

It is our belief that interscholastic athletics greatly enhance the educational experience of all students involved, provide lifelong learning experiences, and develop leadership qualities in our students, which are all important to a students' holistic education.

Participation in athletics at Trinity-Byrnes Collegiate School is a privilege. With this privilege comes the expectation of exemplary moral character displayed through good sportsmanship and respect for one's school, coaches, opponents, officials, facilities and equipment. In return, the athletic department is truly student-centered with the best interests of the student-athletes always at the forefront-including the commitment to social-emotional development rather than a "win at all costs" approach. Coaches are role models and mentors, and this responsibility should be reflected in all of their actions.

Every sport, coach, and individual student-athlete will be treated fairly by the athletic administration, and new opportunities for our student-athletes will be constantly pursued. Diversity is embraced within the Athletic Department, and no student-athlete or coach will be discriminated against or subject to harassment of any form.

### **Athletics Vision**

The Trinity-Byrnes Collegiate School Department of Athletics provides opportunities for student-athletes to reach their academic and athletic potential.

Through our athletics programs students learn the value of hard work, practice, and teamwork. Our coaches emphasize our school's core values of integrity, respect for others, and striving for excellence. Through team participation our student-athletes learn the value of working together for a shared goal, while still recognizing the uniqueness and talents of the individual.

Trinity-Byrnes Collegiate School aspires to create an athletics program that energizes and unifies our students and families, instills pride, and brings distinction to our school. Sportsmanship and what it entails—integrity, inclusiveness, and respect for others, including other players, coaches, spectators, and officials—is emphasized by our coaches. Learning how to “win with grace” and “lose with dignity” is a life lesson that prepares our students for success.

Our school motto of Honor, Loyalty, and Perseverance reflects this vision. Our school emblem serves as a reminder to our athletes, coaches, and supporters of the three pillars of a Trinity-Byrnes education: Academic, Arts, and Athletics.

## **Intended Sports**

### **Fall**

Varsity football  
JV football  
Cheerleading  
Varsity volleyball  
JV volleyball  
Boys' cross country  
Girls' cross country  
Girls' tennis  
Boys' swimming  
Girls' swimming

### **Winter**

Varsity boys' basketball  
Varsity girls' basketball  
JV boys' basketball  
JV girls' basketball  
B team boys' basketball  
Sporting clays  
Cheerleading

### **Spring**

Varsity baseball  
Varsity softball  
JV baseball  
JV softball  
Boys' soccer  
Girls' soccer  
Boys' golf  
Boys' track and field  
Girls' track and field  
Boys' tennis  
Equestrian

## **Eligibility Requirements**

-Have a signed form agreeing to all policies in the handbook on file with the AD  
-Have a valid physical on file, signed by an appropriate medical professional, for the duration of each season of participation

All student-athletes are expected to abide by the Titan code of conduct and exhibit and model five basic traits:

- 1.) Exemplary moral character at all times.
- 2.) Respect for self, team, sport, other programs, coaches and the school.
- 3.) Academics, athletics, and the school community.

4.) Good sportsmanship, which includes fair play and courteous treatment of teammates, opponents, and officials, while representing the school and the community in a respectful manner.

### **Objectives and Outcome of Participation**

- Foster student leadership development
- Support future academic or career options
- Promote involvement in the school and community

In interscholastic athletics, student-athletes should be able to:

- Demonstrate good sportsmanship and ethics of competition.
- Develop desirable personal health habits.
- Demonstrate mastery of basic fundamentals to complex motor skills in the related activity.
- Identify and apply strategies necessary to successfully compete at their level of competition in the related sport.
- Demonstrate the ability to work with others toward common goals and objectives.
- Demonstrate high levels of skill and health related fitness appropriate to their developmental stage.
- Respect the integrity and judgement of officials, coaches, and school personnel.
- Most importantly, enjoy the involvement and participation in interscholastic athletics.

### **Academic Eligibility**

In accordance with SCISA, we will be conducting quarterly and semester grade checks. A student in grades 9-12 must take and pass at least four (4), one unit CORE Courses or any five (5) one unit courses, each grading period or semester to be eligible. A senior who has met or is meeting all requirements for graduation must pass four (4), one-credit courses each marking period/semester. Note: A student must have earned a minimum of 4 core units or any 5 units of credit to be declared eligible at the start of a school year (the student must also be in compliance with all other eligibility standards). Academic Eligibility falls under the discretion of Academic Dean and the Dean of Students.

### **Student Absences**

A student must attend at least four classes that day in order to participate in a practice or game. The only exception to this is if a student has an EXCUSED absence such as a funeral or doctor's appointment. If a student misses class due to suspension then they are ineligible to participate in athletics on that day.

### **Playing Time**

Adherence to these policies guarantees ability to participate, not playing time. Due to the competitive nature of our athletic programs, there are no guarantees for athletes to receive playing time. All playing time decisions are left to individual coaches. No other factors go into these decisions other than rewarding those student-athletes who give the team the best chance to win and are meeting all expectations of the coach in terms of attitude, work-ethic, teamwork and leadership.

