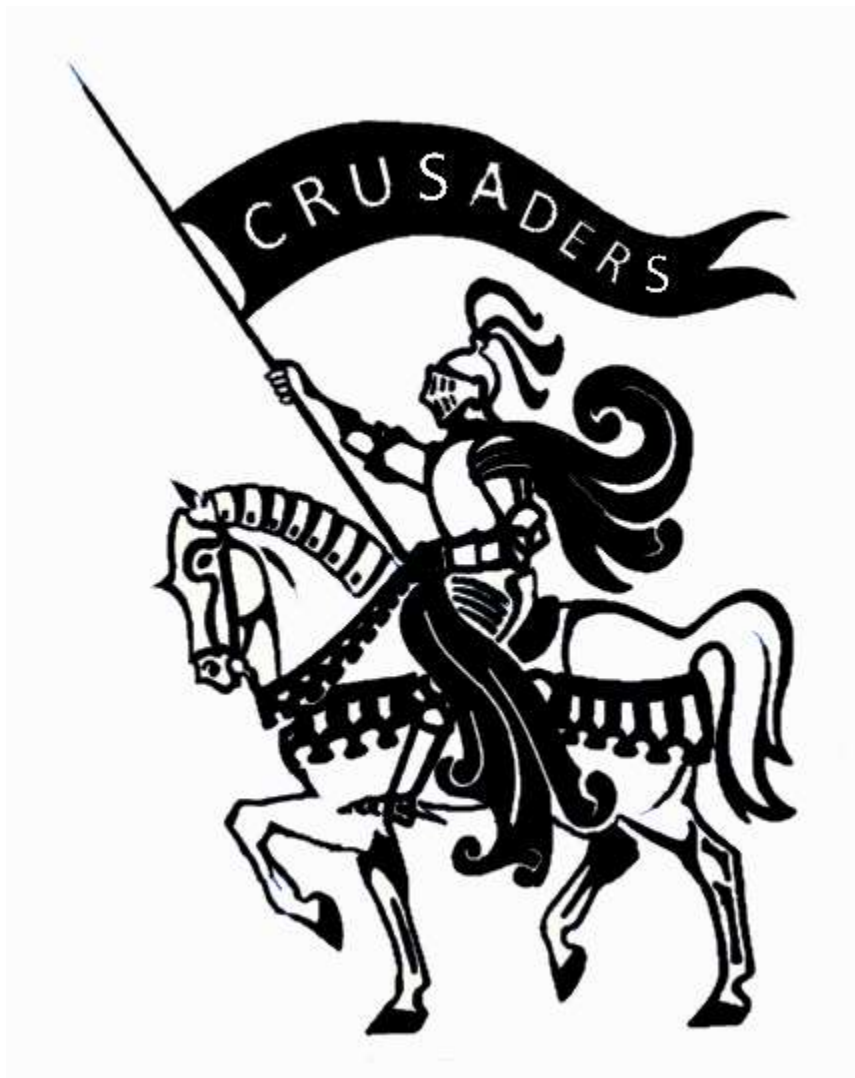


ST. CLARE/ST. PAUL ATHLETICS



STUDENT HANDBOOK

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Mission Statement

The S.C.S.P. athletic programs are looking to help our athletes in the development of positive life skills and self-concepts. Our mission is to provide safe, enjoyable team opportunities for all players. It is our mission to teach skills and fundamentals of the game of basketball. It is our mission to ensure that each player has a positive, rewarding experience while participating in the program, and that each player will learn the importance of sportsmanship, teamwork, honor, and integrity while sharing with their coaches and teammates the emotions of success and failure.

