



Athletic Handbook

Revised August 2014

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The contents of this handbook are reviewed periodically by the St. Dominic Athletic Committee and the St. Dominic School Board, and the rules and guidelines herein are subject to change. Any changes will be published for all those affiliated with St. Dominic sports. This handbook is for information only and does not create any contractual rights whatsoever.

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INTRODUCTION

Mission Statement *St. Dominic School Athletic Program*

An integral part of the parish and school, the St. Dominic School Athletic Committee is committed to emphasizing the dignity of every student athlete as a child of God while supporting his/her pursuit of athletics.

We Believe...

- All athletes, coaches, and parents will do their best to promote Christian values
- Players and coaches will perform at levels of competitiveness that place learning and developing skills first and foremost above winning
- Sportsmanship and respect for our competitors must NEVER be compromised
- We must strive to maintain a cooperative spirit among parents, coaches, teachers, and student athletes that will make it possible for our athletes to develop into leaders in the parish and community

Purpose

The athletic program is established at St. Dominic School by the Pastor of St. Dominic Parish as an extracurricular opportunity operated under the direction of the Athletic Director and the Athletic Committee. The purpose of the Athletic Committee is as follows:

- To provide opportunities for student athletes to play in well-organized and supervised sport leagues;
- To select volunteer coaches willing to teach sportsmanship at all times and in all situations while participating in these leagues;
- To teach the participants to play their sport well;
- To emphasize the importance of performing at high levels in the classroom while working within the athletic eligibility guidelines of the school.
- To teach young people to develop their God-given talents to the best of their ability while gaining a sense of good sportsmanship, fair play and Christian values in a healthy, fun environment.

ATHLETIC COMMITTEE

Athletic Committee

In addition to the Pastor, the composition of the Athletic Committee includes:

- Athletic Director
- Assistant Athletic Directors (Representatives from each sport)
- Principal
- At-Large Parish Representative (optional)

The Athletic Director and Assistant Athletic Directors must be St. Dominic School parents and/or parishioners in order to serve on the Athletic Committee. The Athletic Director is selected and subject to annual review by the Pastor. Assistant Athletic Directors will be selected by the parents of the student athletes in each sport. *The Athletic Director and Assistant Athletic Directors may coach a sport if there is a lack of coaches for the sport.*

Athletic Director Requirements

The Athletic Director must:

- Be at least 21 years of age;
- Complete Safe Environment Training (Archdiocese of Louisville);
- Complete the KHSAA Safety Course (online);
- Be First Aid & CPR certified;
- Have a current background check on file with the Athletic Director and the school office

Athletic Director

Responsibilities of the Athletic Director & Assistant Athletic Directors

- To recruit and select the Assistant Athletic Directors who, along with the St. Dominic School Principal, comprise the Athletic Committee;
- To determine all operating rules, participation fees, and budgets for each sport with oversight from the St. Dominic School Athletic Committee;
- To manage the finances of the athletic program;
- To attend league organizational meetings;

- To select and approve all team managers, coaches, assistants, etc., for the programs they organize, fund, and/or direct with oversight from the St. Dominic School Athletic Committee;
- To implement the philosophy and guidelines established by the Kentucky Middle School Athletic Association, the St. Dominic School Board, and the St. Dominic Athletic Committee;
- To recruit coaches who are willing to abide by the philosophy and guidelines established by the St. Dominic School Board as well as those established herein;
- To ensure that all league fees and game officials are paid promptly;
- To ensure that all athletic uniforms are delivered to players and returned;
- To coordinate and/or ensure that all participation fees and associated forms are completed and returned in order for a student to be eligible to participate in a sport;
- To supervise the organization of teams and obtain the necessary uniforms/equipment for each team;
- To learn and abide by the rules of the host facility for games and practice sessions and to make all coaches, athletes, parents, and St. Dominic fans aware of those rules;
- To secure the necessary concession supplies, gate workers, qualified officials, and other volunteers necessary in order to maintain a safe, clean and orderly environment before, during, and after games.
- To ensure that gyms and playing fields are available for games and to work with coaches to secure appropriate practice facilities for each team;
- To provide coaches with necessary access to the PCC gym by seeing that they have keys and knowledge of facility storage, operation of equipment, HVAC and lighting policies and procedures, etc.
- To maintain up-to-date records of program schedules, participants, coaches, and required paperwork, including background checks, Safe Environment training, and athlete physicals;
- To meet with the St. Dominic School principal on a timely basis to keep the school informed of league schedules, game cancellations, special programs, etc.;
- To coordinate awards programs and other special events, including fundraiser (as needed);
- To schedule periodic meetings of the Athletic Committee;
- To make quarterly reports to the St. Dominic School Board and to seek approval from the Board for any changes in policy related to the athletic program.

COACHING INFORMATION

Coaching Guidelines

All St. Dominic Coaches and Assistant Coaches must:

- Be at least 21 years of age;
- Complete Safe Environment Training (Archdiocese of Louisville);
- Complete the KHSAA Safety Course (online);
- Be First Aid & CPR certified;
- Have a current background check on file with the Athletic Director and the school office
- Follow the Coaching Code of Conduct (see Appendix);
- Meet with the Athletic Director to review his/her roles and responsibilities and to submit all required paperwork.

