Student-Athlete Participation Requirements

1. Interscholastic athletics is an honor and privilege that takes a full commitment from the student-athlete. Each student should discuss with your parents all the requirements and responsibilities involved.

2. The coach will collect an athletic fee of $250.00 the first week of practice for each student in the sport (excluding managers and crew). This fee must be paid by the student for each sport she participates in during the school year. In addition, the student will receive a spirit pack.

3. It is a New York State law that all students in competition have a current physical on file in the school Health Office. Return the Sports Physical Form to the nurse for final clearance. She will pass it on to the coach and athletic director. If you have any questions regarding these regulations call the Health Office. Any student taking medications including inhalers, epi-pen, Benedryl, insulin pen, and insulin pump need to have both medication forms completed by their Doctor. You can find all required forms under athletic forms and under student forms NOTE: The school nurse will not be in her office during the summer.

4. A permission form signed by both the student-athlete and parents stating that you have read, understand and agree to abide by all the regulations set forth in the student-parent handbook must be handed in the first week of practice. This signed form also states that you give permission for your daughter to participate in the sport. The form also gives permission for transportation. A signed permission form is required for each sport. The form can be found on the school website under athletics. On the drop down click under forms.

Health and Safety

1. All students must have a sports physical clearance from the school nurse before trying out for any sport. The coach and athletic director will receive a clearance form from the nurse and that will be kept for the entire season. Under no circumstances can an athlete try out for a sport without this clearance. Each athlete must be interviewed by the school nurse prior to each new sports season. They do not carry over from one season to the next season.

2. The Fair Play Agreement, permission to participate and the transportation form can be found on the school website under athletics. They must be handed in signed during the first week of practice. No student-athlete or student managers can attend a scrimmage, and/or contest without these forms completed and returned.

3. The nurse will make the coach aware of any specific health needs before the season starts. Inhalers should be kept with the student-athlete to self administer and be sure that the proper medication forms are in the nurse’s office from the Doctor and parents.
4. Student-athletes will provide the coach with any specific medications or purchase any braces or supports needed for participation in sports. An additional Doctor’s clearance is needed in order to participate with special needs.

5. Student-athletes should practice safe habits in regard to infection control.

6. Coaches are not allowed to dispense medication unless there is a Doctor’s note authorizing the administering of the medication (including; Tylenol, aspirin, Benadryl, etc.) and a parent’s note granting permission.

7. If an injury occurs:
   If minor: first aid will be applied and the coach/or athletic trainer will contact the parent and advise them of the incident. If more serious: if an ambulance is needed the coach will call 911, contact Athletic Director, Administration and the parent.

8. All injuries, no matter how minor will have an accident report filed with the Athletic Director who will send it to the school health office, principal, & financial office.

9. If a student goes to the hospital and/or doctor after an injury, a Doctor’s clearance must be secured in order to resume activity.

10. If a student is absent from school for more than five days in succession, a new physical must be passed before activity can resume.

11. If a student is absent from school or not present in school for homeroom because of a non-school related activity, she will not be permitted to participate in any extracurricular or after school athletic activities unless unusual circumstances exist and there has been Administrative approval.

12. Athletes should NOT participate in any activity unless there is a coach supervising that activity.

13. If your child is diagnosed with a concussion; in order to return to athletics and/or any activity there is a protocol we must follow as per the New York State Concussion Management and Awareness Act. For further information you can contact the school nurse.
Student-Parent Responsibilities
1. Any athlete selected for a team must follow all rules and guidelines for that sport as directed by the coach/es.

2. All contest and practice schedules will be posted on the bulletin board outside the gym locker room. Schedules are also posted on the school web site at www.OLMA.org along with directions to the different schools.

3. Attendance will be taken daily. Playing time will be influenced by a student-athlete’s attendance.

4. Students are allowed to attend extra help sessions when there is a practice session or a game at home. The student is required to bring with her a signed pass from the extra help teacher. When there is an away game the student is required to attend the game and use the school transportation unless a parent is able to drive the student to the game and arrive at least 1/2 hour prior to the start of the contest.

5. The student-athlete must let the coach know when and why she is going to miss a practice or game. This notice should come as soon as possible and it is the student/athlete’s responsibility to check the practice and game schedule for conflicts. The only exception is in the case of injury or sickness.

