
2009-2010
GUIDELINES
FOR
STUDENT ATHLETES



CHRISTIAN BROTHERS COLLEGE
HIGH SCHOOL

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1.00 ATHLETIC MISSION STATEMENT

Interscholastic athletics are an integral part of the total education and growth experience at Christian Brothers College High School. Athletics are designed to affirm and promote the Lasallian values stated in the school's mission statement.

Student athletes, coaches, and parents work together in a spirit of sportsmanship to create an environment where Lasallian values can be revealed, tested, and proven relevant, both to participants and the entire community.

Through participation in athletics at CBC students will have the opportunity to mature physically, emotionally, socially and spiritually. They will be taught to take responsibility for personal growth by developing loyalty, pride, integrity, and commitment. Athletics provide the opportunity for the student athlete to exhibit physical skills and knowledge in a variety of learning formats. Through participation in athletics the student-athlete is shown that God is active in all things and that individual and liturgical prayer will bring him closer to God. The student-athlete comes to trust that he is loved by God. Every member of the CBC community must seek to encourage, instill, and foster growth and development in all student-athletes.

2.00 PHILOSOPHY

Christian Brothers College High School believes that the opportunity for participation in a wide variety of interscholastic sports is a vital part of the student's educational experience. Such participation is a privilege and not an entitlement with enrollment at CBC. The participation carries responsibilities to the school, activity, team, coach, student body, and to the student himself. Through the athletic experience the student will further develop the learning skills and emotional patterns that are established in the CBC environment.

Christian Brothers College High School student activities are considered a co-curricular activity to the school's program of education, which provides experiences that will help develop each young man physically, mentally, spiritually, socially, and emotionally.

Coaches are first and foremost Lasallian educators who use their sport to present and foster meaningful lessons for life. Every member of the CBC community (coaches, parents, family, and student-athletes) will seek to instill and foster the true spirit of the Lasallian philosophy.

3.00 ATHLETIC OBJECTIVES

Christian Brothers College High School is governed by the Missouri State High Schools Activities Association (M.S.H.S.A.A.) and the Metro Catholic Conference. CBC's athletic program will be conducted in accordance with the spirit and rules of both of these entities. In addition, CBC's athletic office offers the following objectives:

1. To realize the role of interscholastic athletics in a Christian setting.
2. To emphasize the role of interscholastic athletics as part of the total educational program.
3. To develop excellence and understanding of the positive values of competition by:
 - a. Recognizing individual and group performance.
 - b. Emphasizing educational values in winning and competing.
 - c. Implementing the goals of group cooperation while initiating the values of commitment to a program.
4. To develop sportsmanship, citizenship, and respect for rules and authority by:
 - a. Instilling principles of justice, fair play, and good sportsmanship in students.
 - b. Providing the opportunity to adjust individual roles to team (corporate) goals.
5. To promote and contribute to the goals of the educational program by:
 - a. Developing physical fitness and the realization that a healthy body increases the probability of effective learning.
 - b. Providing strong interscholastic athletic programs that attract student interest and contribute to a positive learning atmosphere.
 - c. Providing student participation in the planning and execution of the program through student leadership.
6. To promote community interest and involvement in Christian Brothers College High School interscholastic athletics and support groups by:
 - a. Providing safe, enjoyable experiences for participants and spectators.
 - b. Establishing rules and standards that reflect behavior approved by CBC, the Metro Catholic Conference, and the M.S.H.S.A.A..

- c. Providing opportunities to develop a strong sense of school spirit within the entire Christian Brothers College High School community (parents, students, faculty, and coaches.)

4.00 GOALS

1. To provide a superior program of student activities for a wide range of students.
2. To provide opportunities for students to experience success in activities.
3. To create a desire to succeed and excel.
4. To provide for the student's worthy use of leisure time now and in the future.
5. To develop high ideals of fairness in all human relationships.
6. To practice self-discipline and emotional maturity in learning to make decisions under pressure.
7. To be socially competent and operate within a set of rules, thus gaining a respect for the rights of others.
8. To develop an understanding of the value of activities in a balanced education process.