NOTE: *There are NO exceptions to the coaching requirements for either the head coach or an assistant coach. ANY person who acts in the role of coach and/or assistant must meet the coaching qualifications or he/she may not coach or assist in any way. Coaches must make parents aware of this rule at all times. Violating this rule may result in forfeiture of games and/or fines.*

Budget & Expenses

The Athletic Director, with input from the Athletic Committee, must approve all team expenditures and all fundraising activities, including solicitations for donations. Any donations for uniforms, equipment, or other team-related expenses must be turned over to the Athletic Director.

Eligibility of Players

Coaches will not permit a student athlete to attend or participate in a game or practice if:

- He or she is academically ineligible during that week
- He or she has received disciplinary action at school during that week
- He or she has missed school due to an illness that day
- He or she was absent from school without documentation in the form of a doctor's statement or parent note) on the day following a game. (See "Ineligibility," p. 10)

The Principal will notify coaches any time a student athlete is found to be ineligible for practice and/or play due to one of the circumstances above. Coaches must stress academic success by making students aware of athletic eligibility guidelines and procedures.

An athlete's eligibility to play will not be impacted by the student athlete's ability or inability to purchase athletic apparel in addition to the school-sponsored athletic uniform.

Equipment/Uniforms

Coaches must make available for each player, at each practice session and game, the proper equipment, water, first aid, and adult supervision. A first aid kit is supplied by the Athletic Director and must be present at all games and practices. An AED (emergency defibrillator) is located in the gym and must be taken to all home baseball, softball and football games. Coaches must maintain an accurate record of all uniforms and equipment issued to athletes and collect uniforms at the end of the season. Uniforms are not turned in to the school office.

Facilities/PCC Gym

Coaches are responsible for leaving the practice facility/site clean and with all equipment properly stored after each use. Coaches must try to conserve energy in the PCC gym by turning on as few of the lights as possible. They also must make sure to turn off all lights in the PCC gym, locker rooms and restrooms. Student athletes playing the last game in the facility are required to clean up the facility. The rules of the host facility must be respected at all times.

Fundraising

All fundraising must be approved and coordinated at three levels--parish, school and Athletics Committee—to ensure that all fundraising efforts have the best chance for success, to achieve balance and fairness among fundraising entities and to assure that there are no competing fundraising endeavors.

Games

Coaches are responsible for working with the Athletic Director and Assistant Athletic Director(s) for the sport to designate a person/committee that will sign up parents to serve as gate and concessions workers. No more than 20 regular season games will be played. Sunday games are not allowed without the prior approval of the athletic committee and only if games must be played on Sunday due to league and/or tournament rules. Coaches must arrive at least 30 minutes prior to the scheduled start of each game.

Gatherings

No more than five (5) gatherings will be allowed in one week. A “gathering” is defined as either a game or a practice session. A tournament is counted as a single gathering. For example, two weeknight games and one weekend tournament would count as three gatherings; only two practice sessions could then be scheduled during that week.

General Conduct

Coaches and Assistant Coaches must:

- Promote good sportsmanship and conduct in accordance with school policies;
- Coach in a manner consistent with league rules, general team guidelines and as outlined herein;
- Devote enough time to each child so that he/she may progress;
- Give each player a fair amount of playing time when game situations warrant;
- Follow policies and guidelines pertaining to practices, games and tournaments;
- Know the responsibilities and expectations for both parents and student athletes as stated herein.
- Honor the *developmental* role of all St. Dominic School athletics programs—including *competitive* athletics—in the total education of the student athlete. Coaches shall make every effort to allow each athlete playing time in each event and shall take into consideration the level of play, the ability of the competing team, and the score differential in providing maximum opportunities for play by each athlete.

Keys

Keys to the PCC gym must be checked out from the school office and returned promptly at the end of the season. Coaches will be assigned one exterior key to the PCC gym; that key will allow entrance to the facility as well as the Athletics storage rooms. Keys may not be copied, loaned or shared with anyone. If keys become lost/stolen, the person to whom the keys were issued is solely responsible for any and all costs associated with re-keying the facility.

Logos

All athletic designs/logos printed on apparel, gear bags, etc. must be approved by the Athletic Director, the Athletic Committee and the St. Dominic School Board.

Meetings

Each coach is required to attend required training and meetings of the Athletic Committee and/or the league in which the team participates. Each coach is required to hold a parent meeting prior to the first scheduled practice, at which time all fees and paperwork, including a sports physical, must be collected.

Practices

The Coach must work with the Athletic Director to secure appropriate practice times and facilities. He/She must request practice time in the PCC gym from the Athletic Director or his/her designee. Practices may not be held at an alternative site without the approval of the Athletic Director.

Before the first practice, the Coach must ensure that parents have turned in the following to the Athletic Director:

- A current physical completed on the KHSAA/KMSAA physical form
- \$25 fee
- Parent Code of Conduct
- Student Athlete Code of Conduct
- Parent Permission & Authorization for Treatment
- Waiver & Release of All Claims
- Copy of Insurance card for Student Athlete

Coaches must arrive at least 15 minutes prior to the scheduled start of each practice. Practice sessions must start and finish at the scheduled times. No single practice shall last more than two (2) hours. Limited practice sessions are recommended on school breaks.