6. All team members are responsible to attend scheduled practices and competitions including championships or risk forfeiture of awards for that sport.

7. The student athlete is expected to be on time for practices and competition. Reasons and permission for lateness will be handled by the individual sport coach.

8. Students must maintain a good academic standing in the school. Academic probation could prevent the student from participation in athletics.

9. School suspension also means suspension of all athletic activities. If a student has a detention the student will have to serve the detention.

10. There will be a meeting with the parents during the first 2 weeks after the team has been selected to go over rules, regulations, responsibilities and expectations. The schedules, handbook, fair play, and permission/transportation forms can be found on the school website under athletics.

11. If a situation develops where the student-athlete has questions or concerns, the proper protocol is for the student-athlete to have a discussion with the coach. If the situation is not resolved then the coach and parent, or the coach, parent and Athletic Director will meet. However, if it is still not resolved then the coach, parent, Athletic Director and Administration will meet.

12. If a student is going to be suspended or dismissed parents will be notified through a phone call. In all of the above cases, the student-athlete will be given an opportunity to present her side of the story.
13. The dismissal by a coach of any student-athlete will be discussed with the Athletic Director before any action is taken. An athlete dismissed from a team for an infraction of the rules or no longer chooses to participate on the team, will jeopardize her ability to participate in a sport’s program at a future date.

14. The student-athlete will not be allowed to drop off a team which she has tried out for and been accepted on, in order to try out for another team during the same sports season.

15. Students are not permitted to raise and lower the basketball backboards or move the TV/VCR cart.

16. Student-Athletes must follow all NSCHSGAA and NYSCHSAA regulations regarding their sport.

17. Student-Athletes and their parents must practice good sportsmanship and adhere to the Fair Play Agreement.

18. Students must have the emergency phone contacts set up by their coach.

19. Every senior varsity athlete is expected to attend the annual Sports Awards Ceremony at the end of the year to receive her individual team awards and special awards.

20. Student-athletes and parents need to adhere to all the guidelines found in the student-parent handbook and the school handbook.

**Equipment/Uniforms**

1. Equipment must be maintained.

2. All equipment used for practice must be returned at the end of that practice.

3. Team members will be issued or must purchase their uniform. Uniforms must be worn to each competition. Uniforms that belong to the school must be cared for properly & returned to the school cleaned within one week after the last competition.

4. The long lockers used for athletics will be assigned by the Sport Coaches and must be cleaned out three days after the conclusion of the sport.

5. Parents may not give money to coaches for equipment, uniforms, etc., without approval from the Athletic Director and/or Administration.
**Transportation**

1. Teams will be supervised by coach/faculty member/OLMA staff member, transportation staff or parents when driving to and from games and scrimmages.

2. All athletes must ride to and from games in the transportation provided by the school except in the case of a senior with the proper permission slip and approval of the coach, Athletic Director and Administration. Seniors can, under unusual circumstances drive themselves only in their family car. However, seniors may not drive in bad weather. Underclassmen may not drive their own vehicles.

3. If extra transportation is needed in addition to the buses/van provided, parents will be contacted as alternate drivers.

4. Only OLMA students and staff may travel on the buses and van, providing each student has the required permission slip.

5. The buses/van must always be cleared of trash and personal belongings after each trip. The student-athlete is expected to use proper behavior on the bus and buckle her seat belt. Everyone is prohibited from placing any body part outside the window of the vehicle.

6. Coaches will not leave the Our Lady of Mercy premises until all athletes have been picked up. All students should wait in the gym lobby or in front of the gym only. Please be prompt in picking up your daughters. Parents and students must make arrangements to be picked up after a competition. If a student-athlete on more than three occasions are not picked up within one half hour of the team arrival at OLMA or conclusion of the practice or competition, coaches may terminate that athlete from the team. Please call the coach if a problem develops.

7. Parents may choose to pick their daughter up at an away contest. Parents must be there at the end of the competition or they must meet their daughter back at OLMA. Upon completion of competition, all students must return to OLMA. Under no circumstances will a coach be allowed to leave a student at an away site.

8. Non-family members may not pick up an athlete at away contests at any time unless there is written permission from a parent.