The attainment of these goals will enhance the education of students and contribute toward the development of better citizens for a democratic society. They will not, however, be achieved by chance. It is only by helping a student to understand clearly what the most worthwhile objectives are and by carefully directing him in appropriate, well-planned learning situations that he will achieve them. This is a great responsibility and stimulating challenge that faces all who believe in high school activities governed by the Missouri State High School Activities Association.

5.00 CBC'S DEFINITE DOZEN

TO STAY AT CBC:

BE COMMITTED TO YOUR ACADEMICS—Know your goals...make a plan on how to reach those goals. Be on time. Sit in the front of your classes. Take good notes. Do all extra work possible. Plan ahead and talk to teachers when you are having a problem. Get extra help when you need it.

BE COMMITTED TO HAVING CLASS—Treat teachers, trainers, support staff, fellow classmates and all you meet with respect. Treat other people the way you want to be treated. Moody people are rude. Remember to smile, to say please, thank you, yes sir, yes ma'am and give people the benefit of the doubt.

BE COMMITTED TO DOING THE RIGHT THING—We have plenty of team and school rules...know them! Realize if you just try to do the right thing you will be OK. Try to do the next thing right and you are as close to perfect as any person can be.

BE COMMITTED TO THE PROGRAM—We realize that our players are in a “fish bowl” at CBC. Every word and action will be watched. We must be committed in building traditions in our program starting today and respect those that have gone before us and paid the price.

TO PLAY AT CBC:

BE COMMITTED TO HARD WORK—Our program is built on the concept that hard work pays off. We believe that we work harder than anyone else...and because of that we always deserve to win. There is a reason we are going to become the best...we work at it.

BE COMMITTED TO BECOMING A SMART PLAYER—Our players must be ready to learn. Learn the game and understand the proper way to play the game. Play with poise. Prepare mentally for practice so that you will succeed in games.

BE COMMITTED TO OUR TEAM ATTITUDE CONCEPT—We must have players who believe in the team. Our programs are built on the concept that the team is bigger than any individual player. We strive to develop unselfish players.

COMMIT YOURSELF TO A WINNING ATTITUDE—Our players must be committed to winning, but understand that we do not measure our success by winning alone. Each time we play we evaluate ourselves on reaching our potential. The test for our teams is to play against the game and not just our opponent. Never quit. Always be looking for a way to win.

TO WIN AT CBC:

BELIEVE IN OUR SYSTEM—Commit yourself to our philosophy, to our system of play. Be a sponge and soak up the concepts of how we play. Learn your role...then accept your role and do it the best you can.

BELIEVE IN YOURSELF—Play with confidence...think positive...realize you are a great player in a great program. Don't get down when you play poorly...realize you were chosen to be here...be a leader and lead by example.

BELIEVE IN YOUR TEAMMATES—Communicate with each other, and help each other out. Remember: “the strength of the pack is the wolf and the strength of the wolf is the pack.” Encourage each other and support each other. Don't ever forget the importance of the shell around the team. Be a friend. Understand that we are all different, and be tolerant of teammates and others.

BELIEVE IN YOUR COACHES—Understand that your coaches are trying to help make you a better person and player. Ask questions...don't whine and complain. Learn to take critiquing from your coaches. They are in their positions to be your coach, not your best friend. You must understand that the coaches are doing what they think is right for you and the team.

6.00 MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION

It is difficult for some who are not acquainted with the philosophy of secondary school activities to understand why some of the rules are adopted. This is true particularly of the

regulations concerning eligibility of players, the limiting of out-of-school practice, organizations for charity or other fund-raising purposes, and restrictions placed upon member schools in the promotion and sponsorship of bowls and all-star games. School membership in an organization such as the MSHSAA is in itself insufficient and incomplete as a means of helping students to achieve the most worthwhile objectives of activities. It is the specific responsibility of each school, through its administrators, sponsors, and coaches to help students understand what these objectives are and to provide for these students the appropriate learning experience to achieve them.

