



2017-2018

Parent-Student

Athletic Handbook

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CORE VALUES

The Schools of the Sacred Heart in the United States, member of a worldwide network, offers an education that is marked by a distinctive spirit. It is deeply concerned for each student's total development: spiritual, moral, emotional, and physical.

The Schools of the Sacred Heart commits itself to educate according to five goals:

- A personal and active faith in God
- A deep respect for intellectual values
- A social awareness which impels to action
- The building of community as a Christian value
- Personal growth in an atmosphere of wise freedom

PHILOSOPHY

The athletic program at Barat Academy is an outgrowth of the academic program. As such, the athletic program's overall purpose is to supplement and enhance the school's objectives to develop a fully-integrated person who is spiritually alive, intellectually alert, and physically disciplined. Through our athletics we teach teamwork, sportsmanship, self-discipline, dedication, commitment and the pursuit of excellence.

SPORTSMANSHIP

Good sportsmanship is an important quality of our program. At Barat Academy we expect our coaches, players, students and parents to represent our school in a manner that is respectful of others, both on and off the field of play. Opposing teams, their fans and officials are to be treated as honored guests. Barat Academy fans and supporters are there to cheer the strengths and victories of our teams.

The Player:

1. Adheres to the Core Values and Mission of Barat Academy.
2. Treats opponents with respect.
3. Plays hard and plays within the rules.
4. Exercises self-control at all times, setting the example for others to follow.
5. Respects officials and accepts their decisions without argument.
6. Wins without boasting, loses without excuses, and never quits.
7. Always remembers that it is a privilege to represent Barat Academy and the community.

The Coach:

1. Implements and adheres to the Core Values and Mission of Barat Academy.
2. Treats players and opponents with respect.
3. Inspires in athletes a love for the game and the desire to compete fairly.
4. Models admirable Christ like behaviors to his/her players.
5. Respects the judgment and interpretation of the rules by the officials.
6. Knows he/she is a teacher, and understands the athletic arena is a classroom.

The Spectator:

1. Adheres to the Core Values and Mission of Barat Academy.
2. Appreciates a good play no matter which team or player makes it.
3. Shows compassion for an injured player; applauds positive performances; does not heckle, yell or distract players.
4. Respects the judgment and strategy of the coach, and does not criticize players or coaches.
5. Attempts to understand and be informed of the playing rules.
5. Respects the calls made by the officials.
6. Censures those whose behavior is unbecoming.

COMMUNICATION

In order to have a successful athletic program, there has to be effective communication among all parties involved; administration, coach, player, and parent. We are here for our students and their best interest must be our first priority. Students should never be caught in difficult situations involving adults. Open lines of communication are an important key to insuring the child's happiness and in building a positive learning environment.

When a conflict arises the first step should always be for the athlete to talk to the coach. There are situations that may require, step two, a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be used to help promote a resolution of the issue:

1. Use the 24/48 hour rule. Wait to discuss a situation with a coach until 24 hours after the contest but no later than 48 hours.
2. Call or email to set up an appointment with the coach and define the purpose of the meeting.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved.

It is inappropriate to discuss the following topics with coaches:

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

If an issue is not resolved in step two, an appointment with the athlete, parent, coach, and the athletic director should be made. This step may be initiated by any party. Using the same process as above, an appointment is set and all parties define the purpose of the meeting. There may be cases where it is appropriate that an athlete not be present during meeting. This is to be discussed and determined prior to the appointment.

ATHLETIC REQUIREMENT

Students at Barat Academy are required to participate in two sport seasons per year. This is vital to the growth of our athletic program. Students who end an athletic season in good standing (have attended all required games and practices and have met all obligations in returning school owned equipment/uniforms) will earn one sport credit towards this requirement. The athletic director will keep a record of the credits earned.

Although participation in the Barat Academy athletic program is required, occasionally a student will be involved in an off-campus athletic activity not offered at Barat Academy that could possibly fulfill the athletic credit. The following criteria must be met for an off-campus credit to be considered:

1. Weekly participation in the proposed activity not offered at Barat Academy.
2. Instruction and competition in the activity at an advanced level.
3. Application for Independent Sport submitted and approved by the athletic director. The student will present the application and explain the proposed off-campus sport.

Other possible options for the required sports credit if approved by the athletic director:

1. A team manager or statistician approved by the athletic director and coach.
2. Approved performing arts credit with approved sponsor required signatures.