9. Athletes will not leave the premises of an away game site until the competition is completed.
Code of Conduct

It is important for all to recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players. Most of all it is the duty of all concerned with high school athletics to remember that an athletic contest is only a game and should be kept in that perspective.

Each student-athlete is expected to:

1. Understand and abide by the rules and regulations of the game, and to respect the integrity and judgment of the officials.

2. Conduct themselves as ladies at all times. Students must set an example in word and deed, both on and off the playing area. Remember that athletes assume a role of leadership and are role models.

3. Demonstrate self control and mutual respect at all times.

4. Crude or abusive language or gestures in dealing with opponents, officials or spectators and behavior that will incite players, opponents or spectators will not be tolerated.

5. Accept victory with grace and defeat with dignity. Poor winners or losers do a disservice to themselves and their school.

6. As a representative of Our Lady of Mercy Academy, students are expected to be well groomed, both on and off the field. Improper behavior while in uniform reflects badly upon yourself, your school and your community. Remember at all times you are representing Our Lady of Mercy Academy and embrace and demonstrate OLMA’s mission.

7. Observe training regulations and requirements of physical fitness for better personal performance and greater contribution to the team. Student athletes are expected to practice and play to their full potential.

8. It is important to remember the athletic program is a part of the educational opportunities provided for all students. Place athletic competition in its perspective. It represents only one part of the learning process and should not be pursued to the exclusion of everything else.

9. Remember that participation in athletics is a privilege that should not be abused. Athletics will lead to the development of healthy, well-adjusted women.

10. Athletes should always respect officials. Only the coach or team captain, respectfully should question a rule or interpretation. It is NSCHSGAA policy that any student-athlete who gets ejected in a sport must sit out two league contests.
11. Always demonstrate good sportsmanship. Any player who demonstrates unacceptable behavior will be removed from competition. Athletes are never allowed to engage in fighting.

12. No smoking is permitted on or near school grounds, including inside buses or vans. Any athlete or Parent seen smoking or drinking in uniform will be directly reported to the Athletic Director and Administration.

13. Use of any form of alcoholic beverages on school grounds, at a competition, or on buses or vans is not permitted.

14. No use of drugs in any form unless prescribed by a physician is permitted. The proper medical forms must be on file in the school health office and the coach has been notified by the nurse.

15. All athletes must stay on the bench with their team, avoid conversing with spectators including parents, friends, etc., until the conclusion of the contest.

16. Student Athletes must clear the field, gymnasium, and locker room area of debris (i.e. tape, orange peels, water bottles etc.) after all games and practices.

**The spectators are expected to:**

- Conform to standards of good sportsmanship and behavior. Parents are responsible to supervise their children and their children’s friends when brought to games as spectators.
- Respect officials, coaches and players and extend all courtesies to them.
- Disrespectful remarks and the use of noisemakers is not permitted.
- Be quiet when players need total concentration such as a free throw in basketball or a serve in volleyball.
- Obey the regulations of the building and grounds.
- Understand that Our Lady of Mercy Academy is responsible for the conduct of their respective spectators whether at home or away.
- Shouting disapproval of calls made by officials is not acceptable behavior.
- **ALL** children must be supervised at **ALL** times while on the campus of Our Lady of Mercy Academy by the adults who brought them to the contest.


**Pre-Season, Season and Post-Season Athletic Trips**

1. The Athletic Director and Administrators must give approval for all trips to be taken by any team.

2. All school permission slips must be completed and returned for a student to be eligible to participate in the trip.

3. All league and state sanction paperwork must be completed properly.

4. All league and state code of conduct must be completed and returned by all students.

**Miscellaneous**

1. Coaches will encourage athletes to attend clinics, camps and/or participate in outside clubs in their respective sports. Coaches will make athletes aware of these activities and facilitate attendance at them. This, however, is not mandatory for team membership.

2. Team members are expected to support the other teams in the athletic program.

3. Accurate and up to date records will be kept on file with the Athletic Director to help assist the student-athlete with the scholarship and recruiting process.