7.00 EXPECTATIONS OF ACTIVITIES PARTICIPANTS

CBC student activities participants are expected to:

1. Strive to achieve sound citizenship and desirable social traits, including: emotional control, honesty, cooperation, dependability, and respect for others and their abilities.
2. Attend all classes regularly and abide by all school rules. A student who misses class on the date of a contest without being excused by an administrator is not eligible to practice or participate on that date.
3. Understand and abide by the academic and eligibility standards of MSHSAA.
4. Show respect for both authority and property.
5. Make only positive remarks about the coach, the sponsor, and other students.
6. Exercise self-control at all times, accepting decisions and abiding by them.
7. Know, understand, and appreciate the rules of the contest.
8. Respect the official's judgment and interpretation of the rules. Never argue or make gestures indicating a dislike for a decision.
9. Accept both victory and defeat with pride and compassion, never being boastful or bitter.
10. Accept seriously the responsibility and privilege of representing the school and community.
11. Realize that behavior, language, and appearance reflect not only on the individual, but other students and the school, as well.
12. Recognize and appreciate the abilities of teammates and opponents.

8.00 ELIGIBILITY STANDARDS FOR STUDENTS

To represent CBC High School by participating on athletic teams, a student must meet all eligibility requirements of the Missouri State High School Activities Association and those of CBC. There are no exceptions to these rules. For complete rules and regulations, see the Missouri Handbook in the office of the Athletic Director or Principal.

9.00 CITIZENSHIP

Students who represent a school in interscholastic activities must be credible citizens both in and out of school, judged by the proper school authority certifying a list of students for competition. Creditable citizens shall be defined as those students who are not involved with violations of the rules set aside in the Student-Athlete Handbook.

10.00 ACADEMICS

We at CBC strive to educate our students in a way which meets the needs of each student according to his unique learning capabilities. The entire school community (Administration, faculty, staff, parents, and students) has a commitment to Christian education. To support this, the following Academic Probation Policy has been established. Any freshman or sophomore student receiving a semester grade point average below 1.75, or two failing grades at the end of any semester and any junior or senior student-athlete receiving a semester grade point average below 2.00, or two failing grades at the end of any semester will be placed on Academic Probation. At that time a conference will be held with the student, his parents, and his counselor, along with input from his teachers, to develop an Individualized Educational Program (IEP) to improve his academic performance. The student's progress will be evaluated at the end of the next semester.

To be removed from Academic Probation the freshman/sophomore student-athlete must have a grade point average of 1.75 or above for the semester, and the junior/senior student-athlete must have a grade point average of 2.00 or above for the semester. If a student does not remove himself from Academic Probation, his Individualized Educational Program will be reviewed by the Assistant Principal to determine whether the student should be considered for dismissal from CBC. The Assistant Principal will make a recommendation to the Principal who will make the final decision.

Students may be dismissed by the Principal for poor academic performance, for failure to remove themselves from Academic Probation, for returning to Academic Probation after removing themselves, or for failure to make sufficient progress toward graduation. Attendance at summer school will not change the status of a student on Academic Probation. In order to participate in co-curricular activities, students on Academic Probation must meet the criteria listed below.

