

## **Introduction**

Welcome to the athletic program at the “**Home of Champions.**” Benedictine offers a variety of extra-curricular athletic activities to aid in the development of its students and enhances their high school experience. We strongly urge those students who wish to participate to take full advantage of our interscholastic sports programs by becoming involved in multiple sports.

Benedictine has a proud academic and athletic tradition and encourages all students to actively participate in the classroom, as well as, extra-curricular activities.

The ideals of teamwork, self-discipline and good sportsmanship on and off the field of play are cornerstones of achievement in competitive athletics, academic endeavors, as well as in the labor force.

We are hopeful that your experiences will be challenging, educational, enjoyable and bring positive results. We hope for the continued support of those who have been involved in our programs and we welcome new participants with enthusiasm for our sports programs. Use the accomplishments of those who went before you as examples of what you and your family can achieve.

## **Athletic Mission Statement**

The athletic arena is an extension of the classroom at Benedictine High School. Hard work, time management, team work, integrity, and discipline are just a few values that allow our student-athletes to remain competitive at the highest level. The “Home of Champions” motto is representative of a lifetime of success both on and off the playing field.

## **Philosophy of Benedictine Athletics**

Athletic achievement requires sincere commitment from all athletes, parents, coaches and administrators. By fostering *EARNED* self-esteem, we provide an environment that gives constant direction to every athlete’s overall academic, athletic and social growth. Our athletic department and school administration strongly believes in being supportive to our athletes, parents and coaches. All must realize that there is a school community obligation to respond with financial, physical and human resources. The responsibility for meeting needs rests NOT ONLY with teachers and administrators, BUT ALSO with the parents and, more importantly, the students themselves.

## Benedictine Interscholastic Athletics

The following sports are offered at Benedictine High School:

### Fall

Cross Country  
Football  
Golf  
Soccer

### Winter

Basketball  
Bowling  
Hockey  
Swimming  
Wrestling

### Spring

Baseball  
Lacrosse  
Track & Field

Junior Varsity (varsity/ reserve) programs are offered in football (practice with varsity), Track (with varsity), Basketball, Baseball, Lacrosse, and Soccer.

Separate freshman programs are offered in Football and Basketball. All sports levels are subject to change dependent on interest levels.

Generally, Golf, Basketball, Bowling and Baseball athletes are chosen by tryouts, which are organized by the coach of the above teams. If a participant is cut from a squad during the pre-season tryouts, the individual may try-out for another team in the same season with the approval of the coach of that sport.

Cross-Country, Football, Soccer, Hockey, Swimming, Wrestling, Track & Field and Lacrosse are traditionally ***“no-cut”*** sports. To be eligible to participate in any sport, a student must achieve and maintain the minimum academic standards set forth by the school, follow the guidelines of Benedictine regarding athletic participation and adhere to the coach’s requirements for conduct and practice.

## Extra-Curricular Participation Guidelines

1. The school conducts code and penalties are in effect at all times including practices, meetings and travel during sponsored trips and all performances.
2. Any student serving a suspension, either in or out of school, cannot participate in any activity on the day(s) of suspension.
3. Students must attend four full class periods (excluding lunch) in order to participate in any activity that day. Participation in school-sponsored field trips, funerals or requested and approved medical appointments or court dates will allow a student to participate in after-school or evening events.
  - A. If a student is absent or goes home sick anytime Monday through Thursday, he cannot participate in that day's post school practices, games or events.
  - B. If a student is absent or goes home sick on Friday, he may not participate in any Friday practice, game or event. He may, however, participate in weekend events with permission from the school administration.
4. Students can be removed from any activity for misconduct, rules violations, or non-attendance in the activity (practice, games, etc.) by the coach and/or the administration. Any athlete removed from a contest by an official for misconduct will serve the prescribed OHSAA suspension penalties plus any additional penalties imposed by Benedictine High School.
5. All must realize that classroom responsibilities take priority over any extra-curricular commitment. Athletes and other participants must fulfill all academic requirements or face loss of participation and/or awards for that activity. *Remember, you made a commitment to your coaches and teammates. We recommend any tutoring/make up work be completed on individual's time and not the team's practice time.*
6. Participation in any extra-curricular activity may be determined by a tryout period arranged by the coach or advisor.
7. If a participant quits a sport before the completion of the season, *the player who quits will not receive an award or be recognized at the end of the season.* In addition, he may be prohibited from participating in pre-season workouts with another team.

