



## ***ATHLETIC DEPARTMENT***

**INTEGRITY ♦ HONOR ♦ EXCELLENCE**

Christian Brothers High School is a member of the CIF Sac-Joaquin Section and participates in the Capital Valley Conference. Christian Brothers participates in the following interscholastic sports:

### ***Women's Athletic Program: (29 teams)***

<b>Basketball:</b>	Frosh, J.V., Varsity
<b>Cheerleading:</b>	Frosh, J.V., Varsity
<b>Cross-Country:</b>	J.V., Varsity
<b>Diving:</b>	J.V., Varsity
<b>Golf:</b>	Varsity
<b>Lacrosse:</b>	J.V., Varsity
<b>Soccer:</b>	J.V., Varsity
<b>Softball:</b>	J.V., Varsity
<b>Swimming:</b>	J.V., Varsity
<b>Tennis:</b>	Varsity
<b>Track and Field:</b>	J.V., Varsity
<b>Volleyball:</b>	Frosh, J.V., Varsity
<b>Water Polo:</b>	J.V., Varsity
<b>Wrestling:</b>	Varsity

### ***Men's Athletic Program: (30 teams)***

<b>Baseball:</b>	Frosh, J.V., Varsity
<b>Basketball:</b>	Frosh, J.V., Varsity
<b>Cross Country:</b>	J.V., Varsity
<b>Diving:</b>	J.V., Varsity
<b>Football:</b>	Frosh, J.V., Varsity
<b>Golf:</b>	J.V., Varsity
<b>Lacrosse:</b>	J.V.
<b>Soccer:</b>	J.V., Varsity
<b>Swimming:</b>	J.V., Varsity
<b>Tennis:</b>	Varsity
<b>Track and Field:</b>	J.V., Varsity
<b>Volleyball:</b>	J.V., Varsity
<b>Water Polo:</b>	J.V., Varsity
<b>Wrestling:</b>	J.V., Varsity

Additionally the athletic department provides opportunities for student athletic training and rugby club.

## ATHLETIC DEPARTMENT POLICIES FOR STUDENTS, PARENTS, AND FANS

### ➤ ***Philosophy:***

The Athletic Department at Christian Brothers High School believes that athletics and participation in our athletic program are educational activities that contribute to the physical, personal, social, and spiritual growth of our student-athletes and, therefore, develop student-athletes as Christian members of society. By supporting the philosophy of the school and participating in the achievement of its goals, the Athletic Department is an integral part of the entire school community.

### ➤ ***Goals***

- To provide an athletic program where student-athletes develop physically, personally, socially, and spiritually in order to become better Christian men and women.
- To provide a quality athletic experience for all participants in the athletic program.
- To assist and encourage interested and qualified student-athletes to continue their athletic careers beyond high school.

### ➤ ***Eligibility***

1. CIF eligibility requirements: Any student-athlete wishing to participate on a school team must have maintained an un-weighted grade point average (GPA) of 2.00 or better during the previous quarter's grading period. Please note that *PowerSchool* displays a weighted GPA. *Eligibility cannot be reinstated until the following quarter's grading period.*
2. Student-athletes trying out for a sport must have a current "Athletic Consent and Release" packet on file before the first day of participation in that sport including preseason conditioning. This form is available online and on campus. Physicals are valid for one school year from the summer prior to the start date of school until the last day of school; it is the responsibility of the student-athlete to schedule the physical prior to the first day of tryouts or conditioning. This form must have current medical coverage information and signed off by a licensed physician. The form can be given to the coach at the first practice/tryout or can be delivered to the school. It is strongly recommended that parents keep a copy of the completed form for their records.
3. Football is not covered under school insurance. Athletes must have their own insurance; supplemental insurance is available for a nominal fee. Forms will be distributed at the beginning of the season. Forms must be returned regardless if the athlete is going to use the insurance.
4. All student-athletes are permitted to participate in as many sports as they wish. No coach should advise a student-athlete not to participate in another sport. The Athletic Director and/or Principal have the right to sanction any coach advising a student-athlete not to participate in a sport. Concurrent participation in two school sports must have prior approval from both coaches with a completed dual-sport form on file with the athletic administration. The dual-sport form is available online.