1. A Freshman or Sophomore Student-Athletes must maintain a minimum GPA of 1.75 in order to be eligible for athletic competition while a Junior or Senior Student-Athlete must maintain a minimum GPA of 2.00 in order to be eligible for athletic competition.
2. A Student-Athlete must meet MSHSAA academic standards in order to be eligible for athletic competition at CBC.
3. Student-Athletes' grades will be checked after the fourth week of a new quarter, then every two weeks following the initial check through the end of that quarter.
4. Student-Athletes' grades will be retrieved on the Thursday of the grading week with probation or suspensions starting on the following Monday.
5. A Freshman or Sophomore Student-Athlete who falls below a 1.75 and a Junior or Senior Student-Athlete who falls below a 2.00 will be put on "At Risk" status until the next grade check period.
6. A Freshman or Sophomore Student-Athlete who falls below a 1.75 and a Junior or Senior Student-Athlete who falls below a 2.00 for two consecutive grade check periods will be suspended from athletic competition (practices and games) until the next grade check period.
7. If a Student-Athlete is suspended twice during the same sport's season, he will be finished with that sport for the remainder of the sport season.
8. If a Student-Athlete is in violation of Point #7, he may try out for a team in the next sports' season of that semester; however, if at any time during the remainder of that semester the Freshman/Sophomore Student-Athlete falls below a 1.75 or the Junior/Senior Student-Athlete falls below a 2.00 he will be removed from that team for the remainder of that season.
9. If a Student-Athlete is placed on CBC's Academic Probation, but is still eligible by MSHSAA standards, he will be placed on "At-Risk" status. The Student-Athlete will be suspended from games and practices for the first four week grading period of the new semester. At that time, if the Freshman/Sophomore Student-Athlete's grades are at a 1.75 or higher and the Junior/Senior Student-Athlete's grades are at a 2.00 or higher he will be reinstated on the team. However, from that point forward, if at any grade check for that semester the Freshman/Sophomore Student-Athlete falls below a 1.75 or the Junior/Senior Student-Athlete falls below a 2.00, he is no longer eligible for athletic competition the remainder of that semester.
10. Grades will be reviewed by the Athletic Director and the Assistant Athletic Director. Students who are placed on "At Risk" status or are suspended will be notified by the Athletic Director.

11.00 SEMESTERS OF PARTICIPATION

A student shall not participate in any interscholastic activity for more than four seasons while in grades 9-12. These shall be during the student's first eight semesters of attendance in high school, beginning with his entrance in ninth grade, and lasting for the next succeeding four consecutive years (eight consecutive semesters).

12.00 ENTERING SCHOOL

"Entering school" for the purpose of eligibility consists of regular registration for classes and attendance in classes. A student must have entered school within the first eleven days of the semester in which he is competing. In order to participate in any school sponsored summer camp a transfer student must be completely withdrawn from the school he is leaving and be officially enrolled at CBC. Until these two conditions are met he is not eligible to participate in the camp.

13.00 UNDUE INFLUENCE

Enrollment in a school or the transfer from one school to another because of undue influence by any person or group connected, directly or indirectly with a member school (including but not limited to alumni associations, booster groups and similar organizations), shall cause the student to forfeit eligibility for a period of 365 days.

What constitutes undue influence shall be determined on a case-by-case basis. Undue influence may, if primarily used to encourage or facilitate participation in interscholastic activities, include but not be limited to:

1. The offer or acceptance of money, room, board, clothing, or other valuable considerations to a student or student's parent or guardian.
2. Waving or reducing tuition for any student to be certified as eligible for interscholastic activities, without establishing and following a plan submitted by the school and approved by the MSHSAA Board of Directors.
3. The payment of tuition by someone other than a student's immediate family or a financial aid program not approved by the Board of Directors.
4. The offer or acceptance of money for work in excess of the amount regularly paid for such service.
5. The offer or acceptance of school privileges or considerations not normally granted to other students.

6. Any inducement to get parent, guardian or student to change residence for interscholastic activities purposes.
7. The contacting of a student in another school by any person or group connected, directly or indirectly, with a member school (including but not limited to alumni associations, booster groups or similar organizations) and attempting to persuade or induce that student primarily for interscholastic activities purposes, to attend the inducer's school.

14.00 PLAYING UNDER A FALSE NAME

A student shall not participate or have participated under an assumed or false name.

15.00 AWARDS STANDARDS

Amateur status – a student who represents a school in an interscholastic sport shall be an amateur in that sport. An amateur athlete is one who engages in athletic competition solely for the physical, mental and social benefits.

1. An athlete forfeits amateur status in a sport by:
 - a. Competing for or accepting money or other compensation.
 - b. Receiving any award or prize of monetary value which exceeds the amount that has been approved by the MSHSAA.
 - c. Capitalizing on athletic fame by receiving money, gifts of monetary value, or merchandise.
 - d. Signing a professional playing contract in that sport.

16.00 AWARDS

A student may accept an award for participation in an athletic contest or for athletic honors or recognition of athletic achievements in the interscholastic program. Awards presented to students shall meet the following criteria:

1. A student may receive the following symbolic awards: unattached school letters or emblems, medals, ribbons, plaques, trophies, certificates, etc.
2. A student shall not accept or compete for the following types of awards: services, cash, or gift certificates.