Philosophy

We believe that being involved with S.S.S.P. athletics will have many positive outcomes. We believe that our athletes are people first and athletes second. We care about their well-being far more than their abilities. Our athletes will learn a great deal about athletics but also, a great deal about life. A great way to learn “the rules of life” is through athletics. We are looking to build talent and, in that process, will use athletics to build character. They will learn social responsibility. Our athletes are responsible for themselves. They are young adults and know there are rules to follow and consequences to those rules. Our athletes will learn the importance of respect. They don’t have to like everyone or agree with everyone but they will respect everyone. They will know the value of teamwork. **T**ogether **E**veryone **A**chieves **M**ore. There is no I in TEAM! Our athletes will know the importance of God, family and school. Athletics are NOT life. Long before athletics and long after athletics there will be God and family. We do not put athletics ahead of them...prioritize! And the commercial says it best, “There are over 380,000 NCAA student athletes and most will go pro in something other than sports” Being an athlete on a team will end by age 22 for most.... what about the next 60 years???? Our athletes will know the value of hard work paying off. It will be reinforced that our successes are because of their hard work and dedication. They will learn the positives in a loss. There are lessons to learn in a loss. A loss is a great teaching tool and any loss will be used as such. Through this they will build character. Character is the most important outcome we will achieve. They will know they represent themselves, their family, their school, their coaches and the community. They will carry that thought with them at all times. Our athletes will know the value of preparation. They will be prepared for each competition. They will gain self-esteem. They will

constantly be getting positive reinforcement. They will be improving throughout and this will be recognized.

Expectations

We expect our athletes to:

1. **Act Appropriately**-You are a representative of yourself, your family, your school, your community, your team and your coaches.
2. **Have fun.** High school sports should be memorable experiences that foster life-long relationships and memories. We want to create an environment in which your daughter will have a positive experience that will be enjoyable for her.
3. **Work hard/play hard.** The value of hard work can never be underestimated. We hope that the lessons of hard work that your daughter gains from basketball will help her in any area of her life, both in the present and in the future.
4. **Play together.** Teamwork and togetherness is extremely important in our program. These are life-long lessons that we hope to teach your daughter. Also, we try to create a “family atmosphere,” where your daughter can feel like she belongs with a special group of people that care about her as a person. This family atmosphere will remain for her, even after she has graduated and moved on, because she will always be a Bulldog after being a part of our program.

Eligibility Rules

Eligibility: a) Coaches shall make every effort to ensure that any student-athlete who is eligible for participation in athletic events is doing so within the rules and regulations established by the Diocese of Scranton, the Diocesan Catholic League, and the Pennsylvania Interscholastic Athletic Association (PIAA).

b) **Any student-athlete will not be allowed to practice or play in any athletic event if that student-athlete is:**

- 1) suspended from school
- 2) ineligible for any reason
- 3) **was absent on the day of a practice or a game, or had not begun school attendance by 11:30 am.**
- 4) **absent on a Friday**
- 5) is physically unable to participate, as determined by a parent, coach, or physician.

c) Under the auspices of the Athletic Director, coaches will establish policies and procedures for emergency first aid.

d) Suspension or dismissal from a team shall be done:

- 1) only with authorization of the Principal and Athletic Director and for a period of time established jointly by the principal, coach and Athletic Director.
 - 2) on a permanent basis only with the approval of the school principal.
- e) Any student-athlete who chooses to no longer participate in a sport or maintain membership on a team must meet with the Athletic Director prior to that decision.

Absences: a) All student-athletes are expected to make a long-term commitment to participate in the athletic activity in which they are seeking involvement. This commitment is to teammates, coaches, and individual self.

b) All student-athletes are expected to attend practices and games and be punctual in order that the least amount of disruption results. **Excused absences from the above will only be allowed if a student-athlete has had an excused absence from school for that day. It is the responsibility of the student-athlete to notify the coach of any potential absence from practice or games.**

Academics: Academics are priority #1. It is important that the players take pride in academic work in the classroom. Your education will carry you farther than athletics, so academics need to be taken seriously.

a) All student-athletes will adhere to the Diocese of Scranton academic policies.

b) All student-athletes will adhere to the St. Clare/St. Paul academic policies.

c) Any student-athlete who has an overall average of 75% or less shall be ineligible to participate in any athletic events conducted.

d) Any student-athlete who is failing in any subject area will be ineligible to participate in any athletic events conducted. Should improvement be made from failing to passing status, participation would be reinstated at that time.