Teams will not be allowed to practice prior to 10 AM or later than 4 PM on Saturdays. There will be no practices held on Sundays, Holy Days of Obligation, or Wednesday through Saturday of Holy Week. All dates when the Pastor has closed the gym for practices or games will be noted on the PCC calendar.

Practice sessions are open for parent observation only. Other students, friends, or family members may not attend practice sessions. Coaches will allow only those students involved with the team's practice at the practice facility during scheduled practice times. Any scrimmages, games, and/or practice sessions, etc., involving anyone other than St. Dominic School student athletes must be approved by the Athletic Director.

Coaches are responsible for seeing that all students have left the practice/play facility before leaving. Each team is required to enter and exit the facility/site in a safe, secure manner.

NO STUDENT ATHLETE IS TO BE LEFT UNATTENDED FOR ANY REASON.

Student athletes will not be penalized if they miss practice to participate in other school or parish events or to attend ceremonial family functions (wedding or funeral). Students who miss practice for these reasons must present a parent note.

Coaches should schedule practice sessions within reason to that week's events. He/she should take into consideration any games, school events, weather, etc., that would affect the student athlete's ability to complete school work and participate in school-related activities.

Students in 7th grade are required to be choir members for 8th grade Graduation and Confirmation. Should the need arise, the Athletic Director would step in to establish guidelines for practice. Coaches must schedule practices around these events.

Records

Each coach is advised to maintain an attendance/participatory log relating to each player for all practice sessions and games. Should a parent and/or player present a complaint to the Athletic Director or Athletic Committee, this log and coaches' notes will be used to evaluate a player's conduct, attitude and participation. Coaches are to fill out game reports, score books, team rosters, etc., and return them promptly to the Athletic Director when needed.

Selection & Retention of Coaches

Each coach selected must be willing to abide by the philosophy and guidelines established by the St. Dominic School Board and the Athletic Committee as established herein. Team rules and procedures established by the coach may not conflict in any way with the philosophy and guidelines of St. Dominic School and the Athletic Committee. The Athletic Director, with input from the Athletic Committee, will approve each coach, assistant coach, manager, sponsor, etc. Each coach will be evaluated by the Athletic Committee at the conclusion of each season in accordance with the guidelines and policies established in this handbook and the rules for the league in which he/she has been chosen to coach.

Tournaments

No more than four (4) tournaments may be scheduled in one season, including pre-season and year-end league tournaments. All tournament participation must be approved by the Athletic Director and Principal.

GENERAL INFORMATION

Admission*

\$3.00 per Adult

\$2.00 per Student

\$10.00 per family (4 or more)

** Admission rates are subject to change for some tournaments and out-of-town games.*

Athletic Programs

Athletic Opportunities at St. Dominic School

BASEBALL	Grades 7-8	FOOTBALL	Grades 6-8
BASKETBALL	Grades 4-8	SOFTBALL	Grades 6-8
CHEERLEADING	Grades 7-8	VOLLEYBALL	Grades 4-8

Teams may include players from lower grades if additional players are needed in order to form a team.

Competitive & Developmental Teams

Developmental Team Goals

While winning the game is the object, equal playing time is a higher priority on the developmental team. Participation on a developmental team allows the student athlete to develop and strengthen skills and build confidence. This type of team is outstanding for the growth of the player, whether with St. Dominic sports teams or another league.

*The 4th and 5th grade teams at St. Dominic are considered developmental teams.
The 6th grade teams also may play in a developmental league.*

Competitive Team Goals

A competitive team is designed to be as competitive as possible with the team it plays. For that reason, playing time may not, and likely will not, be equal for all players in each game. In some games, the more skilled players may receive a majority of the playing time, while less skilled players may play less. However, coaches are to allow as much participation as possible by each player in order to develop bench strength, create a better overall team, and enhance the self-esteem of every individual athlete.

The 6th through 8th grade teams at St. Dominic are considered competitive teams.

Fees for Student Athletes

\$25 per sport

Fees are due along with required paperwork by the first practice. Athletes will not be allowed to participate until all fees and paperwork have been submitted.

Grievance Procedures

Authority as exercised in the Catholic school system depends in large measure upon a spirit of willing cooperation among administrator, coaches, parents, and athletes. The St. Dominic School Athletic Committee does realize that honest disagreements can and sometimes will occur. Likewise, the Athletic Committee believes that these disagreements or complaints can and should be discussed and resolved at the level closest to the dispute.

Normal levels for resolving grievances:

- | | |
|-----------------------|-----------------|
| 1. Coach | 5. School Board |
| 2. Athletic Director | 6. Pastor |
| 3. Principal | 7. KMSAA |
| 4. Athletic Committee | |

Physical Examinations

Prior to the first practice session, student athletes must submit to their coach a completed physical exam form. Exams must be performed by a physician, physician's assistant, or nurse practitioner; health department exams will not be accepted. See the Appendix of this handbook for a reproducible KHSAA exam form, the only form which may be used. Additional forms are available in the school office and online in the TeacherEase digital locker.