3. A student may receive a merchandise award that does not exceed \$25.00 (manufacturer's suggested retail price).
4. A banquet does not constitute a violation if arranged with approval of the school administrator.
5. An award presented to a student in recognition of achievements in the school athletic program by a non-school organization, only if the awards are symbolic in nature.

17.00 AGE STANDARDS

A student shall not have reached the age of 19 prior to July 1 preceding the opening of school. If a student reaches this age, he will be ineligible for the ensuing school year.

18.00 M.S.H.S.A.A. NON-SCHOOL COMPETITION

1. A student may compete in organized non-school sponsored athletic competition under the following conditions:
 - a. He may not practice nor compete as a member of a non-school team or as an individual participant in organized non-school competition in the same sport during the same season.
 - b. Definition of school sport's season – a school sport's season shall be defined as the period beginning with the date of the school's first practice with any part of a sport's squad held on a school day and ending with the school's last contest, including district and state tournament contests, in that sport.
 - c. Definition of organized non-school competition – athletic competition shall be considered "organized" if any of the following conditions exist: competition is scheduled and publicized in advance; official timer or game officials are used; admission is charged; teams are regularly formed or team rosters predetermined; squad members are dressed in team uniforms or a team is privately or commercially sponsored, promoted, or administered by an individual, organization, or any other agency shall be considered organized.
 - d. A student who joins a school sport's squad for the first time must have abided by these restrictions beginning with the first day of the current season of the sport concerned.

2. He may practice or compete as a member of a non-school team, or as an individual participant in organized non-school competition in a different sport than the school sport in season, under the following conditions:
 - a. No school time is missed to compete, practice or travel to the site of such non-school competition unless the absence is approved in advance by the school administrator.
 - b. The student shall not practice for, or compete in, the non-school competition on the same date he practices or competes for the school team without approval of the school administrator.

19.00 TRANSFER

Anytime there is a transfer of schools without corresponding change in the parents' residence, the rules can be complicated. You will become ineligible for 365 days if you transfer to another school for athletic reasons. Please check with the Athletic Director before transferring or practicing.

20.00 CONDITIONING STANDARDS

Each squad must have 14 days of conditioning practice. Each individual must have participated in 14 school conditioning practices on 14 different days prior to the first interscholastic contest in all sports. This requirement shall be met if a student has been a member of another school sport's squad immediately preceding the sport season, has been actively practicing with the sport squad, has had 14 days of physical conditioning, and begins physical conditioning practice with the new sport squad with no more than seven days having passed between the two sports before beginning practice.

21.00 TRANSPORTATION

No athletic team, activities group, or special group, will be transported in private automobiles to or from activities without prior approval from an administrator. Students who are members of athletic teams will return on the bus provided by the school. The sponsor may grant permission for a student to ride home with his PARENTS ONLY. If a student-athlete wishes to ride home with another player's parents his parents must have cleared this in advance with the coach.

22.00 PARENTAL PERMISSION

Each year of interscholastic participation, a student shall furnish a statement, signed by the student's parent/guardian, which grants permission for the student to participate in interscholastic activities.

23.00 PHYSICAL EXAMS AND INSURANCE

Each student participating in athletics must have a physician's certificate stating that he is physically able to participate in interscholastic activities at school. The medical certificate is valid for the purpose of this rule if issued on or after February 1st of the previous school year.

A student shall not be permitted to practice or compete until there is verification that he has basic health insurance coverage.

Any student who submits a form with a parent's or doctor's signature which is not authentic will forfeit the right to participate in interscholastic activities at CBC for the remainder of the activity season for which the student is preparing to participate.

24.00 ATTENDANCE POLICY

Participation in School Activities:

1. All students who participate in school activities must meet scholastic requirements for participation. They must be in regular attendance the day the activity is scheduled unless:
 - a. The activity is in another city and it is necessary that the student be absent.
 - b. The activity is scheduled on a day when school is not in session.
 - c. A school administrator gives approval.

