

ALUMNI ASSOCIATION: The Christian Brothers **Alumni Association** is the vehicle for alums to stay connected to the school. Christian Brothers considers all graduates of Christian Brothers, Bishop Armstrong and Bishop Manogue High Schools, and St. Joseph’s Academy alumni of Christian Brothers. Alumni support the school by raising funds for tuition assistance, special wish list projects and capital projects, and by volunteering their time and talents for key Christian Brothers activities and events, including the annual Alumni Dinner and the Wine, Beer & Food Extravaganza.

AMBASSADORS’ CLUB: Christian Brothers considers donors of \$1,876.00 or more annually to be “Ambassadors” and are invited to a formal dinner with other benefactors.

ANNUAL GIVING PROGRAM: The **Annual Giving Program** provides vital operating support to help bridge the gap between tuition and the actual cost of a Christian Brothers education. Gifts to the Annual Fund Program are unrestricted and tax deductible. These gifts support all aspects of the school including faculty compensation, athletics, arts, tuition assistance, retreats, and community service. The goal of this program is to have 100% participation from every family with a student at Christian Brothers.

Parents are invited and encouraged to sign up for these organizations and opportunities to become actively involved in the Christian Brothers community by volunteering to support the many events and activities taking place on campus. Simply click on the ‘[Getting Involved](#)’ link under the Parents tab on the Christian Brothers website to receive information on how to become a volunteer at Christian Brothers.

ATHLETIC DEPARTMENT

INTEGRITY ♦ HONOR ♦ EXCELLENCE

Christian Brothers is a member of the CIF Sac-Joaquin Section and participates in the Capital Athletic League. Christian Brothers participates in the following interscholastic sports:

Women’s Athletic Program

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

Men’s Athletic Program

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

Additionally, the Athletic Department provides opportunities for a sports medicine program (Student Athletic Trainers) and a Rugby club. All CIF and club teams at Christian Brothers are comprised solely of currently enrolled students in good standing.

ATHLETIC DEPARTMENT POLICIES FOR STUDENTS, PARENTS, AND FANS

➤ *Philosophy:*

The Athletic Department at Christian Brothers 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.* A student who is placed on academic probation at the end of the school year will remain on probation until the conclusion of the first grading period in the Fall semester of the next year.
2. CIF Academic Hardship Waiver: Any student-athlete who falls below the academic standards of the CIF and the Capital Athletic League at the end of a grading period may petition for an athletic eligibility extension. Consideration may be granted only for considerable extenuating or unforeseen circumstances which prevented the student-athlete from meeting the requirements. Students not meeting eligibility requirements who wish to participate on an athletic team must petition the Principal for an eligibility extension, not to exceed one grading period, before beginning or continuing (if already in progress) the sport. The student must submit the petition in the form of a letter to the Principal's office. Once a petition is received, the Principal or the designated Assistant Principal, will hold a meeting with the Athletic Director and Counselor. Others may be invited to the meeting at the principal's discretion. **An eligibility extension will normally be granted only once during a student's high school career.**
3. In addition to reviewing quarterly and semester grade reports, the Athletic Department will conduct grade checks of all athletes based on team rosters. Each school year, these checks will occur on the third Tuesday of September and the fourth Tuesday of February. Any student-athlete falling below a 2.0 GPA will be suspended effective the following Monday from all sport practice and contests for at least one week, until he/she meets minimum requirements. Suspended student-athletes must attend mandatory after-school study hall Monday – Thursday. Once a student-athlete acquires the minimum 2.0 GPA, and one week has passed, he/she will be immediately reinstated to his/her sport.
4. All new and returning student athletes trying out for a sport must have a current FinalForms medical system registration and valid doctor's physical examination form on file before the first day of participation in that sport including preseason conditioning and/or try outs. A blank doctor's physical examination form can be downloaded from FinalForms at the conclusions of the registration. Note:

This is the only physical form recognized by Christian Brothers. Students must submit a completed doctor's physical form to the coach or Athletic Department office before the starting date of tryouts and practices of all sports. According to California Interscholastic Federation rules, the student must have this physical prior to trying out, practicing for, or participating in interscholastic competition. Physicals are valid for one calendar year per CIF rules. It is strongly recommended that parents keep a copy of the completed form for their records.