5. Any student-athlete wishing to try out late for a sport, (i.e., after the CIF listed starting date or after contests have started), may do so *only* if the sport program permits it; if he/she is able to present a legitimate reason for trying out late, (e.g., injury, participation in another sport, late transfer, no prior notification of the starting date, eligibility requirements); if there is sufficient equipment; and/or if there are positions available.
6. **A student-athlete who quits a sport or is dropped from one sport for disciplinary reasons will not be permitted to participate in a second sport until the first sport is completed (end of league play).** Appeals with special circumstances must be made to the Athletic Director.
7. If a student-athlete is cut from a sport during the tryout period, he/she may participate in an alternate sport if approved by the head coach of that sport.
8. **Residential Eligibility for Transfer Students:** All student-athletes who transfer to Christian Brothers from another school must fill out the appropriate CIF application (forms 206, 510 and/or 207) for eligibility before being considered for eligibility in sports. At Christian Brothers High School the following policies apply:
  - Student-athletes who change residences from one area to another area must complete form 206.
  - Student-athletes who do not move residences but transfer schools and want to participate in a sport must file a 'Pre-Enrollment Affidavit' (form 510) along with Form 207 with the Sac-Joaquin Section office.

Forms can be picked up in the main office or with the athletic administrative assistant.

Forms can be downloaded from the [cifsjs.org](http://cifsjs.org) website or the Christian Brothers Athletics page under 'Files and Links.' Questions about these rules should be addressed to the Athletic Director.

### ➤ ***Athletic Participation Expectations***

1. Student-athletes must be present for at least one-half day (over ½ the class periods) to be eligible to participate in after-school athletic practices or games. Student-athletes who are absent from school are not allowed to participate, be on campus or attend a team event on the same day unless approved by the school administration.
2. Student-athletes participating in athletic events during the day or at night prior to a scheduled school day are expected to be in attendance the full school day following the event.
3. Student-athletes missing class due to an athletic event are responsible for all work missed. Student-athletes should notify teachers in advance of events whenever possible.
4. Teachers have the right to keep students in class if they are struggling academically or not keeping up with work.
5. Detentions are considered to be an unexcused tardy or absence for sports. Detentions on away game days must be served on that day unless the Deans' Office gives prior approval for a one day delay. Detentions on home game days must be served on that day.