A full day of school is defined as being in school before the second period ends on a White Day and by the end of the first period on a Purple or Gold Day. At the close of school on the day of the activity, the sponsor or coach shall certify to the principal that all those who will represent the school have been in attendance the full day. Students who have been unable to schedule dentist or doctor appointments on another day may be excused from this policy as long as they provide the office with a written doctor's excuse.

The following policy applies to practice sessions.

No school activity, meeting or practice may be scheduled for a Sunday without the approval of an administrator.

25.00 INJURIES

An unfortunate aspect of athletics is that injuries do happen and these injuries can sometimes be serious. The majority of students will suffer no injuries at all. A few will suffer minor injuries and very few will suffer serious injury. Strict adherence to the rules of the sport and utilization of proper techniques as taught by your coaches can often prevent injuries.

When an injury does occur **it should be reported immediately to the coach and to the trainer.** It is important to follow the trainer's instruction on the care and rehabilitation of injuries. The trainer should also be notified of pre-existing conditions which could influence treatment or rehabilitation. Coaches will refrain from making medical referrals.

26.00 CATASTROPHE MEDICAL PLAN

CBC participates in a catastrophe medical plan, which provides coverage for athletes who participate in athletics under the jurisdiction of the MSHSAA. There is no cost for this program for the students participating in athletics. Any questions concerning the nature of the policy should be directed to the Athletic Director.

27.00 ATHLETIC AWARDS

Athletic letters are given on the basis of participation, loyalty, cooperation and performance. Each coach establishes award guidelines for his sport and should inform team members of these guidelines prior to the start of the season. Special awards may be given by the coaches.

The first time a student meets the requirements for a letter he shall receive the appropriate letter for that level of competition. The student may receive one seven-inch letter (varsity), one six-inch letter (sophomore), one JV letter, or one five-inch letter (freshman) during his respective year at CBC. Subsequent awards will be made in the form of certificates and pins.

28.00 COLLEGE AUDITIONS/TRYOUTS

You may participate in a college tryout, audition or evaluation event for a specific sport outside of the school season of the sport concerned.

You may not miss school time to travel or participate in the event unless your absence is approved in advance by the school administrator.

You may not miss an MSHSAA-sponsored postseason athletic event to participate in or travel to and from the event. See your administrator before agreeing to attend any such events.

29.00 ALL STAR GAMES

You may not compete in an all-star game or contest before you complete your eligibility in each high school sport. Participating in an all-star game or contest before ending your high school eligibility will result in you becoming **ineligible to participate in any high school sport**.

A senior with no high school eligibility remaining for a specific sport may participate in **one** All-Star game for that sport during the school year. **See your administrator before agreeing to play.**

30.00 SPORT CAMPS/CLINICS AND INSTRUCTIONAL PROGRAMS

You may attend a specialized summer athletic camp(s) clinic(s) where you receive instruction or coaching from a member of your school's coaching staff for a maximum of two calendar weeks in any one sport. No summer specialized sports camp involving a fall season sport shall be attended after July 31. A calendar week for sport camps is defined as any seven consecutive days and any grouping of consecutive days shall be counted as one calendar week.

You may attend a non-school sponsored summer specialized sports camp(s) or group instruction for as long as you wish where you do not receive instruction or coaching from a member of your school's coaching staff.

You may attend a non-school sponsored specialized sports camp(s), clinic(s), or group instruction during the school year provided it does not result in any loss of school time; attendance does not occur within 14 days of the start of the school sport season for the sport concerned; it is not a team camp; and no member of the coaching staff of the school you attend or will attend the following year is involved in any way.

Before attending any specialized athletic camp(s) clinics or group instruction lessons, you should consult the Athletic Director to make sure it meets the criteria published in the MSHSAA Official Handbook.

31.00 GRADUATED STUDENTS

You will be ineligible to participate in athletics after graduation from high school. Students who are granted an early release after their junior year are ineligible for further participation. (Note: you are eligible to participate in state events that extend beyond the date of your school's graduation at the end of the spring semester of your senior year).