5. All student-athletes are permitted to participate in as many sports as they wish. However, concurrent participation in two school sports during the same season requires prior approval from the head coaches of each team on which the student intends to play and the Athletic Director.
6. 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.
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. **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, and the Athletic Director will determine whether the student may participate in a second sport prior to the completion of the first sport in his/her sole discretion.
9. **Residential Eligibility for Transfer Students:** All student-athletes who transfer to Christian Brothers from another school must fill out the appropriate CIF application before being considered for eligibility in sports. The *Transfer Eligibility Letter to Parents* and *CIF Parent/Student Transfer Paperwork* may be found at the Athletics Department website: <https://www.cbhs-sacramento.org/athletics/info-and-forms/>. CIF forms may also be downloaded from the section website: <http://www.cifsjs.org/>. Transfer students and their parents are encouraged to address their circumstances or concerns with 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 Deans of Students.
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. Teachers have the right to keep students in class and not release them for athletic events if they are struggling academically or not keeping up with work.
4. Detentions are considered to be an unexcused tardy or absence for sports. Detentions on game days must be served on that day unless the Deans Office gives prior approval for a one-day delay.
5. All student-athletes are financially responsible for any items issued by the school. Christian Brothers will bill a replacement charge to parents for articles that are lost, stolen, or damaged. Students should report any lost, stolen, or damaged equipment to the coach immediately.

6. Students must return all school equipment and uniforms in similar condition as it was when distributed within 1 week of the final sports contest. Student-athletes not meeting this deadline will be required to attend after school detention each day until all they return or pay for all equipment and/or uniforms. In the event the equipment or uniform is damaged or lost, the student-athlete and parents take full responsibility for replacement costs.
7. Lockers are available for the purpose of storing athletic equipment. Student-athletes are required to purchase a lock through the Student Store or the male or female locker room coordinator, and combinations should remain confidential to protect personal security.
8. Any student-athlete participating on an athletic team accepts all the rules of that team as explained by the coach(es). During school holidays and breaks, student-athletes are expected to attend all practices and games.
9. **Practices:** The usual policy is to practice every weekday except game day.
 - Head coaches are to determine and communicate, in advance, the practice schedules and attendance policies for their teams.
 - Saturday and most holiday practices are allowed with advance notice. No meetings involving students are allowed on Sunday. Practice on major holidays must be cleared with the Athletic Department.
 - Practices may only be conducted with a coach present. Coaches will establish their own attendance policy for student-athletes.
10. During the high school season, no student-athlete may participate in the same sport with an outside organization (see *CIF Constitution and Bylaws Article 60 for limited exceptions*).
11. The head coach for each team will determine the policy for allowing student-athletes to compete in a different sport on a 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.
12. **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.

The Athletic Director will make all decisions to move an underclassman in consultation with all coaches affected by the move, the Deans of Students and the student's grade level counselor. A completed and approved 'athletic level advancement' form and a signed 'advancement parent agreement' must be on file prior to a student moving up in classification.

13. 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, hazing or other conduct unbecoming of a student of Christian Brothers 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.

14. **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.
15. **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.

Capital Athletic League (CAL) Scholar-Athlete Award Criteria: Varsity team members are eligible for the award for each season for which they qualify. To qualify, the student-athlete must finish the season in good standing and must have a cumulative 3.50 (or above) weighted or unweighted grade point average, as well as a current 3.5 (or above) weighted or unweighted GPA at the completion of the grading period of the sport season in which they participated. Freshmen are not eligible as the student-athlete must have at least one year of grades, beginning with the ninth grade.

16. **Drug and Alcohol Policies Are Consistent with School Policies:** If a coach becomes aware of any situation in which a student-athlete is involved with drugs or alcohol issues, the coach will refer the student-athlete to the Deans of Students' 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/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 athletic participation forms in the FinalForms system, both the participating student-athlete and the parents 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 policy regarding use of illegal drugs will be enforced for any violation of these rules.

