

# Stepinac Athletics Handbook

## **Introduction**

Interscholastic Athletics in the Archbishop Stepinac High School are a component of the health and physical education program and therefore an integral part of the district's overall educational program. Athletics are a broadening experience in which harmony of the mind and body function to create physical and mental excellence. This value-building experience is offered to as many students as possible. A well-coordinated program is vitally important to the spirit of the school and the community.

Everyone involved in the athletic program possesses a unique opportunity to teach positive life skills and values. Desire, dedication, and self-discipline need to be developed in order to ensure the commitment and personal sacrifice required by athletes. Making such a commitment helps to nurture integrity, pride, loyalty, and overall character. The final outcome is helping young adults carry these values throughout their lives.

It is the nature of athletic competition to strive for victory. However, the number of victories is only one criterion when determining a season's success. Guiding the team to attain maximum potential is the ultimate goal. To this end, the coaching staff must teach student-athletes to prepare their minds and bodies in order to reach maximum potential, and then to be modest in victory and steadfast in defeat.

## **Components of Stepinac Interscholastic Athletics**

### **Freshman Programs**

Our freshman program is available to all ninth grade students. The sports offered are determined by the existence of leagues, student interest. At this level, the focus is on developing athletic skills, learning game rules, overall fundamentals of team play, socio-emotional growth, physiologically appropriate demands on the adolescent body and healthy competition.

At the freshman level, the number of teams and size of the squad in any sport will be determined by the availability of financial resources, coaches, suitable indoor or outdoor facilities and a safe environment. We seek to accommodate all interested students, subject to maintaining a safe and healthy environment.

Being a member of any team at Stepinac requires progressive development of each participant. Practice sessions are vital to the development of all student-athletes. The New York State Public High School Athletic Association & the CHSAA publishes regulations by which practice sessions are governed. With occasional exceptions, practices occur during school days.

## **Junior Varsity Program**

The junior varsity level is intended for those who display the potential of continued development into productive varsity level performers. Although team membership varies according to the structure of each program, sophomores occupy the majority of roster positions.

Athletes are expected to have visibly committed themselves to the program, team and continued self-development. To this end, increased emphasis is placed on physical strength and conditioning, refinement of fundamental skills, elements and strategies of team play and socio-emotional development. In junior varsity programs we emphasize a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level.

Practice sessions are vital to a successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season; however, a specified amount of playing time is not guaranteed. Participants at this level are preparing themselves for the six-days-a-week commitment. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication and commitment is expected at the junior varsity level. Participation on a junior varsity team one year does not guarantee a position the following year. Cuts may be made as a result of a large numbers of students trying out for the team, the availability of practice or playing facilities and the athletic ability of the players.

## **Varsity Program**

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster. Occasionally, a sophomore and infrequently a freshman may be included on the team provided that advanced levels of physical development, athletic skill, and appropriate socio-emotional development are evident.

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and to participate in the contest. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is not guaranteed. Participation on a varsity team one year does not guarantee a position the following year.

A sound attitude and advanced level of skill are prerequisites for a position on a varsity team, as is the realization that a varsity sport requires a six-days-a-week commitment. This commitment is often extended into vacation periods. Contests and practices are rarely held on holidays and Sundays.

The head varsity coach for each sport is the leader of that sport's total program. He or she has the primary responsibility for determining the system of instruction and strategies for that

program. The communication among the freshman, junior varsity and varsity programs is the responsibility of the varsity coach.

### **Athletic Team Selection**

#### **Philosophy**

The Stepinac Interscholastic Athletic Program is operated to offer as many students as possible the opportunity to participate in athletics. Coaches are encouraged to select as many students as they can without compromising the integrity of their team or without diluting the quality of the program. Time, space, facilities, equipment, athletic ability, coaching and other factors will place limitations on squad size for any particular sport

#### **Coach's Responsibility**

Choosing the members of an athletic team is the sole responsibility of each coach subject to philosophy of the school district and policies established by the varsity head coach. Prior to tryouts, the coach shall provide the following information to all student candidates for the team:

- Extent of tryout period
- Criteria used to select the team
- Number of students to be selected
- Practice and game commitments for those who make the team

Each student candidate shall have a minimum of three practice sessions. Illness and injury to a student-athlete during a tryout period will not be held against the student-athlete.