PARTICIPATION REQUIREMENTS

1. Students must complete and turn in a current Barat Academy medical release form with all signatures and insurance information filled in.
2. Students must have a physical examination each school year before he/she will be allowed to practice for any sport. (A physical examination dated February 1 of the previous school year is valid.) The MSHSAA athletic physical form should be used. Parent permission and *required concussion signatures are included as part of the MSHSAA athletic physical form. Make sure this is completed and properly signed by the parent.
3. Parents and students should attend the required pre-season sports meeting. If you are unable to attend the pre-season meeting, please contact the athletic director.
4. Parents and students must complete and sign the Barat Academy Athletic Commitment Form located at the back of this handbook and turn it in to the athletic director.
5. Students must be in attendance at school the entire school day to be eligible to participate in practice and any athletic contest. Absences for school-related circumstances or for medical reasons are excused absences with official documentation from a doctor. Any additional exceptions must be approved by an administrator.

* The Missouri State High School Activities Association (MSHSAA) requires that all participants, as well as their guardians, receive and acknowledge receipt of the concussion information provided by the school. All forms (Barat medical release form/physical form/concussion information) can be found on the school's athletic website.

ATHLETIC ELIGIBILITY

The MSHSAA, of which Barat Academy is a member, is a voluntary, nonprofit, educational association of junior and senior high schools established for the purpose of working cooperatively in adopting standards for supervising and regulating interscholastic activities and contests. One of the primary functions of the MSHSAA is to establish eligibility standards that must be met by all students to attain the privilege of representing their school in interscholastic activities.

Listed below is information to acquaint you, the student, with the major rules and regulations you must follow in order to protect your eligibility.

1. Citizenship
 - a. You must be a creditable school citizen. Creditable school citizens are those students whose conduct, both in and out of school, will not reflect discredit upon themselves or their schools.
 - b. Conduct involving law enforcement should be reported to your athletic director immediately as your conduct may affect eligibility or contest outcomes.
2. Academics
 - a. You must be enrolled in 80% of the maximum allowable classes
 - b. You must have earned credit in 80% of the allowable classes the preceding semester.
 - c. Students promoted for the first time into 9th grade are considered academically eligible for the first semester after promotion.
 - d. Do not drop courses without first consulting with your dean of students, athletic director or counselor to determine whether doing so will affect your eligibility.
3. Sportsmanship
 - a. If you commit an unsportsmanlike act while participating in an event, you could become ineligible.
 - b. If your conduct as a spectator is found to be unsportsmanlike, you could be barred from attending any further high school contests.
4. Transferring schools
 - a. If you transfer schools and your parents do not move to your new school district, you will be ineligible for 365 days, unless you meet one of the exceptions to the transfer or promotion rules. (See your principal or athletic director regarding non-traditional households).
 - b. If you move with your parents to your new school district, you will be eligible immediately.
5. Participation limits
 - a. You are eligible to participate in any sport for a maximum of four seasons. Any part of a game played during a season counts as a season of participation.
 - b. Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for the first eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.
6. Awards Standards
 - a. You may not receive cash, merchandise, or gift certificates for participating in an athletic contest.
 - b. You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc., for participating in a school athletic program. These awards may be received only from your school, from a school hosting an event, or from the MSHSAA.
 - c. You may accept awards for participating in non-school-sponsored athletic competition only if the awards are symbolic in nature, such as medals, trophies, ribbons, plaques, etc.

7. Age Limits
 - a. If you reach the age of 19 prior to July 1, you will be ineligible for interscholastic competition the next school year.
8. Non-school competition
 - a. You may not participate in any organized non-school athletic competition and your school team IN THE SAME SPORT during the same season with the exception of swimming (please see the activities director with these circumstances).
 - b. You may participate on a school team and a non-school team in different sports during the same season; however, you may not practice or compete in non-school organized athletic competition ON THE SAME DAY that you practice or compete with your school team without approval of the school administration.
 - c. Before you join any non-school team or enter any non-school competition involving athletics, check with the activities director to make certain these standards are being met.
9. College Auditions
 - a. You may participate in an "audition" or "tryout" for a college team only after you have completed your last season of eligibility in the sport for which you wish to tryout.
 - b. You may only attend one evaluation event by invitation per sport per year. You may attend any number of "open" evaluations.
10. All Star Games
 - a. You may not compete in an all-star game or contest before you complete your eligibility in all high school sports.