4. The school reserves the right to amend the handbook at any time.

5. In any and all circumstances, the judgment of the Athletic Director and the Administrators is final.

6. Varsity All League selection will take place by the varsity coaches based on the league criteria for the individual sport will make nominations from their own team based on athletic ability, their individual statistics and positions, their ranking on the team, their win /lost record, whether they are a starter and their playing time, leadership, sportsmanship, and attendance. The coaches in their professional opinion and judgement based on the above and working with them every day within the Our Lady of Mercy Team will make the selections in accordance with league criteria.
OUR LADY OF MERCY ACADEMY
ATHLETIC PROGRAM COACH EVALUATION
To be completed by the athlete

STUDENT NAME____________________________________

COACH/STAFF
NAME(S)___________________________________SPORT________________________LEVEL_______

To help us improve our programs, please take a few minutes to complete this evaluation form. The purpose of the evaluation process is to improve the level of coaching athletics at Our Lady of Mercy Academy. The evaluation process also:

- Affords the opportunity to identify and praise quality coaching as well as acknowledge areas that need improvement
- Provides an opportunity to identify strong leadership within the program
- Creates a climate to achieve individual improvement through specific targets
- Provides information necessary to make objective assessments of the performance level of a coach and
- Assures that quality coaching is a responsibility shared by the entire coaching staff.

Before filling out the form please take time to reflect on your past season and then complete this form on your own with your perceptions of this year’s experience. This is a CONFIDENTIAL evaluation between you and me. Names will not be mentioned in conversations with coaches. This form should be completed and returned to me online. Go to www.olma.org and click on athletics. On the drop down you will see Coaches’ Evaluation Form. This is a link that will take you to the survey. Thank you for your participation.

5=Strongly Agree  4= Agree  3=No Opinion  2=Disagree  1=Strongly Disagree

Please circle the appropriate response for each question and add comments where indicated.

1. The coach is positive and enthusiastic, provides positive leadership, sets a good example for the players and embraces OLMA’s mission.

   Rating 5 4 3 2 1

   Comments:
2. The coach displayed good sportsmanship toward officials, other teams and coaches.

   Rating       5  4  3  2  1
   Comments:

3. The coach attempted to build team unity.

   Rating       5  4  3  2  1
   Comments:

4. The coach uses appropriate language with athletes, parents and competitors and expects the same from assistants and athletes.

   Rating       5  4  3  2  1
   Comments:

5. Sideline demeanor during practices/competitions is appropriate and professional.

   Rating       5  4  3  2  1
   Comments:
6. The coach conducts a well organized overall program and demonstrates a passion for the game and program.

   Rating 5 4 3 2 1
   Comments:

7. Practices were well planned, motivating and productive.

   Rating 5 4 3 2 1
   Comments:

8. The coach is knowledgeable about the sport and strategies used were effective.

   Rating 5 4 3 2 1
   Comments:

9. The coach is open, honest and direct when communicating with athletes.

   Rating 5 4 3 2 1
   Comments:

10. The coach exhibits concern toward players, genuinely cares about them and inspires and motivates players to practice and play to their full potential.

    Rating 5 4 3 2 1
    Comments:
11. The coach organizes, supervises, coordinates and evaluates practice sessions and related activities with attention to individual improvement and group safety.

Rating 5 4 3 2 1

Comments:

12. The coach encourages individual improvement and provides information and opportunities to athletes for improvement in the off-season and encourages students to attend clinics, camps and/or outside clubs in their respective sport.

Rating 5 4 3 2 1

Comments:

13. You feel you benefitted from this experience this year and would like to participate in this sport next year.

Rating 5 4 3 2 1

Comments:

14. Name the most positive experience that you had in your sport this year.

15. What did your coach/coaching staff do that made you appreciate your sport?

Additional Comments:
What is a concussion?
A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.
You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of a concussion?
If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs of a concussion:

<table>
<thead>
<tr>
<th>SYMPTOMS REPORTED BY ATHLETE</th>
<th>SIGNS OBSERVED BY PARENTS/GUARDIANS</th>
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</thead>
<tbody>
<tr>
<td>• Headache or “pressure” in head</td>
<td>• Appears dazed or stunned</td>
</tr>
<tr>
<td>• Nausea or vomiting</td>
<td>• Is confused about assignment or position</td>
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<tr>
<td>• Balance problems or dizziness</td>
<td>• Forgets an instruction</td>
</tr>
<tr>
<td>• Double or blurry vision</td>
<td>• Is unsure of game, score, or opponent</td>
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<tr>
<td>• Sensitivity to light</td>
<td>• Moves clumsily</td>
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<tr>
<td>• Sensitivity to noise</td>
<td>• Answers questions slowly</td>
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<tr>
<td>• Feeling sluggish, hazy, foggy, or groggy</td>
<td>• Loses consciousness (even briefly)</td>
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<tr>
<td>• Concentration or memory problems</td>
<td>• Shows mood, behavior, or personality changes</td>
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<tr>
<td>• Confusion</td>
<td></td>
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<tr>
<td>• Just “not feeling right” or “feeling down”</td>
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How can you help your child prevent a concussion or other serious brain injury?
• Ensure that they follow their coach’s rules for safety and the rules of the sport.
• Encourage them to practice good sportsmanship at all times.
• Make sure they wear the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
• Wearing a helmet is a must to reduce the risk of a serious brain injury or skull fracture.
  - However, helmets are not designed to prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

What should you do if you think your child has a concussion?
SEEK MEDICAL ATTENTION RIGHT AWAY. A health care professional will be able to decide how serious the concussion is and when it is safe for your child to return to regular activities, including sports.

KEEP YOUR CHILD OUT OF PLAY. Concussions take time to heal. Don’t let your child return to play the day of the injury and until a health care professional says it’s OK. Children who return to play too soon—while the brain is still healing—risk a greater chance of having a repeat concussion. Repeat or later concussions can be very serious. They can cause permanent brain damage, affecting your child for a lifetime.

TELL YOUR CHILD’S COACH ABOUT ANY PREVIOUS CONCUSSION. Coaches should know if your child had a previous concussion. Your child’s coach may not know about a concussion your child received in another sport or activity unless you tell the coach.

If you think your teen has a concussion:
Don’t assess it yourself. Take him/her out of play.
Seek the advice of a health care professional.

It’s better to miss one game than the whole season.
For more information, visit www.cdc.gov/Concussion.

April 2013
Concussion facts:

- A concussion is a brain injury that affects how your brain works.
- A concussion is caused by a bump, blow, or jolt to the head or body.
- A concussion can happen even if you haven’t been knocked out.
- If you think you have a concussion, you should not return to play on the day of the injury and not until a health care professional says you are OK to return to play.

What are the symptoms of a concussion?

Concussion symptoms differ with each person and with each injury, and they may not be noticeable for hours or days. Common symptoms include:

- Headache
- Confusion
- Difficulty remembering or paying attention
- Balance problems or dizziness
- Feeling sluggish, hazy, foggy, or groggy
- Feeling irritable, more emotional, or “down”
- Nausea or vomiting
- Bothered by light or noise
- Double or blurry vision
- Slowed reaction time
- Sleep problems
- Loss of consciousness

During recovery, exercising or activities that involve a lot of concentration (such as studying, working on the computer, or playing video games) may cause concussion symptoms to reappear or get worse.

What should I do if I think I have a concussion?

DON’T HIDE IT. REPORT IT. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. Tell your coach, parent, and athletic trainer if you think you or one of your teammates may have a concussion. Don’t let anyone pressure you into continuing to practice or play with a concussion.

GET CHECKED OUT. Only a health care professional can tell if you have a concussion and when it’s OK to return to play. Sports have injury timeouts and player substitutions so that you can get checked out and the team can perform at its best. The sooner you get checked out, the sooner you may be able to safely return to play.

TAKE CARE OF YOUR BRAIN. A concussion can affect your ability to do schoolwork and other activities. Most athletes with a concussion get better and return to sports, but it is important to rest and give your brain time to heal. A repeat concussion that occurs while your brain is still healing can cause long-term problems that may change your life forever.

How can I help prevent a concussion?

Every sport is different, but there are steps you can take to protect yourself.

- Follow your coach’s rules for safety and the rules of the sport.
- Practice good sportsmanship at all times.

If you think you have a concussion:
Don’t hide it. Report it. Take time to recover.

It’s better to miss one game than the whole season.

For more information, visit www.cdc.gov/Concussion.

April 2013