6. All student-athletes are financially responsible for any items issued by the school. A replacement charge will be billed to parents for articles that are lost, stolen, or damaged. Any lost, stolen, or damaged equipment should be reported to the coach immediately.
7. All school equipment and uniforms must be returned in similar condition as it was when distributed within 1 week of the final contest. Student-athletes will be required to attend after school detention until all equipment and/or uniforms are returned or paid for. In the event the equipment or uniform is damaged or lost the student-athlete and parents take full responsibility for replacement costs. Students will not be allowed to participate in a game or contest in the next sport season until all equipment from prior sports seasons has been returned.
8. Lockers are available for the purpose of storing athletic equipment. Student-athletes are required to purchase a lock through the bookstore or the male or female locker room coordinator, and combinations should remain confidential to ensure personal security.
9. Any student-athlete participating on an athletic team accepts all the rules of that team as explained by the coach(es) prior to that sport's season.
10. The head coach for each team will determine the policy for allowing student-athletes to compete on a different non-school sports team during the high school season. The school's athletic program takes priority over all outside participation. Failure to abide by the coach's stated non-school participation policy can result in suspension or removal from the team.
11. During school holidays and breaks, student-athletes are expected to attend all practices and games.
12. During the high school season, no student-athlete can participate in the same sport with an outside organization. The only sport in which a student-athlete may participate on a similar non-school team during that sport's season of play, as mandated by CIF, is soccer.
13. Because the school does not sanction off-season teams, it will not be responsible for any activities students choose to pursue in the off-season.
14. **Student-Athletes moving up Classifications (Fr-JV-V):** Every effort will be made to have student-athletes compete at their appropriate level. The higher level coach will use the following criteria when considering movement of an underclassman to the JV or varsity level:
  - The student-athlete fills an obvious need that cannot be met by at-level players.
  - The student-athlete will either start or play regularly through the entire season.
  - The student-athlete is superior in ability and maturity.
  - The student-athlete's parents are supportive of the move.Decisions to move an underclassman will involve all coaches affected by the move, along with teachers, counselors, the Deans of Students, and possibly the Admissions department along with the Athletic Director, before a move can take place. A completed and approved 'athletic level advancement' form and a signed 'advancement parent agreement' must be on file prior to a student moving up classifications.
15. Student-athletes wishing to participate on an athletic team must abide by the rules of fair play and proper sportsmanship as outlined in the California Interscholastic Federation's Sac-Joaquin Section Sportsmanship Resolution and the Sportsmanship Preamble. Furthermore, profanity, fighting, or other conduct unbecoming of a member of Christian Brothers High School will not be tolerated at any time. Such behavior may warrant sanctions by the head coach, the Athletic

Director, the Deans of Students, or the Principal, and may include suspension, removal from the team, or dismissal from the school.

16. **Ejection:** Any student-athlete ejected from a game automatically receives a one-game suspension. Coaches will inform the Athletic Director immediately of any ejection and submit a written report to the Athletic Director within 24 hours of the incident. Repeated ejections will incur additional sanctions as deemed appropriate by CIF, league rules, and/or the school administration.
17. **Awards:** At the completion of each season and at the discretion of each head coach, certificates and/or letters and inserts will be presented to student-athletes participating on a sport team. Eligibility will be determined based on, but not limited to, participation, sportsmanship, contribution to the team, and commitment.
18. **Drug and Alcohol, Policies Are Consistent with School Policies:** If a coach becomes aware of any situation in which their student-athletes are involved with drugs or alcohol issues, they will be referred to the Deans' Office. Parents and student-athletes agree to build strength naturally through weight training and a healthy diet. Performance enhancing supplements are not permitted or acceptable to use under any circumstance.

*As a condition of membership in the CIF all schools shall adopt policies prohibiting the use and abuse of androgenic/anabolic steroids. All member schools shall have participating students and their parents, legal guardian/caregiver agree that the athlete will not use steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition (Bylaw 524).*

*By signing and submitting the forms in the 2013-14 Athletic Consent and Release packet, both the participating student-athlete and the parents, legal guardian/caregiver agree that the student shall not use androgenic/anabolic steroids without the written prescription of a fully licensed physician (as recognized by the AMA) to treat a medical condition. They also recognize that under CIF Bylaw 200.D there could be penalties for false or fraudulent information, and understand that the Christian Brothers High School policy regarding use of illegal drugs will be enforced for any violation of these rules.*

19. **Harassment Policies Are Consistent with School Policies:** If a coach becomes aware of any situation in which their student-athletes are involved with harassment issues, they will be referred to the Athletic Director and Deans of Students. Harassment occurs when an individual is subjected to treatment or an environment which is unwelcome, hostile or intimidating. Harassment can come in the form of hazing, bullying, verbal, written, and/or physical intimidation. For more information please refer to the Harassment Policy on page 28 of the Parent/Student Handbook. Student-athletes who are found to have engaged in harassment activities are subject to suspension and/or removal from an athletic team in addition to school consequences.

### ➤ **Christian Brothers High School - Emergency Action Plan**

1. Christian Brothers High School has a written emergency plan that should be followed in the event of a medical emergency. All coaches should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the head athletic trainer (or school administrator, in the absence of a licensed athletic trainer).