17. **Harassment Policies Are Consistent with School Policies:** If a coach becomes aware of any situation in which a student-athlete is involved with harassment issues or bullying, the student-athlete will be referred to the Athletic Director and Deans of Students. For more information please refer to the Harassment Policy on page 30 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.
18. **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.
19. 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.

20. **Concussion Protocols:** An athlete who is suspected of sustaining a concussion or head injury shall be immediately removed from activity for the remainder of the day, and shall not be permitted to return to the activity until he/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.
 - Classroom accommodations will be forwarded to the athlete's teachers.
 - When the athlete is cleared to begin the CIF Concussion Return to Play Protocol, it will be completed under the direct supervision of the licensed health care provider.
 - The athlete will take the ImpACT Test prior to any contact, and the results will be used to determine advancement in the protocol.
 - Full return to play requires a release from the doctor as well as completion of the Return to Play Protocol.

http://www.cifstate.org/sports-medicine/concussions/CIF_Concussion_Return_to_Play_Protocol.pdf

WHAT IS A CONCUSSION AND HOW WOULD I RECOGNIZE ONE? 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.

Most concussions get better with rest and over 90% of athletes fully recover. However, all concussions should be considered serious. If not recognized and managed the right way, they may result in problems including brain damage and even death.

Most concussions occur without being knocked out. Signs and symptoms of concussion (see below) may show up right after the injury or can take hours to appear. If your child reports any symptoms of concussion or if you notice some symptoms and signs, seek medical evaluation from the School's athletic trainer and a physician trained in the evaluation and management of concussion. If your child is vomiting, has a severe headache, or is having difficulty staying awake or answering simple questions, call 911 for immediate transport to the emergency department of your local hospital.

On the CIF website is a Graded Concussion Symptom Checklist. If your child fills this out after having had a concussion, it helps the physician, athletic trainer or coach understand how they are feeling and hopefully will show improvement over time. You may have your child fill out the checklist at the start of the season even before a concussion has occurred so that we can understand if some symptoms such as headache might be a part of their everyday life. This is a “baseline” so that we know what symptoms are normal and common for your child. Keep a copy for your records and turn in the original. If a concussion occurs, your child can fill out this checklist again. This Graded Symptom Checklist provides a list of symptoms to compare over time to follow your child's recovery from the concussion.

WHAT CAN HAPPEN IF MY CHILD KEEPS PLAYING WITH CONCUSSION SYMPTOMS OR RETURNS TOO SOON AFTER GETTING A CONCUSSION?

Athletes with the signs and symptoms of concussion should be removed from play immediately. There is NO same day return to play for a youth with a suspected concussion. Youth athletes may take more time to recover from concussion and are more prone to long-term serious problems from a concussion. Even though a traditional brain scan (e.g., MRI or CT) may be “normal,” the brain has still been injured. Animal and human research studies show that a second blow before the brain has

recovered can result in serious damage to the brain. If your athlete suffers another concussion before completely recovering from the first one, this can lead to prolonged recovery (weeks to months), or even to severe brain swelling (Second Impact Syndrome) with devastating consequences.

There is an increasing concern that head impact exposure and recurrent concussions may contribute to long-term neurological problems. One goal of concussion education is to prevent a premature return to play so that serious brain damage can be prevented.

WHAT ARE THE SIGNS AND SYMPTOMS OF A CONCUSSION?

Signs Observed by Coaches, Teammates, and Parents

<ul style="list-style-type: none"> • Looks dizzy • Looks spaced out • Confused about plays • Forgets plays • Is unsure of game, score, or opponent • Moves clumsily or awkwardly • Answers questions slowly 	<ul style="list-style-type: none"> • Slurred speech • Shows a change in personality or way of acting • Can't recall events before or after the injury • Seizures or "has a fit" • Any change in typical behavior or personality • Passes out
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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.

21. CIF Sudden Cardiac Arrest Information

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, 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/she is evaluated and cleared by a licensed health care provider. Parents 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.

For more information about Sudden Cardiac Arrest visit:

California Interscholastic Federation <http://www.cifstate.org>
Eric Paredes Save A Life Foundation <http://www.epsavealife.org>
CardiacWise (20-minute training video) <http://www.sportsafetyinternational.org>

22. Identification and Treatment of Heat Illness

Exercise produces heat within the body and can increase the player's body temperature. Add to this a hot or humid day and any barriers to heat loss such as padding and equipment, and the temperature of the individual can become dangerously high.