Recognition of Student Athletes

Recognition programs for teams, coaches, and parent volunteers may take the form of an end-of-year potluck dinner and awards program and/or one or more informal awards programs for the Fall and Spring sports. The type and number of these recognition programs will be decided upon and coordinated by the Athletic Director with the help of the Athletic Committee.

Developmental Teams:

Student athletes on developmental teams will receive participation ribbons, letters, or certificates. Trophies will be awarded at the competitive level only.

Competitive Teams:

Recognition of student athletes at the competitive level of play includes awards based on effort and performance in the student athlete's respective sport as well as awards based on his/her performance in the classroom while participating in that sport. Trophies will be awarded at the competitive level only.

Awards:

Athletic Performance Awards

These awards, generally in the form of a trophy, are given by the coaching staff.

Academic Athlete Award

In determining the recipient of this award for each sport and grade level, teachers will report to the Principal the highest GPA of student athletes for the trimester in which the sport was played.

1st Trimester	Football and Girls' Basketball
2nd Trimester	Boys' Basketball and Cheerleading
3rd Trimester	Baseball, Softball and Volleyball

The Principal will submit to the Athletic Director only the names of the award recipients. Grades are confidential student records and will not be shared with the Athletic Director or other members of the Athletic Committee.

Knight Award

This honor is given by the student athletes themselves to a teammate who has exhibited tremendous effort and demonstrated Christian behavior on and off the playing field/court.

Safe Environment Training

The Archdiocese of Louisville is committed to ensuring that children and youth who worship, study or participate in church-sponsored activities can do so in the safest and most secure setting possible. In an effort to fulfill this commitment, all employees or volunteers who have regular contact with children or youth — including athletic coaches, assistant coaches, athletic directors and assistant athletic directors — are required to participate in ONE Safe Environment Training Workshop. The Safe Environment Program will be offered through a partnership with the Center for Women and Families.

Workshops will include the following: (1) identifying signs of child sexual abuse; (2) understanding the dynamics of child sexual abuse, including how children are groomed and how they may attempt to reveal their experience; (3) how to take action in response to child sexual abuse, including obligation to report and caring for the abused child, and (4) becoming familiar with archdiocesan policies and Code of Conduct regarding work with children. Each workshop lasts approximately two hours. Workshops are offered throughout the year at various locations throughout the Archdiocese. For a listing of scheduled workshops, check with the parish office or the Archdiocese of Louisville website:

<http://www.archlou.org/policies-procedures/restoringtrust/safe/>

No registration for these workshops is necessary, but participants must sign in upon arrival at the workshop. Participants will receive a copy of the *Archdiocesan Sexual Abuse Policies* resource manual. The back of the workshop manual includes a participation form which must be completed by the participant and turned in to the parish or school office.

PARENT INFORMATION

General Guidelines for the Parent/Guardian

The parents/guardians of student athletes are crucial to the success of the St. Dominic School Athletic program. As the primary educators of their children, they must set the example for their student athletes that teamwork is essential to the success of any program. Just as the student athletes are members of a team, parents themselves are members of a team—the team of Athletic Committee members, coaching staffs, fundraisers, and fans that make each sport possible.

Parent involvement in athletics is also a form of stewardship--giving of one's time, talent, and treasure. Unlike public schools, where school personnel operate athletic programs, parents are almost entirely responsible for athletics at St. Dominic School. Given this level of responsibility, the role of parents is clear: in order for student athletes to participate in the athletic program at St. Dominic School, parents also must take an active part.

- As the primary educators of their children, parents also are the first and most important role models for their children. Whether on the sidelines as coaches or in the stands as fans, parents must set a Christian example for their student athletes to follow.
- Fair-mindedness, sportsmanship, good manners and respect for oneself, one's fellow man and one's environment are required behaviors for parents and student athletes alike. Understanding rules and following set guidelines are also important.
- Beyond instilling in children a love for sports and an appreciation for the discipline and skills required for each sport, every parent should have a primary concern for the safety and well-being of every student athlete who participates in the athletic program at St. Dominic School.
- Every parent should read this entire handbook along with his/her student athlete to know the responsibilities, guidelines, rules and procedures associated with every aspect of the athletic program.
- Parents wishing to assist the Coach and or Assistant Coach must understand that there are rules and regulations that pertain to the level of assistance that they can give. Fines, forfeitures and other sanctions can result from a parent, guardian or other family member helping on the sidelines who is not fully qualified and/or certified to do so. Anyone on the sidelines at games and practices assisting the coach must meet all of the qualifications of the Coach and Assistant Coach (see "Coaching Information," p. 4).