An **emergency** is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport an athlete to the hospital. It is important in these situations that coordination between the athletic trainer, coaches, administrators and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

Situations when 911 should be called are:

- An athlete is not breathing
- An athlete has lost consciousness
- It is suspected that an athlete may have a neck or back injury
- An athlete has an open fracture (bone has punctured through the skin)
- Severe heat exhaustion or suspected heat stroke
- Severe bleeding that cannot be stopped

### **Chain of Command**

Team Physician  
Certified Athletic Trainer  
Athletic Director  
Administrator  
Head Coach  
Assistant Coach  
Sports Medicine Athletic Training Student  
Other Athletes

The highest person in the chain of command who is present at a scene will be the designated person in charge, or leader. That person is responsible for deciding whether or not to call 911, instructing others how they may be of help and will be the person who stays with the athlete until EMS arrives.

Once it has been decided that EMS should be called, the following protocol should be followed:

### **EMERGENCY ACTION PLAN**

1. The highest person on the chain of command will be deemed the leader, and will stay with the athlete to monitor the athlete's condition and administer necessary first aid. If possible, someone else on the chain of command should also stay and assist. The athletic director or an administrator should be notified that there is an emergency situation on campus.
2. The highest person on the chain of command will make the call to EMS or will designate another person to make the call. (911 from a cell phone or pay phone, **9-911 on landline**) EMS should be told what the emergency is, the condition of the athlete and how to get to where the athlete is. Also, tell EMS that someone will meet them at the closest intersection to aid in directing the ambulance. **DO NOT HANG UP UNTIL EMS HANGS UP FIRST.**
3. Phones at Christian Brothers High School are located in the main office, classrooms, coach's offices, and the athletic training room and in the front lobby of the school.
4. The leader will send runners to all intersections between where the athlete is located and School/venue-specific location to direct the ambulance to the athlete. The runners should stay in their positions and wave the ambulance through the proper turns to get to the athlete.
5. The leader will designate another person to attempt contact with the athlete's parents.

**Emergency contact information can be found with the coaches and athletic**

- administrative assistant.** They should have with them at all times. If a parent is not present, the form should accompany the athlete to the hospital.
6. If transport is deemed necessary by EMS, the athlete will be taken to

**Mercy General Hospital**  
4001 J St.  
Sacramento, CA 95819  
(916) 453-4545

**Kaiser Permanente Sacramento Medical Center**  
3180 Arden Way  
Sacramento, CA 95825  
(916) 977-3277

**UC Davis Health System**  
2315 Stockton Blvd,  
Sacramento, CA 95817  
(916) 734-2011

**Kaiser Permanente South Sacramento**  
6600 Bruceville Rd,  
Sacramento, CA 95823  
(916) 688-2000

Unless the parent requests otherwise.

Christian Brothers High School is located at:  
**4315 Martin Luther King, Jr. Blvd.**  
**Sacramento, CA 95820**

The closest intersection to the school is **12<sup>th</sup> Ave.** and **Martin Luther King, Jr. Blvd.**

**\*Coaches should take note of the closest AED to their practice and game locations.**

**ADDRESS:**  
**4315 Martin Luther King, Jr. Blvd.**  
**Sacramento, CA 95820**

**IMPORTANT PHONE NUMBERS:**  
**Athletic Trainer: 916-709-9395 (C) or ext. 1671 (O)**  
**EMS: 911 or 9-911 if calling from a school phone**  
**Main Office: 733-3600**  
**Athletic Director: 847-8186 (C) or 733-3672 or ext. 1672 (O)**  
**Athletic Administrative Assistant: 733-3610 or ext. 1610**  
**Principal: 733-3674 or ext. 1674**  
**Security: 916-826-5619**