Heat illness occurs when metabolically produced heat combines with that gained from the environment to exceed the heat and large sweat losses. Young athletes should be pre-screened at their pre-participation physical exam for medication/supplement use, cardiac disease, history of sickle cell trait, and previous heat injury. Athletes with any of these factors should be supervised closely during strenuous activities in a hot climate. Fatal heat stroke occurs most frequently among obese high school middle lineman.

Much of one's body heat is eliminated by sweat. Once this water leaves the body, it must be replaced. Along with water loss, many other minerals are lost in the sweat. Most of the commercial drinks now available contain these minerals, such as Gatorade, etc., but just plain water is all that is really required because the athlete will replace the lost minerals with his/her normal diet.

HEAT STROKE: Dysfunction or shutdown of body systems due to elevated body temperature which cannot be controlled. This occurs with a body-core temperature greater than 107 degrees Fahrenheit.

Warning Symptoms:

- Dizziness
- Drowsiness, loss of consciousness
- Seizures
- Staggering, disorientation
- Behavioral/cognitive changes (confusion, irritability, aggressiveness, hysteria, and emotional instability)
- Weakness
- Hot and wet or dry skin
- Rapid heartbeat, low blood pressure
- Hyperventilation
- Vomiting, diarrhea

This is a **MEDICAL EMERGENCY**. Death may result if not treated properly and rapidly.

Treatment: Stop exercise, call 911, remove from heat, remove clothing, immerse athlete in cold water for aggressive, rapid cooling (if immersion is not possible, cool the athlete as described for heat exhaustion), monitor vital signs until paramedics arrive.

HEAT EXHAUSTION: Inability to continue exercise due to heat-induced symptoms. Occurs with an elevated body-core temperature between 97 and 104 degrees Fahrenheit.

Warning Symptoms:

- Dizziness, lightheadedness, weakness
- Headache
- Nausea
- Diarrhea, urge to defecate
- Pallor, chills
- Profuse sweating
- Cool, clammy skin
- Hyperventilation
- Decreased urine output

Treatment: Stop exercise, move player to a cool place, remove excess clothing, give fluids if conscious, **COOL BODY:** fans, cold water, ice towels, or ice packs. Fluid replacement should occur as soon as possible. The athlete should be referred to a hospital emergency if recovery is not rapid. When in doubt, **CALL 911**. Athletes with heat exhaustion should be assessed by a physician as soon as possible in all cases.

HEAT SYNCOPE: Dizziness or fainting due to high temperatures. It often occurs after standing for long periods of time, immediately following cessation of activity, or rapidly standing after resting or sitting.

Warning Symptoms:

- Fatigue
- Tunnel vision
- Pale or sweaty skin
- Dizziness
- Lightheadedness, fainting

Treatment: Move the athlete to a cool, shaded area, elevate the legs and rehydrate. Remove excess clothing and cool the athlete with wet towels or ice bags.

EXERTIONAL HYPONATREMIA: A rare condition of bodily dysfunction due to inadequate sodium levels. This occurs because of the ingestion of too much water.

Warning Symptoms:

- Disorientation, altered consciousness, lethargy
- Headache
- Vomiting
- Swelling of hands and feet
- Seizures

Treatment: Stop exercise, call 911, monitor athlete until paramedics arrive. Athletes who may have hyponatremia should not be given fluids until a physician is consulted.

HEAT CRAMPS: Acute, painful, involuntary muscle contractions that occur during or after intense exercise sessions.

Warning Symptoms:

- Muscle cramps
- Sweating, thirst, fatigue

Treatment: Gently stretch the cramping muscle. Ice or gentle muscle massage may also help to stop the cramp. The athlete should drink fluids, especially with electrolytes if possible. Salt tablets are still controversial. Athletes can use greater amounts of salt on their food by instinct and can get additional salt from sports drinks with electrolytes.