Any questions pertaining to eligibility that is not answered above should be brought to the attention of the Athletic director prior to participation in the event. Please review the MSHSAA eligibility brochure or the MSHSAA web-site for the complete listing of policies. www.mshsaa.org

HAZING

Student hazing is expressly prohibited. Hazing is defined as any activity, on or off school grounds, which inflicts mental or physical harm or anxiety or safety of a student or put the student in a ridiculous, humiliating, stressful or disconcerting position for the purposes of initiation, affiliation, admission, membership in any group, class, organization, club or athletic team. Hazing may occur even when all students involved are willing participants. Any form of student hazing can lead to disciplinary action. If hazing occurs, coaches, sponsors, teachers, supervisors, parents or students must report the incident to school administration immediately.

DRUGS, ALCOHOL &/OR TOBACCO

The use of tobacco, alcohol, drugs by minors is illegal and potentially detrimental to their intellectual, physical and personal development. For these reasons, Barat Academy does not condone the use of tobacco, alcohol or other drugs by our students in any fashion. Violations may result in complete disassociation with any or all athletic teams.

PERSONAL RESPONSIBILITY, COMMITMENT & ATTENDANCE

When a student chooses to participate in a sport, either as a member of an individual sport or as a member of team sport, he/she makes a commitment to every other member of that team,--the coaches, the other players, and the managers. The concept of “team” must be the first and foremost priority of the individual. A player must commit to attend all practices, games and team functions unless given express permission by the coach or the athletic director. This commitment to total participation includes all team activities held during holiday seasons and on days when school is not in session.

UNIFORMS AND EQUIPMENT

School uniforms and/or equipment issued to the athlete are his/her responsibility. School items are to be treated with respect and kept clean and in good condition. Students, upon the completion of the respective season and with the direction of the coach, shall return all uniforms and/or equipment in a clean and appropriate condition when requested. Loss or damage of any uniform and/or equipment is the student’s financial obligation.

TRANSPORTATION

All students will be transported to athletic contest by parent or student car pools set up by the coach. Student drivers must have a completed and signed parent permission form to carpool other students to any athletic contest. The driver’s permission form should be turned into his/her coach at the start of each season. All students riding in student carpools must turn in the signed parent permission form to his/her coach. These forms will be distributed by the coach. All students need to have their own rides home from away contest. Parent permission is required for any student not riding with a parent after a contest.

ATHLETIC AWARD PROGRAM

Students are recognized at the Athletic Awards program held at the end of the school year. Player attendance is strongly recommended. Parents and guests are encouraged to attend as well. Athletes will receive participation awards, school letters, and letterman pins, depending on the level at which they played and on the decisions of their respective coaches.

USEFUL WEBSITES

Missouri State High School Activities Association - www.mshsaa.org

NIAAA: “A Guide to College-Bound Student-Athletes and Their Parents” - www.niaaa.org

NCAA Eligibility Center (formerly the NCAA Clearinghouse) Complete Junior Year
<https://web1.ncaa.org/eligibilitycenter/common/>

Get Registered on HighSchoolSports.net to receive notifications of game changes (cancellations/postponements) - <http://www.schedulestar.com/PDF/parentsguide.pdf>

Get Barat Academy Sports Schedules at www.HighSchoolSports.net

CONTACT INFORMATION

Dave Hall, Athletic Director

dlhall@baratacademy.org

Office: 636 – 300 – 5552

Cell: 314 – 223-9651

MEMBERSHIPS

Barat Academy athletic teams are a member of the Missouri State High School Activities Association (MSHSAA). Our girls' teams also belong to the prestigious Metro Women's Athletic Association (MWAA).

ATHLETIC TEAMS

Fall Athletic Teams

Cross Country - boys, girls

Field Hockey

Football

Golf - girls

Soccer – boys

Tennis - girls

Volleyball - girls

Winter Athletic Teams

Basketball – boys, girls

Dance

Swimming - girls

Spring Athletic Teams

Baseball

Golf - boys

Lacrosse - girls

Soccer - girls

Track & Field - boys, girls

BARAT ACADEMY
2017-2018 School Year
Parent-Student Athletic Handbook
Policy Agreement Statement

I have carefully read the 2017-2018 Barat Academy Parent-Student Athletic Handbook. I have discussed this handbook and its contents with my child(ren), and we agree to abide by the rules and regulations stipulated in this document. Please print names of children here:

Furthermore, we understand that any infraction of these rules or failure to comply with the regulations stated in the handbook may result in disciplinary action deemed necessary and appropriate by the coach, the athletic director, and/or the school's administration.

_____ Parent Signature	_____ Date
_____ Student Signature	_____ Date
_____ Student Signature (second child)	_____ Date
_____ Student Signature (third child)	_____ Date