**ZONE 1 (Main Gymnasium, Field House, Athletic Training Room, Cafeteria, LCTC)**  
EMS Route: West 1, East 1 & 2  
Primary AED: Ice Room  
Secondary AED: Athletic Training Room

**ZONE 2 (Baseball Field, Soccer Field, Multi-purpose Fields)**  
EMS Route: West 1, East 1 & 2  
Primary AED: Ice Room  
Secondary AED: Athletic Training Room

**ZONE 3 (Football Field, Women's Soccer Field, Softball Field, Lacrosse Field)**  
EMS Route: West 5, East 8  
Primary AED: Ice Room

Secondary AED: Athletic Training Room

**ZONE 4 (Main Office, Classrooms, Theater)**

EMS Route: West 1, West 2, North 2, 3, 4

Primary AED: Main Office

Secondary AED: Ice Room

2. **Concussion Protocols:** An athlete who is suspected of sustaining a concussion or head injury in an athletic activity shall be immediately removed from the activity for the remainder of the day, and shall not be permitted to return to the activity until he or she completes the following steps:
- The athlete must be evaluated by a licensed health care provider, trained in the management of concussions, acting within the scope of his or her practice.
  - The athlete must receive written clearance to return to the activity from that licensed health care provider.
  - Once the athlete is symptom free for at least 24 hours at rest, the ImPACT Test will be administered. If the test shows deficits, the athlete must wait one week before retesting.
  - When the athlete shows a return to baseline on their ImPACT Test, they will complete the following Gradual Return to Play plan from the Acute Concussion Evaluation Care Plan:
    1. No physical activity
    2. Low levels of physical activity. This includes walking, light jogging, light stationary bike, light weightlifting (no squats or bench).
    3. Moderate levels of physical activity with body/head movement. This includes moderate jogging, brief running, moderate-intensity stationary biking, moderate-intensity weightlifting.
    4. Heavy non-contact physical activity. This includes sprinting/running, high-intensity stationary biking, a regular weightlifting routine, non-contact sport-specific drills.
    5. Full contact in controlled practice.
    6. Full contact in game play.

The athlete will be progressed to the next step of the ‘Gradual Return to Play’ if they do not experience any symptoms at each level. If any symptoms return, all activity will be stopped until the athlete is symptom free for a minimum of 24 hours. They will start again at the previous step of the return to play plan.

**WHAT IS A CONCUSSION?** A concussion is a 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?**

**Signs Observed by Parents or Guardians** *If your child has experienced a bump or blow to the head during a game or practice, look for any of the following signs and symptoms of a concussion:* • Appears dazed or stunned • Is confused about assignment or position • Forgets an instruction • Is unsure of game, score, or opponent • Moves clumsily • Answers questions slowly • Loses consciousness (even briefly) • Shows behavior or personality changes • Can’t recall events prior to hit or fall • Can’t recall events after hit or fall



**Symptoms Reported by Athlete** • Headache or “pressure” in head • Nausea or vomiting • Balance problems or dizziness • Double or blurry vision • Sensitivity to light • Sensitivity to noise • Feeling sluggish, hazy, foggy, or groggy • Concentration or memory problems • Confusion • Does not “feel right”

### **WHAT SHOULD I DO IF I THINK I HAVE A CONCUSSION?**

**Tell your coaches, athletic trainer and your parents.** Never ignore a bump or blow to the head even if you feel fine. Also, tell your coach if one of your teammates might have a concussion.

**Get a medical checkup.** A doctor or health care professional can tell you if you have a concussion and when you are OK to return to play.

**Give yourself time to get better.** If you have had a concussion, your brain needs time to heal. While your brain is still healing, you are much more likely to have a second concussion. Second or later concussions can cause damage to your brain. It is important to rest until you get approval from a doctor or health care professional to return to play.

"<http://www.cdc.gov/concussion/HeadsUp/youth.html>." . N.p., 14 12 2011. Web. 27 Mar 2012.