### **Responsibilities of Stepinac student-Athletes**

To be a member of a Stepinac athletic team is a privilege and an honor. Each student-athlete should strive to perform to the best of his/her athletic and academic potential. We believe that all student-athletes should conduct themselves in a manner that reflects positively upon their school, and community, and promotes good health.

#### **Responsibilities to Yourself**

Your first responsibility is to broaden and develop strength of character. An athlete owes it to him/herself to derive the greatest benefit from your high school experiences, and to live a healthy lifestyle and to respect your health both physically and mentally at all times.

## **Responsibility to your Academic Studies**

All student-athletes are expected to stay in good academic standing. Your participation in other extracurricular activities as well as sports, prepare you for your life as an adult. Athletics, while very important to many young people, is only a small part of life. Academic performance takes precedence.

## **Responsibilities to your School**

It is your responsibility to follow all rules and regulations set forth by the school.

***Attendance:*** Athletes must attend school in order to participate in that day's practices or athletic contests. An athlete must be in attendance for scheduled classes during his/her scheduled school day.

***Injuries:*** It is the student's responsibility to report all injuries to the coach and/or athletic trainer. Any injury that requires medical attention by a physician must be recorded by the school nurse. All athletes that have prolonged injuries which cause loss of practice and/or playing time must have a doctor's note to resume play.

***Athletic fee:*** Each Sport has a sports fee. Parents & student are responsible to pay Fee before games begin. Athletes are given practice gear which is part of this fee.

## **Responsibilities of Parents**

### **Conduct**

Stepinac takes great pride in sportsmanship and fair play. As members of the community the promotion of mature behavior during athletic contests is essential. Parents need to work cooperatively with other parents and other school personnel to assure a wholesome and successful athletic program. As ambassadors of Archbishop Stepinac please be respectful and courteous at all times during practices and/or contests.

### **Expectations of Parents**

- Be positive with your children. Let them know that they are accomplishing something when they participate on an athletic team.
- Encourage them to work hard and do their best.

- As a fan you are entitled to cheer and be positive.
- Insist that your athletes follow and respect team rules, school rules, game officials, and sportsmanship.
- Coaches have different ways of dealing with people and situations. Students' lives are enriched by interaction with different types of leaders.
- Remember at a contest you, the parent, represent your town, your school, and your son/daughter. Please be a positive role model.

### **Responsibilities of Spectators**

- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- Remember that you are at a High School contest to support and cheer for your team and to enjoy the skill and competition; not to intimidate or ridicule the other team, or its fans.
- Do not heckle, jeer, or distract members of the opposing team.
- Avoid profane language, disrespectful gestures, or obnoxious behavior.
- Censure fellow spectators whose behavior is unbecoming.
- Respect the judgment and strategy of the coach.
- Show respect for an injured player when he/she is removed from a contest.

### **Noise makers**

Noise makers (cow bells, whistles, air horns, etc.) are prohibited from all contests, both home and away for all sports.

### **Responsibilities of Coaches**

All Stepinac coaches have current New York State certification in first aid, cardio pulmonary resuscitation, use of the automatic external defibrillator (AED). Each coach is responsible for guiding their student-athletes through practices, scrimmages and games appropriate to their age and level of play. These activities are conducted so that the physical welfare, health, and safety of the participants are protected and fostered. The coach teaches physical skills, moral values and proper ideals of sportsmanship, ethical conduct and fair play. Additionally coaches:

- Promote the connection between sports and academic learning, sports and character development and sports and life long learning.
- Offer motivation and positive communication and assists student-athletes to make good decisions.
- Act as a role model at all times, recognizing his/her profound influence on student-athletes.
- Recognize that different approaches will be needed for different individuals according to their needs and backgrounds including their age, gender, size and culture.
- Assume responsibility at all times for the supervision of the team.

Coaches may establish additional rules and regulations with the approval of the Athletic Director for their respective sports. These additional rules for a particular sport must be stipulated in writing to all team members and parents and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach.