e) Any student-athlete who has an average of 75% or less in more than two core classes, i.e., Religion, Math, Social Studies, Science, or Language Arts, will be ineligible to participate in any athletic events conducted.

f) Any student-athlete who has an unsatisfactory grade in two or more classes, i.e., Music, Art, Physical Education, Computer, Library, will be ineligible to participate in any athletic events conducted.

g) Any student-athlete who does not meet the above academic requirements will be ineligible to participate in any practice, team meeting, game, or content until such time that that student-athlete meets the above academic requirements.

h) Any student-athlete who is ineligible for participation due to academic reasons will have his or her grades reviewed after fourteen (14) days by the school principal, Athletic Director, and the teachers involved to determine if that student-athlete is eligible once again to participate in the respective sport or athletic activity.

Health Insurance: Any student-athlete who participates in any practice or game that does not have health insurance to cover participation in that activity must have a signed waiver on file to indicate parental preferences regarding insurance coverage. Any student-athlete who

participates in any practice or game must have proof of health insurance on file in the school office.

Injuries: Athletes need to report any injuries to a coach immediately so the coach can help determine the severity of the injury. If an athlete needs to be taken to the hospital, a school official will accompany the student if possible.

Communication Policy

24 Hour Rule: After games, please refrain from approaching a coach to discuss an issue regarding your child, the game, or anything related to athletics. Instead, please wait until the next day to contact the coach. Oftentimes after games, the adrenaline is flowing for all involved, and discussing the situation the next day is more beneficial for everyone. Also, please contact a coach at school via phone or email. Do not call a coach at home, unless it is an emergency. Family time is limited during the season, so our time with our families is valuable.

Chain of Command: Players and parents are expected to follow the proper chain of command when dealing with a problem or concern:

- *Player talks to the coach
- *Player and parent talks to the coach
- *Player and parent talks to the athletic director

Contacting a Coach: Please contact a coach at school, not at home, unless it is an emergency. Time at home is family time for the coaches, so please contact a coach at school if possible.

Non-Debatable Issues: Playing time, game strategy, scouting, and other personnel matters are decisions from the coaches, and these issues are not debatable.

Head Coach Directory

Kara Kennedy Ware	570-815-2279	(Principal)
Jordan Joyce	570-575-2352	(AD)
Coach Joyce	570-575-2352	(Girls Basketball- 8 th grade)
Coach McIntyre	570-212-0031	(Girls Basketball- 7 th grade)
Coach Rotel	570-702-4041	(Boys Basketball- 8 th grade)
Coach McGrath	570-780-0869	(Boys Basketball- 7 th grade)

Coach Joyce	570-575-2352	(Girls and Boys Cross Country)
Coach Yeager	201-788-9188	(Cheerleading)

Code of Conduct

Player Conduct: Our players and coaches are expected to be leaders of S.C.S.P. community. They are expected to represent the school with class, pride, and respect:

* Any behavior that is deemed unbecoming of a S.C.S.P. student-athletes will be dealt with following the S.C.S.P. Procedures and Policies.

*We expect our athletes to always display good sportsmanship; athletes are not to argue with a coach, a referee, etc.

Player Responsibility: a) Any student-athlete who exhibits inappropriate behavior at any time during the school day and is under any disciplinary action by the school principal will not be able to participate in any tryouts or other athletic events.

b) All student-athletes who are participating in an athletic event cannot share any sitting space on the bench with anyone other than a team member. There are no exceptions.

c) All student-athletes are encouraged to motivate fellow teammates to work diligently with a team mindset that promotes unity and positivism toward all team members.

d) All student-athletes are expected to care for the gymnasium in a way that demonstrates respect for the property, i.e., the gymnasium shall be free of all garbage and debris. It is the responsibility of the student-athletes and the coaches to ensure that the gymnasium maintains a clean and inviting atmosphere for all who enter.

Transportation to and from Competitions: Must be school approved if not traveling by bus with the team or parents

Team Guidelines When Traveling:

1. Follow all school policies.
2. Wear only appropriate clothing.
3. Be respectful and appropriate on any school vehicle.
4. Leave opposing locker rooms cleaner than we found them.
5. Be respectful to all fans, players, coaches, and staff from other schools.

