



VILLA ANGELA-ST. JOSEPH
STUDENT ATHLETE HANDBOOK
2015-2106

"Once a Viking, Always a Viking"



VASJ Alma Mater

We raise up our voices proud to sing
Our Alma Mater's name.
Our tradition and spirit in you are one,
True Viking loyalty we pledge.

Villa Angela-St. Joseph High
All hail the red and blue.
Villa Angela-St. Joseph High
All hail the red and blue.

Your call to us is wisdom,
Wisdom to lead and serve,
Through sorrow and joy our family strong,
Our hope, our faith in God alone.

Villa Angela-St. Joseph High
All hail the red and blue.
Villa Angela-St. Joseph High
All hail the red and blue.



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Philosophy

The purpose of Villa Angela-St. Joseph High School interscholastic sports program is to:

1. Encourage participation in the program.
2. Provide athletes a platform for life-long learning and personal growth.
3. Promote Gospel Values of sportsmanship, respect and dignity.
4. Develop the whole student athlete.
5. Create the foundation for athletes to contribute positively within their community and society.

Mission Statement

In accordance with our schools mission:

The Villa Angela-St. Joseph High School Athletic Department offers a comprehensive co-educational athletic program committed to high academic and athletic achievement while focusing on the development of student gifts. Rooted in Ursuline and Marianist the Athletic Department reaffirms traditions of education, service, justice and diversity, Villa Angela-St. Joseph High School Athletics strives to bring each student to a deeper commitment to Jesus Christ and Gospel values.



Fall Sports

Cross Country
Cheer
Football
Girls Volleyball
Golf
Soccer

Winter Sports

Bowling
Boys Basketball
Cheer
Girls Basketball
Indoor Track
Wrestling

Spring Sports

Baseball
Boys Volleyball
Softball
Track

Requirements for Participation

- Parent/Athlete acknowledgement of athletic policies and school handbook.
- Adhere to rules of the School, Athletic Department and OHSAA.
- Physical Exam: completed and on file in AD's office.
Note: A physical exam is required no less than once per calendar year.
- Emergency Medical Form completed and on file in AD's office.
- Eligibility: All eligibility requirements have been met by the State of Ohio, OHSAA and VASJ
Note:
- Pay to Participate fees paid by due date.



Academic Requirements/Eligibility

OHSAA STANDARDS:

- OHSAA standards are not up for interpretation nor are there exceptions made.
- A student-athlete is expected to achieve *a passing grade in a minimum of five one-credit courses or the equivalent in the immediate preceding grading period.*
- Summer school is NOT considered a grading period.

VASJ STANDARDS:

- The administration at VASJ, headed by the school principal, has the final say for athletic eligibility outside of the standards set by the OHSAA.
- VASJ holds students involved in any co-curricular activity to the same standards as athletes, including the OHSAA standards.
- Freshman and Sophomores must hold a 2.0 Core GPA; Juniors and Seniors must hold a 2.3 Core GPA after one grading period.

Physicals

The OHSAA requires physical examinations for all students participating in a sport. Physical examination forms must be turned into the AD's office before a student may try out, practice or participate in an interscholastic competition. Physical examination forms are available in Mrs. Fischbach's office or online at athletics website: www.vasjvikings.com (Forms Tab).

Emergency Medical Form

All athletes must have a completed emergency medical authorization form on file. This form will be provided to all head coaches.



Trainer

The purpose of the Athletic Training program is to provide quality medical care for student-athletes. VASJ has contracted with Cleveland Clinic Sports Health to provide the services of an athletic trainer. Services include: preventative education, recognition, management, referral, treatment and rehabilitation.

Documentation: all treatments or evaluations by the trainer in the course of his/her duties should be documented. The athletic trainer will also maintain athlete's physical exam form and emergency medical form.

Return to Play

If an athlete's injury is referred to a physician or emergency room the athlete must have a written return to participate from a physician. If the trainer or doctor does not release an athlete to participate, a parent or coach cannot overrule that decision.

Risk of Participation

Participation in interscholastic athletics can be a dangerous activity involving risks, including injury. The dangers and risks of playing or practicing any sport include, but are not limited to: death, serious neck and spinal cord injuries which may result in complete or partial paralysis or brain damage, injury to bones, joints, ligaments, muscles, tendons, and other aspects of the muscular skeletal system. Villa Angela-St. Joseph High School and staff take every precaution to prevent such injuries but such risk does exist.