### **Parent/Coach Relationship**

Both parenting and coaching are extremely demanding roles. By establishing and understanding each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents/guardians, when your children become involved in our program, you have the right to know our expectations. This begins with clear communication from the coach of your child's program. It is important to understand that there may be times when things do not go the way your child wishes. This is an opportunity for your child to talk to his/her coach and discuss the situation. When your child handles the problem, it becomes part of the learning and maturation process. There may also be situations that require conversation between coach and parent. These are encouraged. It is important that both parties have a clear understanding of the other's position. Please use the following procedures to help promote resolution.

- The parent/guardian should speak directly to the coach. All coaches can be reached through the Athletic Director's office [stepcrusaders@aol.com](mailto:stepcrusaders@aol.com)
- . At no time should a coach be contacted at home or text. Please respect individual privacy.
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both parent and coach. Meetings of this nature do not promote resolution. Please do not Call, text or tweet coach about playing time or starting position. These decisions are made for best of the team. Players should ask coach for a meeting & talk in private about these situations.
- If a concern is not resolved, call the Athletic Director to arrange a conference. A meeting will be scheduled with the coach, parent, and Athletic Director. At this meeting, the appropriate next step can be determined.

### **Communication you should expect from your child's coach**

- Philosophy of the coach
- Expectations the coach has for your child as well as all players on the squad
- Locations and time of practices and contests
- Individual team rules
- Discipline that may result in denial of your child's participation

### **Communication coaches should expect from you**

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

- The treatment of your child mentally and physically
- Ways to help your child improve
- Notification of injury or illness as soon as possible

It is very difficult to accept your child's not playing in a contest as much as you may hope. Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as the following, must be left to the discretion of the coach.

### **Issues Not appropriate to discuss with coaches**

- Playing time
- Team strategy
- Play calling
- Other student-athletes

### **Getting Ready to Play**

#### **Requirements for participation**

1. Sport Physical Examination
  - The **Interscholastic Sports Physical Form** is the only medical form that will be accepted by the school and can be obtained from the nurse's office.
  - Sports physical exams may be given by the school physician at no cost or by a private physician at the student's expense. Stepinac typically offers free physicals in Feb, March & April.
  - The parent section must be completed, signed and returned to the school nurse before the school physician can perform the examination.
  - Sports physicals are valid for 12 continuous months with these stipulations:
    - They are valid for 12 months through the last day of the month that they were performed.
    - If the 12-month period expires during the sport season, participants may complete the season if a parent permission/medical update form is completed by the parent/guardian prior to the season.
    - Any athlete whose safe participation is in question as a result of injury, change in physical status or prolonged absence, must be re-qualified by a physician prior to participation. A medical note from your physician must be submitted to the school nurse, who will notify the Athletic Director and coach.

- The school physician has the final authority to determine the physical capability of a student to participate in a sport.
2. Blue Sheet (Parent Permission/Medical Update) form must be completed, signed and returned to the health office prior to the first day of practice each season.

3. Interscholastic Coaches Clearance List

The school nurse will enter the athlete's name on the Coaches Clearance list after:

- The Interscholastic Sports Physical form has been returned and/or is still valid.
- The Blue Sheet (Parent Permission/Medical Update) form has been completed, signed and returned at the beginning of each sports season.
- The Coaches Clearance list will be forwarded to the athlete's coach prior to the first practice of each season. Only students on this list will be eligible to participate.

**NOTE: Clearance to participate can only be granted by the school nurse**

### **Athletic Department Code of Conduct**

All athletes must abide by Stepinac Code of Conduct. Acts of unacceptable behavior such as, but not limited to, theft, vandalism, disrespect, immorality, or violations of the law will not be tolerated. Training rules must also be followed by all student-athletes to ensure a well-organized, disciplined, educationally sound, safe sports program. Due to the serious nature of this rule, the coach involved, the Athletic Director, the parent and the student-athlete & the Principal will meet to determine a just penalty based on the degree of the infraction. Penalties can range from probation to suspension from subsequent contests, or to a permanent denial of participation. Penalties can carry over into the next sports season that the athlete participates in.

### **Alcohol and Drug use**

Alcohol and drug use may prevent the normal development of a healthy mind and body. Drug and alcohol use on school property or during a school sanctioned event will result in suspension from games and practice. Students who are found in the possession of drugs, alcohol, and/or tobacco will be referred to the school administration.

