acknowledge the potential risk for physical injury to occur.

If an injury occurs either in practice or in a game, the coach is responsible to document the incident by completing the 2 page accident report.

- Page 1 documents the specifics of the incident and the injuries sustained by the athlete.
- Page 2 is a two part form in which Part I is completed by the coach, authorized by the Assistant Principal of Finance and returned to the student-athlete. The form and any itemized bills need to be mailed to Health Special Rick, Inc. (address on the form) for payment.

COMMUNITY ASSOCIATED METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS **(CA-MSRA)**

CA-MSRA, is a bacterium that causes infections in different parts of the body. It's tougher to treat than most strains of staphylococcus aureus -- or staph -- because it's resistant to some commonly used antibiotics. CA-MRSA skin infections have been identified among certain populations that share close quarters or experience more skin-to-skin contact such as athletes

1. **Risk Factors for MRSA-** Several issues increase the risk for CA-MRSA to develop. History of intravenous drug usage and known contact with individuals with this bacterium serve as the greatest risk. Children and adolescents have a greater preponderance than adults. **Other factors are: contact sports; i.e. football, wrestling, rugby or soccer, and history of recurrent boils.**
2. **Simple Measure to Prevent or Minimize the Risk of MRSA**
 - Shower after all competition
 - Wash all work-out gear after practice or competition
 - Certain sports require cleaning equipment (mats) before each practice or event
 - Use liquid soap, not bar soap
 - Refrain from cosmetic shaving
 - Don't share towels or hygiene products
 - Notify parents and coach about any skin sores and have it evaluated by health care provider before returning to competition.

A LESSON FOR ALL THOSE ASSOCIATED WITH THE ATHLETIC PROGRAM

"Sports are not merely the exercise of muscles, but the school of moral values and of training in courage, in perseverance, and in overcoming laziness and carelessness. There is no doubt that these values are of greatest interest for the formation of a personality which considers sports not an end in itself but as a means to total and harmonious physical, moral and social development."

His Holiness Pope John Paul II

ACKNOWLEDGMENT OF RECEIPT OF ATHLETIC HANDBOOK

INSTRUCTIONS

1. PRINT THIS PAGE
2. BOTH ATHLETE AND PARENT/GUARDIAN MUST SIGN
3. RETURN THIS PAGE TO YOUR COACH

SIGNED FORM MUST BE RETURNED TO HEAD COACH

I HAVE READ THE JOHN S. BURKE CATHOLIC HIGH SCHOOL ATHLETIC HANDBOOK INCLUDING THE RULES, REGULATIONS AND POLICIES. I FULLY UNDERSTAND ITS MEANING AND CONSEQUENCES AND SUPPORT ITS ENFORCEMENT BY PERSONS RESPONSIBLE.

PLEASE SIGN AND RETURN THIS PAGE TO YOUR COACH. FAILURE TO RETURN THIS FORM BY THE DESIGNATED DATE WILL RESULT IN SUSPENSION FROM YOUR SPORT FOR **ONE WEEK**.

THANK YOU FOR YOUR COOPERATION AND SUPPORT OF THE JOHN S. BURKE CATHOLIC HIGH SCHOOL ATHLETIC DEPARTMENT.

Signature of Student-Athlete

Date

Sport

Signature of Parent/Guardian

Date