### **3. Keep Their Heart in the Game – Sudden Cardiac Arrest**

#### **What is sudden cardiac arrest?**

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens blood stops flowing to the brain and other vital organs. SCA is NOT a heart attack. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the victim to collapse. The malfunction is caused by a congenital or genetic defect in the heart's structure.

#### **What is an AED?**

An automated external defibrillator (AED) is the only way to save a sudden cardiac arrest victim. An AED is a portable, user-friendly device that automatically diagnoses potentially life-threatening heart rhythms and delivers an electric shock to restore normal rhythm. Anyone can operate an AED, regardless of training. Simple audio direction instructs the rescuer when to press a button to deliver the shock, while other AEDs provide an automatic shock if a fatal heart rhythm is detected. A rescuer cannot accidentally hurt a victim with an AED-quick action can only help. AEDs are designed to only shock victims whose hearts need to be restored to a healthy rhythm. Check with your school for locations of on-campus AEDs.

#### **How common is sudden cardiac arrest in the United States?**

As the leading cause of death in the U.S., there are more than 300,000 cardiac arrests outside hospitals each year, with nine out of 10 resulting in death. Thousands of sudden cardiac arrests occur among youth, as it is the #2 cause of death under 25 and the #1 killer of student athletes.

#### **Who is at risk for sudden cardiac arrest?**

SCA is more likely to occur during exercise or physical activity, so student-athletes are at greater risk. While a heart condition may have no warning signs, studies show that many young people do have symptoms but neglect to tell an adult. This may be because they are embarrassed, they do not want to jeopardize their playing time, and they mistakenly think they're out of shape and need to train harder, or they simply ignore the symptoms, assuming they will "just go away." Additionally, some health history factors increase the risk of SCA.

**What should you do if your student-athlete is experiencing any of these symptoms?**

We need to let student-athletes know that if they experience any SCA-related symptoms it is crucial to alert an adult and get follow-up care as soon as possible with a primary care physician. If the athlete has any of the SCA risk factors, these should also be discussed with a doctor to determine if further testing is needed. Wait for your doctor's feedback before returning to play, and alert your coach, trainer and school nurse about any diagnosed conditions.

**The Cardiac Chain of Survival**

On average it takes EMS teams up to 12 minutes to arrive to a cardiac emergency. Every minute delay in attending to a sudden cardiac arrest victim decreases the chance of survival by 10%. Everyone should be prepared to take action in the first minutes of collapse

**Early Recognition of Sudden Cardiac Arrest**

Collapsed and unresponsive. Gasping, gurgling, snorting, moaning or labored breathing noises. Seizure-like activity.

**Early Access to 9-1-1**

Confirm unresponsiveness. Call 9-1-1 and follow emergency dispatcher's instructions. Call any on-site Emergency Responders

**Early CPR**

Begin cardiopulmonary resuscitation (CPR) immediately. Hands-only CPR involves fast and continual two-inch chest compressions-about 100 per minute.

**Recognize the Warning Signs & Risk Factors of Sudden Cardiac Arrest (SCA)**

Tell Your Coach and Consult Your Doctor if These Conditions are Present in Your Student-Athlete

**Potential Indicators That SCA May Occur**

- Fainting or seizure, especially during or right after exercise
- Fainting repeatedly or with excitement or startle
- Excessive shortness of breath during exercise
- Racing or fluttering heart palpitations or irregular heartbeat
- Repeated dizziness or lightheadedness
- Chest pain or discomfort with exercise
- Excessive, unexpected fatigue during or after exercise

**Factors That Increase the Risk of SCA**

- Family history of known heart abnormalities or sudden death before age 50
- Specific family history of Long QT Syndrome, Brugada Syndrome, Hypertrophic Cardiomyopathy, or Arrhythmogenic Right Ventricular Dysplasia (ARVD)
- Family members with unexplained fainting, seizures, drowning or near drowning or car accidents
- Known structural heart abnormality, repaired or unrepaired
- Use of drugs, such as cocaine, inhalants, "recreational" drugs, excessive energy drinks or performance enhancing supplements