### **Hazing**

Under no circumstances will hazing, in any form, be tolerated. 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. Violators will be subject to suspension/expulsion from the team.

Although under State Education law athletic and other extracurricular participation is a privilege that the school district may curtail or revoke without the same formal steps required for



suspension from the regular school day, at Stepinac the student and the student's parent will be provided with a reasonable opportunity for an informal conference to discuss the conduct and the penalty involved. As a general rule, discipline will be progressive. This means that a student's first violation will usually merit a lighter penalty than subsequent violations. There are some behavior that is judged so inappropriate that significant may be immediately imposed. Hazing will not be tolerated.

**Social media-** With Social media taking such a big role in many of our lives or different reasons. It is important to remember that anything posted on these sites & websites is posted on a public network & can be seen by almost everyone. Language, Vulgarity, Hazing, bashing, bullying & any conduct that can be taken as behavior unbecoming from a Archbishop Stepinac student can be reason for suspension. It is important to understand the dangers of social media

### **Practice Sessions**

Varsity, junior varsity & freshman teams practice Monday-Saturday. The coach will determine the practice schedule. There will be occasional days off during the season. Students are expected to attend every practice and contest. Family, religious holidays, academics such as college visits, sickness and injury are acceptable reasons to miss practice if needed. Athlete must let coach know before hand if he is going to miss a practice.

Practice for the fall varsity and junior varsity teams normally begin 7-10 days before Labor Day. Varsity football normally begins practice two weeks prior to Labor Day. Students must attend these practices in order to meet the New York State mandated number of practices to be eligible to participate. Modified teams normally begin practice the first Monday after Labor Day. Students will be informed of the starting dates for winter and spring at the pre-season team meetings held before the start of each season.

### **Practice Responsibilities**

- The coach will notify athletes and their families of the team's games, practices and time schedules.
- If an athlete is going to be late or absent from practice it is his/her responsibility to notify the coach.
- Absence on a day preceding a contest may be reason for not participating in the next contest.
- Coaches will take attendance every day until the minimum number of practices required is attained. Coaches are required to keep this attendance record on file.
- If a student is suspended from school then he/she will be ineligible to participate on the day of the suspension, and subsequent suspension days.
- If an athlete goes home from school sick, they are not allowed to return for practices and/or games.

### **Parents Conduct**

- **referee or umpire is in charge of each game or scrimmage.**

**What ever they say is the law. Touch an official, referee, umpire in NY State is a felony & will be prosecuted.**

**Parents need to refrain from getting into issues with other fans & players. Whether they are from our team or the opposing team. No negative statements will be accepted. If a Stepinac employee or league official asks you to please quiet down or leave area. All parents & fans must comply with requests or lose privilege to attend any further games.**

### **Weekends**

Practices are permitted and will be held on Saturdays for the junior varsity and varsity programs. Sunday practices are strongly discouraged, but under specific circumstances, they will be permitted. Approval must be secured by the Athletic Director prior to scheduling a Sunday practice. No practices on Sunday before 1:00 PM.

### **Holidays and Vacations**

When athletes commit to a varsity or junior varsity sport, they should assume that practices and/or contests will take place over school vacations and holidays. Since it is the policy of CHSAA to schedule contests during some vacations (especially in the spring) Stepinac must also do so.

Athletes who must go away and miss a contest during vacations and holidays can expect some effect on their standing with the team including playing time. That decision, like all decisions related to playing time, will be at the discretion of the coaching staff.

Practice sessions are never allowed on the following religious holidays

- Christmas
- Good Friday
- Easter

### **Early Dismissal for Contests**

It is the policy of Stepinac High School and the athletic department to schedule all athletic contests so that students miss a minimum of class time for travel to away contests or home games. Head coaches should make arrangements with the Athletic Director to have students excused from class when absolutely necessary because of travel to a contest. It is the responsibility of the student-athlete to meet with his/her teacher the day before the class he/she is to miss because of an athletic contest to inform them of work that needs to be completed.