8. All equipment issued to students in any extra-curricular activity is the responsibility of that student. Students shall be held financially responsible for any damage or loss of equipment through their negligence at replacement cost.
9. Before an athlete is permitted to participate in practices, he must have on file with the Athletic Director the following items:
  - Insurance Waiver/Emergency Medical Authorization (BHS)*
  - Completed Physical Examination Form (OHSAA issued)*
  - OHSAA Eligibility and Authorization Statement and Form*
  - Statement of Support (this handbook) and Coaches guideline signature forms*
  - O.D.H. Concussion Information Sheet*OHSAA Pre-Participation and Physical and Waiver forms will be available online or hard copy form in the administrative offices. Athletic physicals must be renewed and updated on new forms every school year.
10. Athletes will not receive awards or be recognized until all equipment and uniforms are turned in or, in case of loss or damage, paid for in full/replacement cost.
11. Before the next season and before they can practice or participate in a new season, an athlete must have turned in all equipment and uniforms from the previous season.
12. Generally, students are transported to away games in either school-owned or rented transportation (buses or vans). Students are expected to ride to and from contests with the team unless specifically excused by the coach. Any athlete being transported by his parent or another student's parent, must submit a written request to the coach. In some cases, athletes will be allowed to drive private transportation with parents to athletic events.
13. It is expected that the parents of athletes will participate in athletic department fund-raisers during the course of the year. These funds will be used to defray transportation costs, necessary equipment, team awards and other expenses. Most sports will have both mandatory and optional equipment packages, which will be at the expense of the families who participate. These "practice packages" might be ordered online through our supplier and expensed through credit card purchases.

## Student Athlete Eligibility

To be a member of an interscholastic team a student- athlete, manager or trainer must

- A. Adhere to the rules of the OHSAA.
- B. Submit ALL paperwork required by the OHSAA, Benedictine High School, the Athletic Director and /or the coaches in a timely fashion. Failure to do so will result in being ineligible to participate.
- C. Abide by all athletic department, high school and team rules and regulations.
- D. Maintain an acceptable standard of conduct.
- E. Follow all regulations regarding academic eligibility.

## Academic Eligibility

### OHSAA

All incoming freshmen must have passed a minimum of five major courses taken during the final grading period of their eighth grade year. Summer school and other educational options may **not** be used to substitute for failure to meet the academic standards during the last grading period.

The standard is used for the first quarter of their freshman year.

High school students must have passed five units of credit during their preceding quarter.

Semester and/or final grades are **not** used for athletic eligibility purposes.

## **Benedictine**

Students must attain a minimum G.P.A. of 1.900 and have no more than 2 F's the preceding quarter to be eligible for the ensuing quarter.

Any student failing more than two subjects will be ineligible for the following quarter.

Any student who does not meet the minimum G.P.A. the preceding quarter but has no more than 2 F's and has met state eligibility standards, becomes ineligible based on week to week academic performance.

Eligibility can be regained during the quarter through weekly grade reports.

To regain eligibility the student must achieve the minimum G.P.A. and have no more than 2 F's.

A student who does **not** regain eligibility based on weekly grade reports becomes ineligible again for competition the following week (Monday through Sunday).

School administrators make the final determination of the student's eligibility based on grades received.

An ineligible student may be allowed to practice with his team but not compete.

### **Chemical Abuse Policy**

Benedictine's policy regarding chemical abuse as stated in the Parent-Student Handbook will be in effect. The use and/or possession of alcohol, tobacco products or non-prescription drugs are absolutely forbidden by the Benedictine Policy. When violations of this policy are verified by any school official, the athlete is subject to immediate suspension from participation. Re-instatement of participatory privileges may occur after proof of testing and treatment (if found necessary) at the family's expense.

## **Team Rules**

Each head coach should issue a set of team guidelines for the sport he coaches. The guidelines should be the source of knowledge for all team rules and regulations and, as such, the student athletes are expected to adhere to the rules specific to their sport as designed by their coach. Each head coach submits a copy of the guidelines and expected behavior to the Athletic Director. The Head Coach is responsible for reviewing those guidelines with all his athletes. The student and his parents/guardians must sign an acknowledgment that they understand the rules and regulations and the penalties that may be imposed for breaking them.