**What is CIF doing to help protect student-athletes?**

CIF amended its bylaws to include language that adds SCA training to coach certification and practice and game protocol that empowers coaches to remove from play a student-athlete who

exhibits fainting-the number one warning sign of a potential heart condition. A student-athlete who has been removed from play after displaying signs or symptoms associated with SCA may not return to play until he or she is evaluated and cleared by a licensed health care provider. Parents, guardians and caregivers are urged to dialogue with student-athletes about their heart health and everyone associated with high school sports should be familiar with the cardiac chain of survival so they are prepared in the event of a cardiac emergency. I have reviewed and understand the symptoms and warning signs of SCA and the new CIF protocol to incorporate SCA prevention strategies into my student's sports program.

### ➤ ***Athletic Training Room***

3. **Athletic Training Room Procedures:** The athletic trainer will only treat student-athletes who are injured while participating on a school team. Coaches will send for the athletic trainer or send the injured student-athlete to the athletic trainer for evaluation. Any student-athlete receiving care in the athletic training room must sign in prior to treatment. The athletic trainer will inform the coach after the evaluation of restrictions or special attention needed for the student-athlete. Any student-athlete who is referred or who seeks care from a physician must be cleared by that physician before the student-athlete will be considered to be released for activity. Final clearance is the responsibility of Athletic Trainer.
4. The athletic training room will not be staffed on non-school days. The head coach will be responsible for all injury care in the absence of the athletic trainer.

### ➤ ***Athletic Attire***

1. **Game Day Attire during school day for Student-Athletes:** To promote school spirit at CB, our student-athletes are encouraged to wear “Game Day Attire” on the day of competition and on Fridays preceding Saturday games. On these *Spirit-Attire* Dress Code Days student-athletes may wear:
  - Game jerseys that have sleeves with dress code pants, walking shorts, or capris.
  - Team polo shirts designating sport representation with dress code pants, walking shorts, or capris.
  - Professional attire is not allowed on game day.
  - No warm-up pants may be worn, but warm-up jackets and sweat shirts that comply with regular dress code requirements.

All “Game Day Attire” must observe CB dress code standards of modesty, moderation, and good taste. The above dress code is in place during the school day.

2. **Travel and Game Attire:**
  - Students are expected to be in the following attire when they arrive at sites for competition as directed by the head coach:
    - Athletic game uniform
    - Professional Dress
    - Christian Brothers Travel Attire
  - Students are expected to be in appropriate clothing for all practice sessions regardless of location. Attire should be of like fashion to what is worn in contests. Swim suits should be worn at pool facility only.

### ➤ ***Athletic Fees***

1. **Athletic Participation Fee:** Athletes participating in a sport will be charged a non-refundable athletic fee for each season of sport in which they participate. This fee helps offset costs associated with participation, (ie. officials, uniforms, travel, facility rental, equipment, tournaments, strength and conditioning program etc.) Once a roster has been submitted and the athlete participates in a sanctioned game or contest, even if a student-athlete quits or is removed from a team, he or she is financially responsible to pay this fee. This fee will be added to the tuition account.
2. **Spirit Packs:** With the approval of the Athletic Director, each sport may offer “spirit packs” to the members of their team. These packages usually include sport-specific logo wear which is designed for use in practice and contests. Packages may include mandatory and/or optional items. Spirit packs will be purchased online to be sent directly to the athlete’s home.
3. **Equipment and Uniforms:** Equipment and uniform costs vary from sport to sport. Christian Brothers makes every attempt possible to ensure our student-athletes have the best equipment available. There will be instances where certain sports require their student-athletes to purchase uniforms or a limited amount of equipment. Please see the head coach of the respective sport for more information.