32.00 SPORTSMANSHIP

If you should commit an unsportsmanlike act while participating in a high school event, you could become ineligible.

If your conduct as a spectator is found to be unsportsmanlike, you could be barred from attending any high school athletic contests.

The unsportsmanlike conduct of any spectator, regardless of age, could cause that spectator to be barred from attending school athletic contests.

33.00 HAZING

HAZING refers to any activity expected of someone joining a group (or to maintain full status in a group) that humiliates, degrades or risks emotional and/or physical harm, regardless of the person's willingness to participate...Hazing is a complex social problem that is shaped by power dynamics operating in a group and/or organization and within a particular cultural context.

There have been numerous incidents on the college, high school, and grade school level of hazing of students by their classmates. Some of the incidents have turned tragic, while others have inflicted physical as well as psychological harm. Hazing in many areas seems to be accepted by students as a "right of passage". There is a difference between good-natured kidding between friends and teammates and deliberate acts of verbal and physical humiliation among acquaintances and other members of clubs or teams. No team will enact any kind of initiation or punishment that entails the humiliation of a student/athlete through physical, verbal or emotional abuse. Any student/athlete engaged in hazing could face possible dismissal. Any coach who condones such behavior will face disciplinary action, suspension and the possibility of dismissal from his/her coaching position.

34.00 PARENTAL CONCERNS

From time-to-time, a parent may question a coach about particular policies. These concerns may be legitimate and reasonable. In such instances, the matter should be resolved through an amicable (and private) meeting between the parent, coach and player. You may also want to involve the Athletic Director in this meeting. All efforts should be made to find a satisfactory solution, or at least a "hearing out" by both the parent and coach. It is a good rule of thumb to wait 24 hours to schedule such meetings; this allows for a cooling off period and also allows the coach time to make notes and gather his thoughts for the meeting.

What is not appropriate is an attack on a coach's integrity, his knowledge of the game, or a game decision. Other questions like how a player is used within the team, his playing time and the selection of an individual for the squad over their son are also not appropriate. Many of our coaches hold pre-season meetings with their parents and players to set the parameters for the upcoming season. Pre-season meetings are encouraged.

Communication you should expect from your child's coach:

- Philosophy
- Expectations the coach has for your child and teammates
- Team requirements, i.e., practices, special equipment, in-season conditioning, etc.

- Emergency procedures in case of injury
- Code of conduct and/or discipline plan
- Changes in schedule due to weather, etc.

Communication coaches expect from parents:

- Concerns expressed directly to coach
- Notification of any schedule conflicts well in advance
- Specific concerns with regard to a coach’s philosophy and/or expectations

Appropriate concerns to discuss with the coach:

- The treatment of your child, mentally and/or physically
- Ways the parent(s) can help the student-athlete improve
- Concerns about your child’s behavior or performance

It is very difficult to accept your son not playing as much as you or they may like. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can and should be discussed with your son’s coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues not appropriate to discuss with the coach:

- Playing time
- Team strategy
- Play calling
- Other Student-Athletes

35.00 SENIOR ATHLETIC AWARDS

The following awards are given to seniors during graduation. The recipients of these awards are chosen by the coaching staff.

- 1. Scholar-Athlete Award:** This award goes to a senior who is in the top 25% of his class academically and has made a major contribution to the sports program. He will be honored at the *St. Louis Post-Dispatch* Scholarship Athlete Dinner and at graduation.
- 2. John J. Shields Award:** This award is given at graduation. The criteria for selection is athletic accomplishment over a four-year period with special emphasis on the senior year, citizenship around school, and loyalty to the team and coach.
- 3. Brother Wilfred Award:** This award is also given at graduation. The criteria for selection are: dedication, service, and achievement in a single sport.

36.00 CELL PHONES PROHIBITED IN LOCKER ROOM

Due to the capability of cellular phones to take pictures the CBC Athletic Department, along with the M.S.H.S.A.A. Board of Directors, has established a no cell phone use policy in locker room facilities. This is to ensure the privacy of all CBC students while using the locker room facilities.