Guidelines should include rules in effect governing items such as attendance at practice sessions, requirements for earning awards, training rules and statements concerning contests and practice sessions which occur during school vacations or holiday periods.

## **General Participation Rules**

A student athlete may never use any form of abusive or profane language or gestures toward a coach, teacher, administrator, authorized participant, official or spectator.

A student shall not cause or attempt to cause damage to school property nor steal or attempt to steal school property, including, but not limited to athletic equipment, uniforms, or supplies.

A student athlete shall not cause or attempt to cause damage to private property nor steal or attempt to steal private property.

All student athletes shall comply with specific training rules and regulations distributed to them by the coach or athletic director at the beginning of the sports season.

All student athletes must recognize that while participating in an athletic activity, they are representing Benedictine High School and its community. Therefore, rules and regulations apply before, during and after a sports activity.

*\* Failure to abide by all rules and regulations will result in disciplinary action by the Coach, Athletic Director and/or the School Administration. Disciplinary actions may take the form of suspension of athletic participatory privileges, school suspension or, in serious cases, expulsion from Benedictine High School.*

# **SPORTS MEDICINE**

- **Athletic Trainer:** My name is Jennifer Cornelius (AT) and this is my 1<sup>st</sup> year at Benedictine. I am from Canton, OH and received my Bachelor of Science in Athletic Training from Kent State University. Throughout my college career, I had the opportunity to work alongside experienced clinicians in multiple settings, which allowed for me to become very comfortable and knowledgeable in a variety of injuries, approaches to injury prevention/evaluation, rehabilitation for various age groups, and preparation in administering emergency care. I am present for all regular week-day practices, all Home games, and I travel with Varsity Football. My hours during breaks and vacations may vary.
- **NovaCare:** My employment with NovaCare opens up a network of experienced Physical Therapists (PTs) and Physical Therapy Assistants (PTAs) that can treat your injured child effectively for both minor and major injuries. Treatment in a NovaCare facility allows me a better line of communication with providers, a more in-depth look at progression through the course of treatment, and the ability to closely cater my supplemental treatments in the Athletic Training Room to his PT treatment plan. Should your child need to see a Physical Therapist, I can assist you in getting an expedited appointment at a center conveniently located near you.
- **General:** Most athletic injuries can be managed in the Athletic Training Room through a series of therapeutic exercises, supportive taping/wrapping, ice, and over-the-counter medications. (Note: As an Athletic Trainer, I am unable to provide medications unless they are emergency rescue medications.) If further evaluation by a Doctor is desired or required, I can provide you with recommendations at each of the three major hospital systems in the area (Cleveland Clinic, UH, and MetroHealth). In the event that an injury occurs away from the school, I would prefer to see your Son first, except in the event of an emergency. If any supportive devices or braces are needed, I can provide a list of recommended products sold at most sporting goods stores.
- **Concussion:**
  - **Pre-Injury:** Students participating in Football, Soccer, Basketball, Hockey, Baseball, Lacrosse, and any Pole Vaulters will be required to take a baseline or pre-injury ImPACT test every year. This computerized test gives Sports Medicine Professionals objective data to compare in the event that your child suffers a concussion. It will also assist in making decisions about returning to activity.
  - **In The Event of an Injury:** I will complete a series of tests with any student complaining of concussion symptoms or displaying unusual

behavior consistent with head trauma. These tests will tell me what areas of the brain are being impacted and, in the worst case scenario, whether the injured athlete needs to be seen in the Emergency Room (which is very rare).