Requirements for Parents/Guardians

Before the first practice, the parent/guardian must turn in the following to the Coach or the Athletic Director:

- A current physical completed on the KHSAA/KMSAA physical form
- \$25 fee
- Parent Code of Conduct
- Student Athlete Code of Conduct
- Parent Permission & Authorization for Treatment
- Waiver & Release of All Claims
- Copy of Insurance card for Student Athlete

It is also the responsibility of the parent/guardian to:

- Purchase the required items needed to complete the student athlete's uniform;
- Attend orientation and other meetings scheduled by coaches;
- Help their student athlete to manage his/her time responsibly so that there is appropriate attention paid to academics;
- Ensure that your student athlete understands the connection between school and sports, especially the rules for eligibility and the consequences of ineligibility;
- Assist student athletes in cleanup after games and fundraising events;
- Support fundraising efforts by working at and attending games and events such as pancake breakfasts and tournaments

Every effort from each parent/guardian eases the work load for all volunteers, helps to ensure the success of fundraising efforts, keeps program costs affordable for all participants and helps to alleviate the costs of maintenance and upkeep on our athletics facilities.

In short, if the student wishes to participate, the parent/guardian also must participate.

Uniforms

All uniforms and equipment purchased by the St. Dominic School Athletic Program shall remain the property of the Program. All uniforms and equipment damaged beyond normal wear or not returned will be replaced at the expense of the student athlete's family.

At the conclusion of the season, all uniforms will be cleaned, bagged, labeled with the student athlete's name and returned to the Coach in accordance with his/her instructions. Uniforms may not be turned in to the school office.

In an effort to keep uniforms in the best possible condition, they are to be worn only during designated times. Uniforms are not to be worn at practice sessions or as street wear. Uniforms are not to be worn on Spirit Days without the express permission of the coach.

Uniform jerseys and warm-up tops may be worn to school to promote the first home game of the season and all tournaments. They also may wear jerseys, warm-ups, etc. while working at athletic fundraising events. Other occasions must be approved by the Coach and the Principal. Because of the small number of football games that are played, football players may wear their jerseys to school for all of their home games.

STUDENT ATHLETE INFORMATION

Athletic Ineligibility

Ineligibility = No Participation & No Attendance at Games or Practices

Students who are not allowed to participate in an athletic event (practice session or game) are not permitted to attend the event.

- Student athletes may not participate in either a game or practice if they have been absent from school that day due to an illness. For absences due to reasons other than illness, the decision is to be made by the principal.
- Student athletes will not be allowed to attend practices or games if they have earned disciplinary infractions during the week (discipline notice, disciplinary referral, detention, suspension).
- Student athletes will not be allowed to attend practices or games if his/her average in any class/subject falls below 70%.
- Student athletes will not be allowed to attend practices or games if his/her academic performance indicates a lack of attention to classroom assignments, homework, meeting deadlines, or the inability to follow class rules and expectations.
- The principal will run an Athletic Eligibility Report by noon each Monday and notify the student, parents and coach if any student athletes are ineligible. At minimum, the student athlete will remain ineligible until the next eligibility report is run on the following Monday. The principal will notify the student, parent or guardian, and the coach when the student athlete is once again eligible to participate.
- Any St. Dominic student athlete will be dismissed from participation in the athletic program for the remainder of the season if he/she is found smoking, consuming alcohol, using non-prescribed drugs, and/or any other action deemed inappropriate.
- St. Dominic student athletes will be ineligible if they play on any high school team.
- A student must be present at school on the day *after* a game or have a doctor's statement or parent note. Without this documentation, the student must sit out the next game.
- Damages or property loss caused by the student athlete will be the responsibility of the student athlete and his/her parents, and the student athlete will not be allowed to practice or play until the necessary repairs, replacements, and/or payments have been made. Depending on the severity of the situation, the student athlete may be dismissed from the team for the rest of the season.

- Eligibility to play will not be impacted by the student athlete's ability or inability to purchase athletic apparel in addition to the school-sponsored athletic uniform.
- Failing to follow team rules and/or the directions of the Coach or Assistant Coach can result in disciplinary action from the Coach which may include loss of playing time.

General Requirements

Every St. Dominic student athlete is required to:

- Be familiar with and follow the St. Dominic School student conduct code and all other rules and guidelines in the *St. Dominic School Student-Parent Handbook*;
- Abide by the philosophy and guidelines established by the St. Dominic School Board and the Athletic Committee as outlined in this handbook;
- Clean up the facility/site if they are playing the last game that day/night;
- Respect all athletic facilities and equipment and his/her uniform, treating everything with care, respect and pride;
- Abide by the rules of any facility/site in which they practice or play;
- Support fundraising efforts by volunteering to help at events like pancake breakfasts and tournaments;
- Support student athletes of other sports by attending and/or volunteering to work at their games and tournaments;
- Attend scheduled practices and games and abide by the team rules and procedures established by the Coach;
- Maintain a minimum of passing grades in every subject at school;
- Maintain good conduct at school and avoid disciplinary infractions (discipline notices and referrals);

“Student Athlete” Defined

On the court or on the playing field, at practice, or in the game, the St. Dominic athlete must be an ambassador for St. Dominic School at all times. He or she is called “student athlete,” meaning, *student first* and *athlete second*. As such, the St. Dominic *student athlete* must perform well in the classroom, maintain good Christian conduct, and reflect the teachings of St. Dominic School in and out of the school setting in order to enjoy the privilege of participating in its sports programs.