Athletic Dress Code

Attire: Note: All student-athletes are expected to dress according to the following guidelines when traveling to and from games. Note: Sweat pants, sweat shirts, and sneakers will only be allowed in those sports that require alternate dress for that particular sport or activity.

a) Boys Varsity and Junior Varsity Basketball – Dress pants, dress shirt, tie, and dress shoes. No sweat pants, sweat shirts, or sneakers are to be worn at any time. (This policy is under revision)

b) Girls Varsity and Junior Varsity Basketball – Dress pants or dress skirts at an acceptable length, i.e., church appropriate, dress shirt/top, and dress shoes. No sweat pants, sweat shirts, or sneakers are to be worn at any time. (This policy is currently under revision)

c) Cheerleading – Uniforms may be worn to and from games. During the winter months, sweat pants can be worn to maintain body temperature.

d) Cross Country – Uniforms may be worn to and from the athletic meet. If a team sweatshirt is available, it should be worn in addition. No other sweatshirts are allowed. During inclement weather, sweat pants can be worn to maintain body temperature.

Athletic Facilities

S.C.S.P. Gymnasium (S.C.S.P. Varsity/JV Boys Basketball) (S.C.S.P. Varsity/JV Girls Basketball)

Telephone Location:

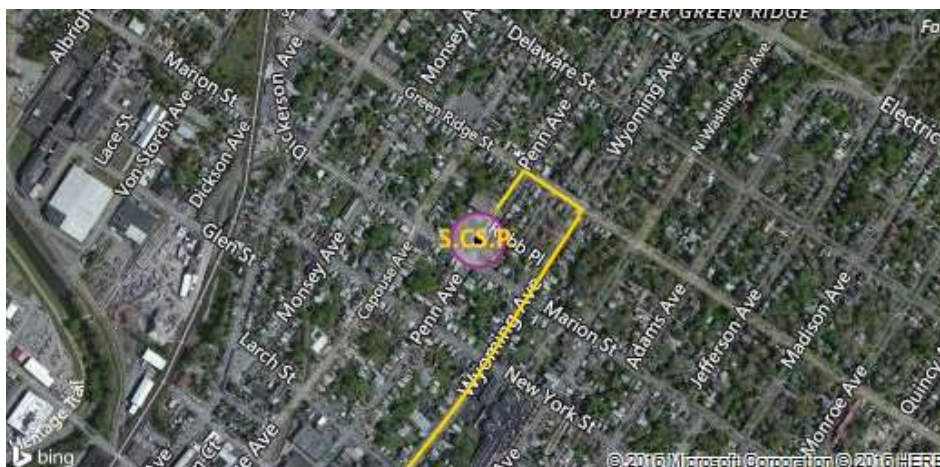
- The phone is inside the door on the desk of the P.E. Teachers Office.
- Athletic Director's Cell Phone
- Coach's cell phone

Keys:

- Director of Athletics
- Coaches

EMS Information:

- Address: 1527 Penn Avenue, Scranton, Pa 18509
- Ems will enter through doors on the left side of the school and proceed down the stairs to the gymnasium.



Backcourt Hoops at Riverfront (S.C.S.P. 4th, 5th, 6th Grade Boys Basketball) (S.C.S.P. 4th, 5th, 6th Grade Girls Basketball)

Telephone Location:

- The phone is inside the door at the main desk .
- Coach’s cell phone

Keys:

- Not kept by any S.C.S.P. personnel

EMS Information:

- Address: 5 West Olive St, Scranton, Pa 18508
- Ems will enter through the main doors on the building



McDade Park (S.C.S.P. Girls Cross Country) (S.C.S.P. Boys Cross Country)

Telephone Location:

- Coach’s cell phone

Keys:

- Not kept by any S.C.S.P. personnel

EMS Information:

- Address: 1 Bald Mountain Road, Scranton, PA 18504
- Ems will enter from South Keyser Avenue



Understand the manner

2. We understand that participation on an athletic team at St. Clare/ St. Paul is a privilege and as such, this privilege can be taken away either temporarily or permanently if any of the policies stated within are not followed.
3. As parents/legal guardians signing this handbook will grant your student athlete permission to participate in the sport he or she is registered for.