- **After Injury:** Recovery from concussion can be a very tedious and frustrating process, but it is absolutely necessary that instructions are followed to a “T” to ensure complete brain healing before returning to activity. After complete resolution of symptoms, the injured athlete will take another ImpACT test in the Athletic Training Room. These results will be sent to our team physician (or the Sports Medicine Doctor your son sees, if he is seen in the office) for review before returning to any kind of contact activities. **No Athlete diagnosed with a concussion will be permitted to return to activity before being cleared by a Doctor and completing the return-to-play protocol.** The return-to-play protocol consists of daily increases in activity intensity monitored by the Athletic Trainer, followed by a 24 hour resting period to determine whether symptoms will return. Most concussion-related injuries will not require a Doctor’s visit. If you would prefer to see a Doctor as a precaution, please contact me for a referral.
- **Complications:** Should any problems arise during your child’s recovery process, I will require that he be seen by a Sports Medicine physician. I can recommend several specialists to you in the event that further evaluation is needed.
- **Insurance:** While medical coverage is required by the school, we are aware that gaps in coverage happen. If a situation arises where a student loses medical coverage either temporarily or permanently, please don’t hesitate to call me so that I can assist in going over options available for uninsured minors in Ohio. Please note: Athletes who are injured and in need of a Doctor’s evaluation, as determined by the Athletic Trainer will still be required to see a Doctor, regardless of insurance status. Emergent or life-threatening situations will also be handled to the highest standard necessary (ER visits, ambulance transport, etc.) regardless of insurance status.
- **Doctor’s Visits:** In the event that your child needs to see a Doctor, whether for an injury or an illness, it is mandatory that I receive the **original** (no photocopies/scans unless stated otherwise) signed documentation from the Doctor stating whether the athlete is cleared for participation, and what, if any, restrictions or treatment recommendations they have. **Failure to provide this documentation will result in restriction from participation until it is received.** This eliminates any confusion or miscommunication should an athlete have an injury or illness that restricts his participation in sports.

- **Injuries:** While our athletes are not required to see a specific provider, I highly recommend that any injuries sustained during athletic participation are evaluated by a Sports Medicine or Orthopedic specialist. Please feel free to contact me for recommendations if you have never worked with this type of Physician before. I can refer you to someone in any of the three major healthcare systems in Northeast Ohio (Cleveland Clinic, University Hospitals, and MetroHealth).
- **Illnesses:** Whether an illness arises over the weekend or it is reported to me in the Athletic Training Room, documentation of any office visits is still required. I would prefer that a list of any prescribed medications be included as well, as certain medications can impact performance, sensitivity to sunlight, etc.
- **Misc:**
  - **Emergency Medication:** I recommend that any athlete who regularly uses an inhaler or has allergies that require the use of an Epi-Pen in case of exposure bring an extra for me to keep in my field kit. Should a situation arise where these emergency medications are needed and I don't have any available, I will call 9-1-1 and have your son transported to the Emergency Room. I am unable to retrieve medications from the school Nurse's office or administer medications prescribed to another athlete.
  - **Loaned Supplies:** If a student is loaned a pair of crutches or other medical equipment to use, it is expected that it be returned in good condition. In the event that equipment is damaged, lost, or otherwise not returned, the student will be responsible for the cost of replacing it.

**Contact:**

**Please feel free to contact me with any questions, comments or concerns at any time!**

[jecornelius@selectmedical.com](mailto:jecornelius@selectmedical.com)

**Cell: 330-209-2090 (call or text message)**

## Awards

Student athletes who meet the general rules and regulations regarding academic standards, character, conduct and who meet the specific requirements of his coach in a specific sport will be eligible to receive awards. Awards are generally presented at events sponsored by the Benedictine Parent Boosters Club or in some cases by the individual coach at an end of the year team luncheon.

Awards given are the following:

- 1<sup>st</sup> year - graduation year numerals (1 set) - participation certificate - chenille "B" (if minimum varsity requirements are met)
- 1<sup>st</sup> year - letter winner (chenille "B") ,one only + sport pin
- 2<sup>nd</sup> or 3<sup>rd</sup> sport letter same year –multiple sport certificate + sport pin
- 2<sup>nd</sup> year letter winner - Varsity letter certificate
- 3<sup>rd</sup> year letter winner - Varsity letter certificate - in folder
- 4<sup>th</sup> year letter winner - Commemorative Plaque

Special awards - Plaques or trophies as chosen by coaches.

Letter jackets may be purchased by any student who has earned a varsity letter. Only varsity athletes of OHSAA sanctioned sports will have the traditional Bengal shoulder insignia on their jackets. Tradition dictates that the only other items to be affixed to the varsity jacket are graduation numerals, any special patches from OHSAA tournament participation and a name plate. Jackets may be ordered through the bookstore on announced dates.

## Schedules/Directions to games and matches

Schedules of games will be available to parents and students before each season and will be posted on the Benedictine Web Site. Available locations, sites of games and matches will also be distributed and be posted on websites when possible. Every effort will be made to post information in a timely fashion.