Pre-Season Meetings

The VASJ Athletic Department holds a pre-season meeting before every sports season. It is MANDATORY for all student athletes and at least one parent or guardian to attend.



Team Selection

It's VASJ athletic departments philosophy to see as many students as possible participate. The athletic department encourages coaches to keep as many participants as they can without impacting the integrity of their sport. Factors such as time, space, facilities, equipment and other factors will provide limitations on the most effective roster size for any individual sport. Selection of teams is solely the responsibility of the coaches.

Participation on More Than One Team

Any athlete who wishes to participate in two sports during the same season must consult with both coaches and receive their approval. Participation on more than one team must also be approved by the Athletic Director. OHSAA rules prohibit student athletes from participating on an interscholastic team and an independent team of the same sport during the same season.

Quitting a Team

VASJ strongly discourages student athletes from quitting teams. Any athlete that leaves a team before the end of the season (by choice or removal) is expected to turn in all equipment and uniforms on that day. No student athlete may try out for another team after quitting a team in the same season. If an athlete quits participation fees will not be refunded.

Practice and Pick Up

Student athletes are expected to attend all practices. Practice length may vary based on sport and the time of season. Coaches will communicate times and days of practice. They will also make every effort to end practices on time. Parents are asked to be considerate of the coach's time and arrange for timely pickup of student athletes. A member(s) of the coaching staff will remain at practices/games until all student athletes have been picked up.

Uniforms

Athletic uniforms are the property of VASJ. They may only be worn in athletic competitions or practice unless authorized by the coach. Athletes are responsible for the proper care and security of school issued equipment and uniforms. Any equipment or uniforms not returned in good condition or are lost or stolen will be subject to financial penalty (the cost of replacement). Athletes are required to return all equipment and uniforms in-person to their coaches.



Parent – Coach Communication

Parent – Coach communication is outlined prior to each athletic season by the Athletic Director and coaches at the pre-season parent meeting. Coaches will inform athletes and parents how to contact. Outlined below are expectations of communication, appropriate topics and the chain of command.

Expected communication from coaches

- Program objectives
- Player expectations
- Location and times for practices and games
- Team specific information: fees, equipment, parent volunteers, meals, workouts etc.
- Disciplinary procedures

Expected communication from athletes

- Schedule conflicts
- Questions, problems, concerns, athletes are to meet with the coach first to attempt to resolve

Expected communication from parents

- Schedule conflicts
- Questions, problems, concerns, if athlete and coach are unable to resolve parents are to express concerns directly to the coach
- Concerns **appropriate** to discuss with coaches include: ways for your athlete to improve, behavior or disciplinary actions taken.
- Concerns **NOT** appropriate to discuss with coaches include: playing time, strategy, play calling or other student athletes.

Appropriate chain of command

Athlete → Coach

Athlete → Coach → Parent

Athlete → Coach → Athletic Director

Athlete → Coach → Parent → Athletic Director

Appropriate times and modes of communication

Athletes and parents should recognize that confronting an unsuspecting coach before or after a practice or game is not often a good time. It is important to note that these times are often emotional and are not a platform for sound communication. By allowing 24 hours to cool off athletes, coaches and parents can gather their thoughts which will result in more productive communication. Please note, when meetings are necessary proper procedure calls for setting an appointment. Voicing concerns over a coach via internet or social media is never an appropriate form of communication.



Financial Information

2015 – 2016 Participation Fees

First Sport.....	\$300
Second Sport.....	\$150

Admission to Game

Adults.....	\$7
Students.....	\$5
Family Pass.....	\$20
Season Pass (10 games).....	\$50



Home Sites

<u>Sport</u>	<u>Contest Location</u>	<u>Address</u>
Baseball	Euclid High School	711 E. 222 nd St. Euclid, OH 44123
Basketball	VASJ – Tim Robertson Court	18491 Lakeshore Blvd. Cleveland, OH 44119
Cross Country	Forest Hills Park	2370 Lee Rd. Cleveland OH 44118
Football (V)	Euclid High School	711 E. 222 nd St. Euclid, OH 44123
Football (JV)	VASJ- Gutbrod Field	18491 Lakeshore Blvd. Cleveland, OH 44119
Golf	Briardale Golf Course	24131 Briardale Ave. Euclid, OH 44123
Soccer	Shore Field	22450 Shore Center Dr. Euclid, OH 44123
Softball	Euclid High School	711 E. 222 nd St. Euclid, OH 44123

Auxiliary Practice Sites

<u>Sport</u>	<u>Practice Location</u>	<u>Address</u>
Baseball	Euclid Sports Plant	20001 Euclid Ave. Cleveland, OH 44117
Basketball	CPL	28700 Euclid Ave. Wickliffe, OH 44092
Softball	Euclid Sports Plant	20001 Euclid Ave. Cleveland, OH 44117



Sports Award System (Lettering)

Athletics awards and accomplishments vary by sport. Coaches will outline this in pre-season meetings.