Student Athlete Name (print): _____

Grade: _____

Signature of Athlete: _____ Date: _____

Parent/Legal Guardian Name (print): _____

Signature of parent/legal guardian: _____ Date: _____

Medical Information Sheet

Athlete Name: _____

Grade: _____

Parents/Legal Guardian Contact Information

Name(s): _____

Home Phone: _____

Work Phone: _____

Mobile Phone: _____

Hospital desired: _____

Allergies: _____

Special Conditions we should be aware of: _____

Athlete/Parent/Guardian Concussion Information Sheet

A concussion is a type of traumatic brain injury that disrupts normal functioning of the brain. A concussion can be caused by a bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Concussions are a type of Traumatic Brain Injury (TBI), which can range from mild to severe and can disrupt the way the brain normally functions. Concussions can cause significant and sustained neuropsychological impairment affecting problem solving, planning, memory, attention, concentration, and behavior.

The Centers for Disease Control and Prevention estimates that 300,000 concussions are sustained during sports related activities annually and more than 62,000 concussions are sustained each year in high school contact sports. Second-impact syndrome occurs when a person sustains a second concussion while still experiencing symptoms of a previous concussion. It can lead to severe impairment and even death of the victim.

The Safety in Youth Sports Act signed into law in November of 2011 mandates measures to be taken in order to ensure the safety of student-athletes involved in interscholastic sports in Pennsylvania. It is imperative that athletes, coaches, and parent/guardians are educated about the nature and treatment of sports related concussions and other head injuries. The Act states that

- A student participating in or desiring to participate in an athletic activity and the student's parent or guardian shall each school year, prior to participation by the student in an athletic activity, sign and return to the student's school an acknowledgment of receipt and review of a concussion and traumatic brain injury information sheet.
- A school entity may hold an informational meeting prior to the start of each athletic season for all ages of competitors regarding concussions and other head injuries, the importance of proper concussion management and how preseason baseline assessments can aid in the evaluation, management and recovery process.
- In addition to students, parents, coaches and other school officials, the informational meetings may include physicians, neuropsychologists, athletic trainers and physical therapists.
- A student who, as determined by a game official, coach from the student's team, certified athletic trainer, licensed physician, licensed physical therapist or other official designated by the student's school entity, exhibits signs or symptoms of a concussion or traumatic brain injury while participating in an athletic activity shall be removed by the coach from participation at that time.
- The coach shall not return a student to participation until the student is evaluated and cleared for return to participation in writing by an appropriate medical professional.
- The governing body of a school entity may designate a specific person or persons, who must be appropriate medical professionals, to provide written clearance for return to participation.
- In order to help determine whether a student is ready to return to participation, an appropriate medical professional may consult any other licensed or certified medical professionals.

- Once each school year, a coach shall complete the concussion management certification training course offered by the Centers for Disease Control and Prevention, the National Federation of State High School Associations or another provider approved by the Department of Health.
- A coach shall not coach an athletic activity until the coach completes a concussion management certification training course.
- The governing body of a school entity shall establish the penalties for a coach found in violation of the requirements of removing a player or returning to play.

Quick facts

- Most concussions do not involve loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk of another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.
- You can sustain a concussion even if you do not hit your head.
- A blow elsewhere on the body can transmit an "impulsive" force to the brain and cause a concussion.
- Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

Danger signs

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other.
- Is drowsy or cannot be awakened.
- A headache that not only does not diminish, but gets worse.
- Weakness, numbness or decreased coordination.
- Repeated vomiting or nausea.
- Slurred speech.
- Convulsions or seizures.
- Cannot recognize people or places.
- Becomes increasingly confused, restless, or agitated.
- Has unusual behavior.
- Loses consciousness (even a brief loss of consciousness should be taken seriously).