### ➤ ***Transportation***

1. Transportation will not be provided for:
  - Varsity teams traveling to schools within greater Sacramento area.
  - Any contest starting after 6:00 p.m.
  - Any contest on a non-school day or weekend
2. When buses are used they will be for drop-off only, and parents will be expected to plan for transporting their child(ren) home.

Parents are responsible for all athletic event transportation arrangements for their student(s) with the exception of transportation provided by CBHS as outlined above.

### ➤ ***Practice Policies***

1. All head coaches are to determine and announce, in advance, the practice schedules for their teams. Usual policy is to practice every weekday except game day. Saturday and most holidays practices are allowed with advance notice. *No practices or meetings involving students are allowed on Sunday. Practice on major holidays must be cleared with the athletic administration.*
2. Practices may only be conducted with a coach present. Coaches will establish their own attendance policy for student-athletes.

### ➤ ***Collegiate Athletics***

There are many opportunities to pursue athletics at the collegiate level; NCAA, NAIA or NJCAA. If a student is interested in pursuing athletics after high school he or she should consult his or her counselor and head coach. For complete information about requirements go to the NCAA web site at [www.ncaa.com](http://www.ncaa.com) or the NAIA website at [www.naia.org](http://www.naia.org).

## ***CIF SAC-JOAQUIN SECTION SPORTSMANSHIP RESOLUTION***

### ***Code of Ethics:***

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

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

### ***California Interscholastic Federation New Article 5 By-Law 522***

“Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student’s eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an event or contest. A student may, after a lapse of 18 calendar months from the date of the incident, apply for reinstatement of eligibility to the State Commissioner.”

### ➤ ***Guidelines for Parents and Procedures for Communicating Concerns***

1. Good sportsmanship is expected from everyone at Christian Brothers. The coaches and players are expected to and are held accountable for representing Christian Brothers High School with dignity and integrity. The same high standards of behavior are expected from all adults and fans.
2. Not all players get the same playing time. The nature of athletics and competition means we try to put the best team on the court or field. It is the coach's job to decide who the most qualified players are so the team has its best chance for success. Part of any player's maturation process includes putting one's personal desires aside for the betterment of the team.
3. Coaches are to be treated with the same respect accorded any other professional.
4. If you have a concern, express it at the appropriate time and place. If you have any concerns about your child's coach or your child's athletic participation on a team, please use the following procedure until you feel the issue is resolved:
  - **Have your child speak to their coach.** Sometimes the coach is unaware of your child's concern or feelings. It is also important that we teach our students how to communicate effectively with adults in a mature manner.
  - **Arrange an appointment to speak with your child's coach.** Our coaches will respond to your request as quickly as possible.
  - **Arrange an appointment with the Athletic Director.** The athletic department will investigate the situation promptly.
  - **Arrange an appointment with the Principal** if you feel the issue still has not been resolved.
5. Playing time, game strategy, and play calling are not appropriate issues to discuss with the head coach, athletic director or principal.

### ➤ ***Guidelines for High School Fans***

High school athletics is also a place for learning. Following is a list of guidelines that all high school fans should follow, whether they are adults, students, or children.

1. Since the playing field is an extension of the classroom, *all student-athletes should be allowed to try and fail without judgment.* Since all humans are fallible, mistakes will happen. It is another part of the game and adds to the excitement and unpredictability of high school sports.
2. **Keep comments positive and supportive.** Criticism is easy, and it is destructive because it only points out faults and shortcomings.
3. **Respect a coach's ability to teach.** Keep in mind that many factors influence game-time decisions. Some factors are obvious and others more subtle, but each leads to decisions that are made in the best interest of the team.
4. The school and the Athletic Department reserve the right to remove or refuse admission to persons who belittle, chide, berate, taunt, or bait any player, coach, or official. Profanity is never acceptable language no matter the reason. Even though an admission fee is charged for some high school contests, payment does not give license to the fans to "speak their minds." This is high school and a proper perspective must be maintained.