Cancellation of Contests

If VASJ is closed due to inclement weather conditions, all athletic contests will be cancelled. In some cases due to unusual contest requirements practices and games may continue at the discretion of the Athletic Director and Principal.

Travel Guidelines

The coach, assistant coach, or another responsible adult (bus/van driver) must accompany the team at all times while traveling. A player traveling to an event in school sponsored transportation is required to return to school in school sponsored transportation unless that player is released directly by the coach to his parents. Coaches are never to release a player to the parent of another player. Under no circumstances should a student athlete be permitted to drive a school vehicle.

OHSAA Travel Rules

Schools may travel out of state to compete in contests in state or provinces in Canada that are contiguous to Ohio regardless of distance to travel. These states include: Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. This also includes the Canadian province of Ontario. Additionally, schools may travel out of state one time per sport per interscholastic season to compete in contests in states or provinces in Canada that are not contiguous to Ohio provided there is no loss of school time.

OHSAA Ejection for Unsportsmanlike Conduct

Any athlete ejected from an interscholastic competition for unsportsmanlike conduct or a flagrant foul shall be ineligible for all contests for the remainder of that day. In addition, the athlete shall be ineligible for contests in that sport until two regular season/tournament contests are played at the same level as the ejection (one contest for football). If the ejection occurs in the last contest of the season, the student athlete shall be ineligible for the same period of time in the next sport season in which the student athlete participates. A student athlete under suspension may not sit on the team bench, enter the locker room or be affiliated with the team in any way traveling to, during or after the contest(s). An athlete who is ejected for the second time shall be suspended for the remainder of the season in that sport.



Hazing

Hazing in any extracurricular activity is strictly prohibited. Hazing as defined by the Ohio Revised Code 2903.31 is as follows: "As used in this section, 'hazing' means doing any act or coercing another, including the victim, to do any act of initiation onto any student or other organization that causes or creates substantial risk of causing mental or physical harm to any person." Athletes involved in a hazing incident may be removed from the team and lose any awards. Violators are also subject to civil prosecution under Ohio Law.

Drugs/Alcohol

In accordance with the schools policy: a student in school, on school grounds or at a school function (regardless of location), shall not possess, use, handle, sell, transmit, consume or be under the influence of any hallucinogenic drug, amphetamine, barbiturate, marijuana, alcoholic drink, stimulant or depressant of any kind. This includes counterfeit*, or look-alike drugs, which a student believes, or believed at the time of sale, purchase or acquisition to be a drug, narcotic or controlled substance. If a student provides illegal drugs or controlled substances, including counterfeit substances to other students at school, parent(s) will be contacted immediately and the student will be expelled. Law enforcement agencies will be notified. Additionally, if a student athlete is found to have been drinking or using drugs or other controlled substances (including tobacco products) off campus, while in-season will be suspended from extracurricular activities for a minimum period of two weeks.

Social Media

Student participation on social media across the Internet should be appropriate and held to high standards of behavior, as each member of the Villa Angela-St. Joseph community is always an ambassador of the school. Therefore, any and all behaviors and communications, regardless if they are made on or off-campus, are directly reflective of the school. Students are prohibited from posting images or messages that cast VASJ in a negative connotation, specifically immoral or illegal acts, whether they occur during or outside of a school function. Students are responsible for all content on accounts registered to their name, including but not limited to, threads, inappropriate language and messages contrary to VASJ's mission and values. Disciplinary consequences will be applied for anything deemed to violate this ordinance for unacceptable behavior seen or transmissions made through email, websites, social networks, instant messaging, blogs, message boards, cell phone messaging, and/or any other electronic communication.

Vikings



Blue Division

Archbishop Hoban
Beaumont
Benedictine
Lake Catholic
Notre Dame Cathedral Latin
Padua Franciscan
Walsh Jesuit

White Division

Cleveland Central Catholic
John F. Kennedy High School
St. Thomas Aquinas
Trinity
Valley Christian
Villa Angela-St. Joseph