### **Sportsmanship**

Sportsmanship has been a foundation value in high school athletic programs for over a century. Sportsmanship is the result of ongoing and cooperative efforts by a community of individuals who sponsor, direct and participate in athletic programs. It is the duty of all concerned with interscholastic athletics to see to the following:

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

### **Coaches Responsibilities**

The coach bears the greatest burden of responsibility for sportsmanship. The coach's influences upon the attitudes of the players, student body, and community are unparalleled. In order for good sportsmanship to become a reality, it is essential that the coach subscribe to the values of sportsmanship and teach its principles.

- Always set an appropriate example for others.
- Teach the values of honest effort in conforming to the spirit as well as the letter of the rules.
- Instruct the players in their sportsmanship responsibilities.
- Take appropriate disciplinary action when an athlete displays unsportsmanlike behavior.
- Be a perfect host to opponents; treat them as guests.
- Respect the contest officials judgment and interpretation of the rules.

### **Athlete Responsibilities**

The responsibilities of the players for sportsmanship are just as important as the coach. Because players are admired and respected, they exert a great deal of influence over the actions and behaviors of spectators.

- Accept the responsibility and privilege of representing the school and community.
- Treat opponents with respect that is due them as guests and fellow human beings.
- Exercise self control at all times, accepting decisions and abiding by them.
- Respect the official's judgment and interpretation of the rules. Never argue or make gestures indicating dislike for a decision.
- Accept both victory and defeat with pride and compassion, never be bitter or boastful.
- Cooperate with the coaches and fellow players in promoting good sportsmanship.

## **Rules**

Stepinac High School will abide by all rules set forth by the National Federation of High Schools, New York State Public High Schools Athletic Association, CHSAA, CHSFL and individual teams of Stepinac HS

### **Changing Sports – Quitting Teams**

It is important that the student-athletes of Stepinac have the ability to participate in a sport appropriate for them. A student-athlete may not change from one sport to another once a team has been selected without permission of the Athletic Director. All student-athletes must meet the state sanctioned minimum amount of practices to participate in their new sport. Any player, who quits a team after he has made team, will lose his eligibility to play a sport in next season. Athlete must notify AD when he quits a team & hand in all uniforms at that time. The Athletics department will decide on each individual case on a player's eligibility for next sports season.

### **Equipment/ Uniforms**

Stepinac High School will supply uniforms for competition. Students are responsible for the care and cleaning of their uniforms during the season. Student-athletes must return all clothing and equipment issued to the coach at the end of the season. Any unreturned equipment must be paid for by the student-athlete. The student-athlete may not start the next season or receive athletic awards until all equipment and clothing are returned or paid for. Some teams elect to purchase their own uniforms, tops, pants, sweatshirts, etc. and may keep them at the end of the season.

### **Bus Emergency Procedures**

If an athlete needs to be taken to a hospital and more than one coach is present, one of the coaches must go with the student. Coaches cannot hand over his/her responsibilities to a parent. Coaches will contact the injured athlete's parent/guardian or the emergency contact adult on the Sport Emergency Card and notify them as to where the student was taken.

### **Weight Room Rules**

- A coach must be present at all times in order for students to be in the Weight room.
- Proper attire is required: sneakers, shorts, wind pants and sweat pants are all proper attire.

- Use a weight belt when required.
- Always use a spotter when lifting.
- Re-stack weights when finished using a piece of equipment.
- Follow each workout; if you have a question, speak to the coach.
- Food is not allowed in the fitness center.
- In order to use the fitness center, athletes must first be instructed in proper techniques by a coach.

## **Jewelry and Valuables**

No jewelry shall be worn in any sport according to the NYSPHSAA Jewelry Regulation. Students wishing to pierce their ears or body parts should be aware that jewelry must be removed in order to be an eligible participant. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Necklaces, earrings, bracelets, rings, etc. must be removed for all practices and contests.

## **Out of Season/Outside Competition**

As the focus on participation in youth sports continues to grow in our society, student-athletes are faced with difficult decisions as to what they will commit to and what takes priority in their lives. A commitment to a team is a commitment to the coaches, teammates and the school. Your first commitment and allegiance should be to that team. Special consideration will not be afforded to athletes that must leave early, or miss practice or games due to outside participation in athletic events.