37.00 CBC ATHLETIC DRUG AND ALCOHOL POLICY

The CBC Athletic Department believes that participation in athletics is a privilege that each student may choose. When a student chooses to become a part of the athletic program, he also must accept the responsibility of representing CBC. The CBC Athletic Department and personnel recognize the use of mood-altering chemicals as a significant health problem for many adolescents resulting in negative effects on behavior, learning, and the total development of each individual.

Based on the recommendations of the National Council on Alcohol and Drug Abuse and the input of our coaching staff and administrative team, the following steps will be taken to implement our policy:

1. **Definition of Offense:** An offense shall constitute the possession, illegal use, consumption of, or the individual being under the influence of alcohol, tobacco, or mind-altering drugs; or if the student-athlete provides and/or encourages such substance abuse to other students. There is no minimum amount of substance to warrant an offense.
2. For the **first offense. . .**
 - a. **In Season:** Suspension from that sport's team for the remainder of its current season.
 - b. **Out of Season:** Suspension from ½ of the interscholastic competition for the next sport season that the student-athlete regularly participates in. This suspension can be reduced to 1/3 of the interscholastic competition if the student-athlete follows a set of guidelines stated below. (See point 10 of this section.)
3. For the **second offense. . .**
 - a. Suspension from all athletic competition for the duration of the student-athlete's enrollment at CBC.

Concerns regarding the implementation and execution of the CBC Drug and Alcohol Policy:

1. Suspension for the first offense does not impede an athlete's ability to be a member of an athletic team in future seasons.

2. The first suspension shall carry an intake interview in conjunction with the specified penalty. This interview is necessary prior to an athlete's return for future CBC sports programs. This interview will be in conjunction with the Dean of Students.
3. Although tobacco (cigarettes or smokeless) use carries with it penalties under "Drug" provision, it shall not require an intake interview.
4. This policy shall be explained in full at a meeting of the coaches, players, and parents prior to the student-athlete's participation in sports at CBC. A contract will be signed by the student-athlete and his parent(s)/guardian to indicate completion of this meeting.
5. Attendance at the policy meeting will be mandatory **on a yearly basis**. No longer will one meeting be sufficient for the student-athlete's entire tenure at CBC.
6. The CBC Coaching Staff will take an active role in educating, instructing, and reminding the student-athletes throughout the season.
7. The Athletic Director, in conjunction with the Director of Activities, will coordinate seminars to be held during Activity Periods at various times throughout the school year.
8. The reporting of violations of the CBC Drug and Alcohol Policy shall be as follows:
 - a. All violations shall be reported directly to the Athletic Director and/or Dean of Students.
 - b. Any reporting agents must identify themselves in order to be considered a reliable source.
 - c. It will be the responsibility of the Athletic Director and/or Dean of Students to confirm or deny the alleged violations through various interviews with the athlete and various parties.
 - d. If the Athletic Director and/or Dean of Students determines that a violation of the policy has occurred, he shall notify in writing the coach of the sport in question, the athlete, and his parent(s)/guardian of the punishment.
9. Process for the athlete's appeal:
 - a. The athlete must appeal any decision of the Athletic Director and/or Dean of Students under the following conditions:
 - i. The appeal must be in writing and signed by the student-athlete and his parent(s)/guardian. The appeal must be filed within one week after the notice of the offense.
 - ii. The request must contain specific reasons for the appeal.

- iii. The suspension will remain in effect during the appeal.
- iv. The appeal can only be based on whether the action occurred and were the facts correct. The appeal shall not be to lessen the penalty.
- v. The meeting with the Athletic Director and Dean of Students shall give the student-athlete the opportunity to state his case. This meeting shall take place as soon as possible after the appeal.
- vi. The Athletic Director shall inform the family and the CBC Principal of the results of the decision.

10. Process for reduction of penalty for out of season, first offense, from one half to one third of the athletic season.

- a. During the time of his suspension the student-athlete must maintain good grades.
- b. The student-athlete shall not receive detentions.
- c. The student-athlete shall not violate the excessive tardy policy as stated in the CBC Student Handbook.
- d. The student-athlete shall exhibit overall good citizenship during the time of his suspension.