The Athletic Department has a sports information HOT LINE where updated information on sports events will be recorded as it becomes available **(216) 421-2080 ext. 705.**

<b>Coaches' Office</b>	<b>(216) 421-2080 Ext. 344</b>	<b>General Staff</b>
<b>Basketball Office</b>	<b>(216) 421-2080 Ext. 507</b>	
<b>Athletic Director's Office</b>	<b>(216) 421-2080 Ext. 343</b>	<b>Chris Lorber `04</b>
<b>School Fax</b>	<b>(216) 421-0107</b>	<b>Main Office</b>
<b>E-Mail</b>	<a href="mailto:athletics@cbhs.net">athletics@cbhs.net</a>	

## **Communication between parent and Coach**

This is a document included in the parent/athlete guideline handbook. Benedictine High School follows the chain of command listed below. We ask that you observe our policy if you elect to pursue any concerns that you may have with our athletic program.

1. Head Coach
2. Athletic Director
3. Principal

As your child becomes involved in the various programs at Benedictine High School, he will experience some of the most rewarding moments of his life. It is important that you understand that there also may be times when things do not go the way you or your child wishes. These are times when a discussion with a coach may be desirable to clear up the issue and avoid any misunderstanding.

### **Appropriate concerns to discuss with Coaches**

- The treatment of your child, both mentally and physically.
- Ways to help your child improve.
- Concerns about your child's behavior.

It is difficult to accept the fact that your child is not playing as much as you would wish. Professional coaches make judgment decisions based on what they believe is best for all athletes involved. As you have seen from the list above, certain issues can and should be discussed with your child's coach. Other issues that should not be discussed and left to the discretion of the coach are as follows:

### **Issues not appropriate to discuss with Coaches**

- Playing time
- Team strategy
- Play calling
- Matters concerning other athletes

There are situations that may require a conference between the coach and parent. Communication between parents and coaches is encouraged. It is imperative for both parties involved to have a clear understanding and respect for each other's opinion. When conferences are necessary, the following procedure should be followed to help promote a resolution to the issues at hand.

#### ***Please follow this procedure when you have a concern to discuss with a coach:***

**Contact the coach involved at an appropriate time. Do not confront a coach before or after a contest or practice, as these can be emotional times for all parties involved and does not promote resolution.**

**If the coach cannot be reached after a reasonable amount of time, call the Athletic Director's Office. If you feel the meeting with the coach did not provide a satisfactory resolution, please call and set up an appointment with the Athletic Director to discuss the issue.**

STUDENT-ATHLETE CONTRACT  
PARENT/GUARDIAN STATEMENT OF SUPPORT

I (PRINT NAME) \_\_\_\_\_, while a participant on the Benedictine  
\_\_\_\_\_ team promise to:

- 1.) Carefully read and follow all guidelines issued by Benedictine High School, its athletic department and those from my head coach in any sport in which I participate.
- 2.) Attend all practices and meetings faithfully.
- 3.) Contact a coach personally before the practice or meeting if I must miss it.
- 4.) Attend all competitive events in uniform if not injured.
- 5.) Contact a coach or the athletic director personally if I am unable to attend.
- 6.) Maintain my eligibility and academic standing.
- 7.) Avoid participating in any other sport, including any pre-season activities while in season. If I quit the sport I started, unless I receive written permission from the athletic director or the head coach of the program I am leaving, I understand that I cannot participate in a new sport until the end of the prior season.
- 8.) Be well-groomed, especially when representing the school at competitions or events.
- 9.) Refrain from using drugs, alcohol, tobacco products and non-prescribed inhalants.
- 10) Replace any lost or negligently damaged equipment or uniforms by paying full replacement cost.
- 11) Turn in all the necessary forms required by the school or OHSAA in a timely fashion.
- 12) Report any personal injury or communicable illness to a coach or trainer immediately.
- 13) Follow all reasonable requests made by the athletic director and coaches, especially those involving practice, diet, rest, travel and competitions.

WE, THE UNDERSIGNED PARENTS/GUARDIANS AND STUDENT ATHLETE HAVE READ,  
UNDERSTAND AND SUPPORT THE INFORMATION AND REGULATIONS OF THE  
BENEDICTINE ATHLETIC DEPARTMENT AND INDIVIDUAL SPORT.

Student Athlete Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_