GENERAL TREATMENT GUIDELINES:

Adequate medical personnel should be on-site to handle any heat illnesses/emergencies. Equipment for treating heat illnesses (cooling equipment such as fans, ice, tub of cold water, thermometers, etc.) should be readily available for use in the event of a problem. Coaches and medical personnel should be aware of and familiar with procedures for handling any emergencies due to heat illness.

GENERAL PREVENTION REMINDERS:

Heat illnesses can often be prevented through proper, adequate hydration and safe practice guidelines.

23. **Game Day Attire during school day for Student-Athletes:** To promote school spirit at Christian Brothers, our student-athletes are encouraged to wear “Game Day Attire” on the day of competition and on Fridays preceding Saturday games. For Game Day Attire during the school day 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.
- No warm-up pants may be worn, but warm-up jackets and sweatshirts that comply with regular dress code requirements.
- All “Game Day Attire” must observe Christian Brothers dress code standards of modesty, moderation, and good taste.

24. **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. Swimsuits 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, (i.e. officials, uniforms, travel, facility rental, equipment, tournaments, strength and conditioning program etc.) This applies once a roster has been submitted and the student-athlete has participated in one contest. Even if a student-athlete quits or is removed from a team, he/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 that is designed for use in practice and contests. Packages may include mandatory and/or optional items. Spirit packs will be purchased online and mailed directly to the athlete’s home.
3. **Equipment and Uniforms:** Equipment and uniform costs vary from sport to sport 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**

The school’s interscholastic and other athletic programs consist of a variety of competitive sports teams, membership on a competitive sports team, participation in try-outs, games, tournaments, meets and matches, both at the school and at other locations, training, practice, fund raisers, and other related activities and events. Participation in the school’s athletic program may involve travel beyond the school campus and to various locations both within and outside California. This policy is applicable for all activities of the school athletic program throughout the entire academic year.

1. Transportation will be provided for all necessary travel for athletic contests except:
 - Varsity teams traveling to schools within the greater Sacramento area*.
 - Any contest starting after 6:00 p.m.
 - Transportation home from sub-varsity contests ending after 6:00 pm and within the greater Sacramento area.
 - Any contest on a non-school day or weekend.

*If for any reason, buses are used within the greater Sacramento area, they will for drop off only and parents will be expected to plan for transporting their student home.

2. Parents are responsible for all athletic event transportation arrangements for their student with the exception of transportation provided by the school as outlined above. When school transportation is provided, student must travel to the event in the provided transportation, unless the parent/s notifies the coach in writing that they will be transporting the student. If the school provides travel associated with the event, the school will utilize chartered buses or employee-driven school-owned vehicles.
3. If the school is not providing transportation to and from an event, it is the responsibility of Student-Athlete and his/her parents to provide all necessary transportation. If no parent is able to provide transportation to/from an event in situations where the school is not providing transportation, parents must arrange for alternative transportation if Student-Athlete intends to participate in the event. The school assumes no responsibility for arranging alternative transportation.
4. In such situations, the Student-Athlete's parent may arrange for his or her student to obtain transportation from a private volunteer driver, including another student or another student's parent (“private volunteer driver”). A private volunteer driver is one who is not employed by the school, or if employed is acting outside of the scope of his or her employment, and who is not utilizing a school-owned vehicle. The school is not responsible for transportation by private

volunteer drivers and assumes no liability for any accidents or injuries arising out of transportation provided by private volunteer drivers, as set forth below.

5. Private volunteer drivers providing transportation to athletic contests for students subject themselves to their own risk of liability and to use of their private insurance coverage. The school does not assume any liability to either the students who ride with private volunteer drivers or to private volunteer drivers for any accidents or injuries arising out of transportation provided by private volunteer drivers.

➤ ***Official Dates***

Official dates for each season (Fall, Winter and Spring) are published on the Athletic Department web site <https://www.cbhs-sacramento.org/athletics/>.

➤ ***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/she should consult his or her counselor and head coach. For complete information about requirements visit the respective organizations' website: NCAA www.ncaa.com, NAIA www.naia.org or NJCAA www.njcaa.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 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 high school 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 in order until you feel the issue is resolved:
 - **Have your child speak to his/her 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 are 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.