Examples of signs of concussions observed by coaches and parents/guardians

- Appears dazed or stunned.
- Is confused about assignment or position.
- Forgets plays or demonstrates short term memory difficulties.
- Unsure of game, score, or opponent.
- Exhibits difficulties with balance, coordination, concentration and attention.
- Answers questions slowly or inaccurately.
- Demonstrates mood, behavior or personality changes.
- Unable to recall events prior to or after the hit or fall.

Examples of symptoms of concussions reported by student-athletes

- Headache or "pressure" in head.
- Nausea/vomiting.
- Balance problems or dizziness.
- Double vision or changes in vision.
- Sensitivity to light and/or sound.
- Feeling sluggish, hazy, or foggy.
- Difficulty with concentration and/or short term memory.
- Confusion.
- Just not "feeling right" or "feeling down."

Why should a student-athlete report their symptoms?

- If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion.
- Repeat concussions can increase the time it takes to recover.
- In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. They can even be fatal.

What should a student-athlete do if they think they have a concussion?

- **Don't hide it.** Tell your Athletic Trainer, Coach, School Nurse, or Parent/Guardian.
- **Report it.** Don't return to competition or practice with symptoms of a concussion or head injury. The sooner you report it, the sooner you may return-to-play.
- **Take time to recover.** If you have a concussion your brain needs time to heal. While your brain is healing you are much more likely to sustain a second concussion. Repeat concussions can cause permanent brain injury.

What can happen if a student-athlete continues to play with a concussion or returns to play too soon?

- Continuing to play with the signs and symptoms of a concussion" leaves the student-athlete vulnerable to second impact syndrome.
- Second impact syndrome is when a student-athlete sustains a second concussion while still having symptoms from a previous concussion or head injury.
- Second impact syndrome can lead to severe impairment and even death in extreme cases.

What should you as a parent/guardian do if you think your athlete has a concussion?

- If you suspect that an athlete has a concussion notify the school and seek medical attention.
- Do not try to judge the severity of the injury yourself.
- Keep your athlete out of play until a health care professional, experienced in evaluating for concussions, says s/he is symptom-free and it's OK to return to play.
- Rest is the key to helping an athlete recover from a concussion.
- 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.

- Remember that after a concussion returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

Should there be any temporary academic accommodations made for student-athletes who have suffered a concussion?

- To recover cognitive rest is just as important as physical rest. Reading, texting, testing- even watching movies can slow down a student-athletes recovery.
- Stay home from school with minimal mental and social stimulation until all symptoms have resolved.
- Students may need to take rest breaks, spend fewer hours at school, be given extra time to complete assignments, as well as being offered other instructional strategies and classroom accommodations.

Student-athletes who have sustained a concussion should complete a graduated return- to-play before they may resume competition or practice, according to the following protocol:

- o **Step 1:** Completion of a full day of normal cognitive activities (school day, studying for tests, watching practice, interacting with peers) without reemergence of any signs or symptoms. If no return of symptoms, next day advance.
- o **Step 2:** Light Aerobic exercise, which includes walking, swimming, and stationary cycling, keeping the intensity below 70% maximum heart rate. No resistance training. The objective of this step is increased heart rate.
- o **Step 3:** Sport-specific exercise including skating, and/or running: no head impact activities. The objective of this step is to add movement.
- o **Step 4:** Noncontact training drills (e.g. passing drills). Student-athlete may initiate resistance training.
- o **Step 5:** Following medical clearance (consultation between school health care personnel and student-athlete's physician), participation in normal training activities. The objective of this step is to restore confidence and assess functional skills by coaching and medical staff.
- o **Step 6:** Return to play involving normal exertion or game activity.

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer. It's better to miss one game than the whole season

For more information on Sports-Related Concussions and other Head Injuries, please visit:

www.cdc.gov/concussion

www.gopats.org

www.biapa.org

www.brainsteps.net

www.stopsportsinjuries.org/concussion

www.ncaa.org/health-safety

www.concussionwise.com/pennsylvania

[http://www.portal.state.pa.us/portal/server.pt/community/grants_funding/14140/traumatic brain injury/666239](http://www.portal.state.pa.us/portal/server.pt/community/grants_funding/14140/traumatic_brain_injury/666239)