St. Dominic School Athletic Program

Coaching Code of Conduct

- I understand that it is an honor and a privilege to be a Coach. My role in the development of student athletes cannot be too greatly stressed. The task I have chosen is difficult because of the important influence I will have on student athletes. They will look to me for knowledge, guidance, and direction.
- I agree to remember that my first responsibility is to be a Christian in all that I do and say, and that my goal is to model the life of Jesus. Therefore, I will begin each practice and game with a prayer, and I will encourage my student athletes to model Christian behavior as well.
- It is important that there is open, consistent communication among the Athletic Director, Principal, parents, student athletes, and the coaching staff. The principal, athletes, and parents will be appropriately notified of any changes in the game or practice schedule. At all times I will support the rules, policies, and the philosophy and mission of St. Dominic School and its Athletic Program; therefore, it is my responsibility to be current on all policies and rules.
- I will demand a sports environment that is free of drugs, tobacco, and alcohol, and will refrain from their use before, during, and after games and practice sessions—whenever student athletes are present.
- I understand that I am a reflection of St. Dominic School. I understand that my behavior before, during, and after games and practices should reflect good sportsmanship. I agree to communicate at the appropriate time in an appropriate manner. I understand that improper communication, including threatening comments, profanity, or obscene gestures will not be tolerated and will be considered a serious breach of my obligations as a coach. I will display proper demeanor with athletes, coaches, game officials, opponents, other adults, and all others associated with the athletic program in any capacity. I understand that this is an important obligation as coach, since I will be an example to the student athletes.
- At all times I will be conscious of the safety of student athletes. I understand that I cannot have any inappropriate contact or communication with student athletes or other children in connection with my coaching position. I understand that it is extremely important that I am never alone with any student athlete or other child. I will make sure at least one parent/guardian is with me if only a single child or student athlete is present.
- I understand that practice time is integral to my child's success in the Athletic Program. I will make every effort to ensure that I am on time for the start and end of all practice sessions, and I will make every effort to ensure that I arrive at least 30 minutes before the start of a game. At no time will any child be left unattended.
- At all times I will be consistent with all student athletes. I understand that these guidelines have been developed to foster a safe environment, school spirit, loyalty, teamwork, and good

sportsmanship. I will keep the emphasis on learning and skill development of all team members. I will refrain from attempting to "run up" the score against an opponent.

- I understand that there is a "chain of command" in force for addressing concerns and problems: Coach, Athletic Director, Principal, Athletic Committee, School Board, Pastor, KMSAA. In each instance, careful consideration will be given and a timely response made with no retaliatory measures inflicted upon the student athlete.
- I have read the *St. Dominic School Athletic Handbook* in its entirety, and I understand and agree to abide by and support the rules and requirements therein and included in this Code of Conduct.

Signature: _____

Date: _____

--This form is to be submitted to the Athletic Director--

St. Dominic School Athletic Program

Code of Conduct for Parents & Student Athletes

PARENT/GUARDIAN:

- I understand that as an adult and a parent, I am my child's primary role model. I have read the *St. Dominic School Athletic Handbook* with my child and agree to support and abide by the rules and responsibilities therein.
- I will support my child's participation in sports by doing my part to help clean up after events, work in the concession stand, take up money at the gate and help with fundraisers. I understand that this is REQUIRED of my role as the parent of a student athlete. If I cannot help out when I am scheduled to do so, then I will find someone to take my place.
- I will demand a sports environment that is free of drugs, tobacco, and alcohol, and will refrain from their use during and when driving to all sport events.
- I understand that participation in the St. Dominic School Athletic Program is an added privilege and responsibility. Homework is not a valid excuse to miss a practice or a game. I understand that a practice or a game is not a valid reason for my child not to have his/her homework completed. I will make the necessary adjustments and assist my child in managing his/her time in order to meet both homework and athletic commitments.
- I understand that practice time is integral to my child's success in the Athletic Program. I will make every effort to ensure that I am on time for the start and end of all practice sessions, and make every effort to ensure that my child arrives 30 minutes before the start of a game.
- I understand that I am a reflection of St. Dominic School. I understand that my behavior before, during, and after games and practices should reflect good sportsmanship. I will not use profanity or make obscene gestures at games or practices, especially when student athletes are present. I will refrain from criticizing the athletes, coaches, game officials, opponents, other adults, and all others associated with the athletic program in any capacity. Such behavior will not be tolerated and sets a terrible example for the children. Members of the Athletic Program and/or the host facility reserve the right to ask someone to leave the premises should his/her behavior violate any aspect of this Code of Conduct.
- I understand that there is a "chain of command" in force for addressing concerns and problems. The chain of command for grievances is as follows: Coach, Athletic Director, Principal, Athletic Committee, School Board, Pastor, KMSAA. In each instance, careful consideration will be given and a timely response made with no retaliatory measures inflicted upon the student athlete.
- I will attend all mandatory meetings scheduled by the Coach and/or Athletic Director.