## **Wellness and Safety**

### **Risk of Physical Injury**

The athletic program is conducted, first and foremost, with the safety of its participants in mind. Student-athletes and parents must be aware that certain risks of injury are inherent in athletic participation. Although not probable, accidents such as brain injuries, paralysis, or even death may occur. By the very nature of athletic activity, participants are at risk of physical injury. It does not matter how cautious the athlete and coach are or how many precautions are taken, the risk cannot be eliminated. The risk of injury include, minor injuries such as ligament sprains and muscle strains. The risk also includes catastrophic injuries such as paralysis or even death. It is important that everyone understands these risks and that athletes follow ALL safety directions from their coaches because they are established to reduce injury.

### **Athletic Injury and Accident Reports**

Injuries to student-athletes will occur. Proper and immediate care will help reduce the amount of time a student-athlete will miss from team participation. Any student-athlete who is injured must report the injury immediately to the coach. If the student-athlete is injured, an accident report

form must be submitted within 24 hours to the Athletic Director. The coach will keep a copy of records on file.

If the injury requires an examination by a physician, the student athlete may not return to practice or competition without written permission from the attending physician. The physician's permission must be recorded by the school nurse and/or Athletic Director in order to resume play.

### **Athlete Re-Certification Policy**

Any student-athlete who has a prolonged absence (two or more weeks) due to injury may return to competition only after:

- A physician has given written approval to him/her to return and list any restrictions if applicable.
- The student has practiced in one half the number of practices that an individual is required to attend prior to competing in his/her sport.
- The athletic trainer and coach feel the student has reached a level of readiness for competition in that sport and may compete safely. The athletic trainer and coach may reduce the number of practice by one or two sessions if they feel the athlete is ready to compete safely.

If an athlete cannot practice/play for a period of one to two weeks due to injury or illness, he/she may return to competition only after:

- They have actively participated in two or three practice prior to competition and;
- The athletic trainer and coach feel the student has reached a level of readiness for competition in that sport and may compete safely.

### **Miscellaneous**

#### **Objectives for the Interscholastic Athletic Program**

- To develop and maintain the highest level of sportsmanship.
- To develop the realization that athletic competition, like life, affords privileges and definite responsibilities.
- To encourage and develop respect for fellow athletes whether they are teammates, members of other Stepinac teams, or members of opposing teams.
- To encourage competition not only for the tangible rewards, but also for the development of positive attitudes that makes athletic competition valuable and worthwhile.
- To maintain the highest standard of ethics and recognize that all student-athletes are representatives of the school.

#### **Team Captains**

Being a team captain of an athletic team is an honor. The captain's responsibilities begin when he/she is selected. Captains are expected to provide leadership and to set a positive example for other athletes and members of the school community. A team captain may be removed from the position by the coach if his/her behavior is not in keeping with the expectations.

### **NCAA Requirements**

Before an athlete can play a sport or receive an athletic scholarship at a Division I or II college, he/she must meet specific academic criteria as set forth by the NCAA. Forms and information about the NCAA Clearinghouse can be found online at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net) or in the guidance office. Please note that NCAA requirements can change. NCAA now requires 16 core courses for eligibility. Athletes should register with Clearinghouse at end of junior year. No athlete can take an official visit to a college unless he has registered with clearinghouse.

It is Athletes responsibility to fulfill his requirements.

**ATHLETIC DEPARTMENT IMPORTANT NUMBERS**

Director of Athletics: Michael O'Donnell  
Email - [stepcrusaders@aol.com](mailto:stepcrusaders@aol.com)

Asst Director of Athletics Keith Richardson  
Email- [krichard@stepinac.org](mailto:krichard@stepinac.org)

Stepinac Athletics Handbook

I \_\_\_\_\_ understand the Stepinac handbook .  
initial

I understand that playing sports at Stepinac is a privilege. Any conduct by parent or athlete that violates the Athletic Handbook will result in suspension from participation on team.

I promise to make sure my social media usage is with respect to my school & team.

I understand that any form of hazing or bullying will result in immediate removal from team.

As a parent, I fully understand that if a referee or Stepinac employee or coach asks me leave area, I do so without incident or argument.

Athlete signature \_\_\_\_\_

Parent Signature \_\_\_\_\_