STUDENT ATHLETE:

- I agree to remember that my first responsibility is to be Christian in all that I do and say, and that my goal is to model the life of Jesus.
- I agree to respect coaches, teammates, game officials, opponents, other adults, and all others associated with the athletic program in any capacity.
- I will do my part to maintain a clean environment in which to play and practice. I will not leave trash or personal belongings in gyms, on fields, in locker rooms or restrooms. I will take part in clean-up of the gym if my team plays the last game. I will take care of visitors' facilities when I play or practice there. I will take care of all equipment and uniforms loaned to me for use during the season.
- I will not argue with coaches, teammates, game officials, opponents, other adults, or fans.
- I will not use profanity or obscene gestures at any time.
- I will demand a sports environment that is free of drugs, tobacco, and alcohol, and will refrain from their use at all times.
- I understand that participation in the St. Dominic School Athletic Program is a privilege and carries with it a responsibility to be available for practices and games. I agree to make every effort to be available for practices and games by completing my homework and all other responsibilities in a manner that will allow me to attend. In the event that homework or other schoolwork or responsibilities is too extensive to allow me to compete or to attend a scheduled practice, I agree to promptly tell the Coach about the situation.
- I understand that practice time is integral to my success in the Athletic Program. I must make every effort to be present and on time for all scheduled practices and games. Failure to do so may jeopardize my playing time.
- I will meet or exceed the athletic eligibility requirements as set forth in the *St. Dominic School Athletic Handbook* and the *St. Dominic School Student-Parent Handbook*.
- I understand that I am a reflection of St. Dominic School. I understand that my behavior before, during, and after games and practices should reflect good sportsmanship. Win or lose, I will make everyone associated with St. Dominic School proud of my team and me.
- I agree that if, in the opinion of the Coach, Athletic Director, or Principal, I am not abiding by the policies of the Athletic Program or my conduct is not befitting of St. Dominic School, I may be temporarily or permanently suspended from the Athletic Program.
- I understand that these guidelines have been developed to foster a safe environment, school spirit, loyalty, teamwork, and good sportsmanship.

ACKNOWLEDGEMENT

We have read the *St. Dominic School Athletic Handbook* in its entirety, and we understand and we agree to abide by and support the rules and requirements therein as well as those stated in the Code of Conduct for Parents and Student Athletes.

Student Athlete

Signature: _____

Date: _____

Parent/Guardian

Signature: _____

Date: _____

Parent/Guardian

Signature: _____

Date: _____

--This form is to be submitted to the Coach or Athletic Director--

St. Dominic School Athletic Program

Parent Permission & Authorization for Treatment

School Year: _____

Student Athlete's Name:

LAST

FIRST

MIDDLE

Grade: _____ Gender: _____ Birthdate: ____/____/____ Age: _____

Parent/Guardian #1:

LAST

FIRST

Address: _____ () child lives at this address

Cell Phone: _____ Home Phone: _____ Work Phone: _____

_____ Can be contacted via text message

Parent/Guardian #2:

LAST

FIRST

Address: _____ () child lives at this address

Cell Phone: _____ Home Phone: _____ Work Phone: _____

_____ Can be contacted via text message

Emergency Contacts:

Name: _____ Phone: _____

Name: _____ Phone: _____

Family Physician:

Name: _____ Phone: _____

If possible, hospital preferred for treatment: _____

Child is allergic to: _____

Medication(s) taken regularly and/or other important health information: _____

This document is designed to give as much information as possible should an emergency situation happen. It gives any hospital or emergency treatment center, doctor, or qualified employee of the same, and/or emergency response technicians (EMTs) consent to administer necessary treatment and care. In the event that I cannot be reached in an emergency, I hereby give permission for my child to receive any needed treatment and/or care.

I, _____, give permission for my above-named child to participate in the sports program at St. Dominic School. I also agree to provide and/or arrange for transportation of my child to all games and practices. As a safeguard for my child, I have submitted a signed physician statement indicating that a physical exam was conducted and that my child is in sound health with notations of any special conditions. I have attached a copy of the front and back of the insurance card covering my child to show proof of health insurance. I also agree to pay the athletic participation fee in conjunction with turning in all required paperwork by the first practice session. I also understand that my child will not practice until the required paperwork has been completed. **I agree to execute the attached "Waiver and Release of Claims" and acknowledge by my signature below that this document alters or limits my and my child's legal rights and remedies for pursuing recovery in the event that negligent conduct of the parties released causes injury to my child.** Finally, I agree that all uniforms and equipment will be returned immediately following the conclusion of the respective season. Should any uniform or equipment become lost or damaged, I will replace the item(s) at my expense.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

**A COPY OF THE STUDENT ATHLETE'S INSURANCE CARD
MUST BE ATTACHED TO THIS FORM.**

--This form and proof of insurance is to be submitted to the Coach or Athletic Director--

St. Dominic School Athletic Program

Waiver and Release of All Claims

For and in consideration of my/our above-named child's participation in the St. Dominic School athletic program, I/we hereby waive, release, acquit and forever discharge both St. Dominic School and St. Dominic Church and both entities' authorized agents and employees, including, but not limited to, its coaches, faculty members, staff, their heirs, executors, administrators, agents and assigns, of and from any and all actions, causes of action, including actions for negligence, claims, demands, costs, loss of services, expenses and compensation, or suits at law or in equity, of whatsoever kind or nature, arising out of any and all known and unknown personal injuries and damages resulting or to result from my/our above-named child's participation in the St. Dominic School athletic program, if said injuries or damages result from the conduct of any of the above persons to the extent that such negligent conduct is either uninsured or causes damage which is in excess of the available insurance. Nothing herein shall affect the legal rights of any subrogated parties and no claims of any subrogated parties are released by my signature below. Subrogation claims are specifically excepted from the effects of this release. In addition, nothing herein shall affect my/our ability or my/our child's ability to pursue any and all insurance recovery which may be available to me/us or my/our child.

Furthermore, I/we do hereby agree in consideration of my/our above-named child's participation in the St. Dominic School athletic program to further indemnify and forever hold harmless all persons released by this agreement, their successors, employees, agents, or principals for loss from any and all claims that may hereafter be made seeking compensation for any and all actions, causes of action, including actions for negligence, claims, demands, costs, loss of services, expenses and compensation, or suits at law or in equity, of whatsoever kind or nature, arising out of any and all known and unknown injuries and damages resulting or to result from my/our above-named child's participation in the St. Dominic School athletic program specifically agreeing that I/we will pay any and all court costs, attorney's fees, and any other legal expenses in connection with such claims against all released persons with the exception of any subrogation claims pursued by any health insurer or other entity holding similar subrogation rights. I/we further state that I/we have carefully read the foregoing waiver and release of all claims and know the contents thereof, and I/we sign the same as my/our free act. I/we acknowledge that I/we have been given the right to review the contents of this document with an attorney of my/our choosing or any other professional with whom I/we may wish to consult prior to signing. I/we willingly, knowingly and voluntarily execute this waiver and release of all claims.

Witness my/our hand this _____ day of _____, 20 _____.

Parent/Guardian Signature: _____ Date: _____

Parent/Guardian Signature: _____ Date: _____

NOTE: Both parents **must** sign unless the signing parent has been awarded sole legal custody or the other parent is deceased. If the child is in the care of more than one legal guardian, both must sign.

Witness Signature _____ (witness must be over 18 yrs. of age)

TO BE COMPLETED BY COACH/ATHLETIC DIRECTOR:

____ PARENT PERMISSION & AUTHORIZATION for TREATMENT
____ PHYSICAL EXAM
____ COPY OF INSURANCE CARD
____ PARENT/STUDENT CODE of CONDUCT
____ FEE PAID (\$25)

Kentucky High School Athletic Association
2280 Executive Drive
Lexington, Kentucky 40505

Name (Last, First, Initial) _____ School Year _____

Home Address (Street, City, State, Zip): _____

Gender _____ Grade _____ School _____

Date of Birth: _____ Birth Place (County, State): _____

<input type="checkbox"/> Baseball	<input type="checkbox"/> Basketball	<input type="checkbox"/> Cross Country	<input type="checkbox"/> Football	<input type="checkbox"/> Golf	<input type="checkbox"/> Soccer
<input type="checkbox"/> Softball	<input type="checkbox"/> Swimming	<input type="checkbox"/> Tennis	<input type="checkbox"/> Track and Field	<input type="checkbox"/> Volleyball	<input type="checkbox"/> Wrestling
<input type="checkbox"/> Archery	<input type="checkbox"/> Bass Fishing	<input type="checkbox"/> Bowling	<input type="checkbox"/> Competitive Cheer	<input type="checkbox"/> Other	

[illegible]

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PART III - PHYSICAL EXAMINATION

This part must be completed per KRS 156.070 (2)(d) and be signed by a physician, physician assistant, advanced practice registered nurse, or chiropractor (if performed within the chiropractor's scope of practice).

PATIENT NAME: _____
 HEIGHT: _____ WEIGHT _____ BP _____ / _____ PULSE _____
 VISION: R- 20/ _____ L- 20/ _____ BOTH- 20/ _____ CORRECTED? Y N

	Normal	Abnormal	Comment
HEART			
Rhythm (Regular/Irregular)			
Murmur (supine)			
Murmur (standing)			
ENT			
Lungs			
Skin			
Abdominal			
Genitalia			
Musculoskeletal			
Neck			
Shoulder			
Elbow			
Wrist			
Hand			
Back			
Knee			
Ankle			
Foot			
Dental			
Other			

After having reviewed the data above and the student's medical history, I make the following recommendations on participation in athletics:

1. Cleared _____
 2. Cleared after additional evaluation for _____
 3. Restricted from participating in the sports of _____
 4. Cleared only to participate in the sports of _____
- Recommendations/Restriction (attach additional if necessary) _____

I have examined the physical condition of the student and find the said student to be physically fit to practice for and participate in interscholastic athletic contests.

Authorized Signature _____

Date: _____

Provider's Name (please print)	
Address:	
City/State/Zip	
Phone	

KRS 156.070 (2)(d) states: "Every local board of education shall require an annual medical examination performed and signed by a physician, physician assistant, advanced practice registered nurse, or chiropractor (if performed within the professional's scope of practice), for each student seeking eligibility to participate in any school athletic activity or sport." As such, this Physical Examination is valid for one year from date administered, should be kept in a secure location until the student has exhausted eligibility, graduated from high school and reached the age of 19.