### **Parent Expectations**

Parents are encouraged to join the Booster Club and volunteer to help in concessions and help with fundraisers. Parents should demonstrate good sportsmanship by displaying the following behaviors:

- Providing support for coaches and officials to foster a positive, enjoyable experience for all student athletes.
- Understanding the game is for the students and not for the adults.
- Recognizing that student participation in athletics is a privilege.
- Using good sportsmanship as spectators and conducting themselves in a manner that reflects well on both the team and the school.
- Promoting the team by being supportive and helpful of the school program.
- Refraining from coaching their student from the stands or the sidelines.
- Expecting consistent student attendance at practices and games.
- If a parent refuses to adhere to proper expectations, he/she may no longer be allowed to attend sporting events.

Parents will create a positive and supportive environment to promote their student-athletes' well being by:

- Supporting good conditioning and healthy lifestyle habits.
- Placing the emotional and physical well-being of their student-athlete ahead of any personal desire to win.
- Expecting their son to play in a safe and healthy environment.
- Supporting their student-athlete in planning how to meet their academic responsibilities, given the demands of training and practice.
- Being a role model for other parents by remaining positive at sporting events.

### **Parent/Student-Athlete/Coach Relationship**

Both parenting and coaching can be extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to student-athletes. As parents, when your student-athlete becomes involved in our program, you have a right to understand what expectations are placed on them. This begins with clear communication from the coach of your student-athlete's team.

### **Communication Parents should expect from their student-athlete's coach**

- A pre-season parent meeting.
- A copy of the team rules.
- Expectations the coach has for your student-athlete as well as all the players on the team.
- Location and times of practices and contests.
- Team requirements, such as fees, special equipment, and off-season conditioning.
- Violations of team rules that results in denying your student-athlete's participation.

### **Communication parents should expect to hear from parents**

- Concerns expressed directly to coach in accordance with the policy outlined below.
- Notification of any schedule conflicts well in advance.

-Any medical or injury issues that need to be monitored with your student-athlete.

### **Athletic Issues Policy**

As student-athletes become involved in the programs at Trinity-Byrnes, they will experience some of the most rewarding moments of their life. It is important to understand that there also may be times that things do not go the way you or your student-athlete may wish. At these times, a discussion with the coach is encouraged. In these rare occurrences, we ask that you follow these steps:

- 1.) Student-Athlete requests a meeting with their coach.
- 2.) Parent/guardian requests a meeting with their student-athletes coach.
- 3.) Parent/guardian requests a meeting with the AD.

Please follow these steps in order. We are teaching our students to be leaders and responsible who can advocate for themselves, so they need to initiate contact with their coach if they feel there is a problem that needs to be addressed. As a parent/guardian please do not jump right to calling the coach or AD directly. Also, no student-athlete or parent/guardian should ever approach a coach right after a game. Emotions can be high, and no good can come from voicing frustrations immediately following a game.

### **Appropriate Concerns to Discuss with Coaches**

- The treatment of your student-athlete mentally and physically.
- Ways to help your student-athlete improve.
- Concerns about your student-athletes behavior.

### **Issues Not Appropriate to Discuss With Coaches**

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Although we have this policy, it is important to realize that playing time is the sole decision of the coach. No parent or student-athlete should ever approach a coach and ask why he is not playing. Instead, a meeting or conversation should focus on what areas the student-athlete needs to improve upon in order to increase playing time. Also, no other student-athlete will be discussed in any meeting.

### **Expectations of student-athletes**

Students may be suspended from participation in athletic events for misconduct including, but not limited to, the following. All student-athletes MUST

- Not possess or use tobacco, alcohol, illegal drugs, or controlled substances.
- Not host a party in which the following are permitted for minors: illegal consumption of alcohol, use of controlled substances.
- Practice good citizenship in all environments by respecting the property and rights of others. Poor citizenship includes acts such as vandalism, stealing, cheating or any illegal act.

- Any other actions detrimental to the program.
- Display proper sportsmanship.
- Not utilize social media and other websites in an inappropriate manner.
- Not engage in hazing.

### **Process for determining violations and consequences**

Student-athletes who are alleged to have violated the Titan code of conduct shall meet with the Athletic Director (AD) to explain the incident prior to any consequences being applied. The AD will then decide on the consequences based on the code and the facts at hand. Student-athletes and parents/guardians who wish to appeal a consequence administered under this Code may seek a review of the AD's determination and consequence by requesting a review by the Headmaster within five calendar days of the determination of the consequence. The Headmaster shall convene a meeting with the student-athlete and parent/guardian to afford the opportunity to offer an explanation, and/or demonstrate that the Code was not violated. During the appeals process, the decision of the AD shall be enforced. After an appeal is heard, the decision of the Headmaster will be final and binding.

As we value the importance of leadership, we strongly encourage any student who has a lapse in judgement and violates the code of conduct to self-report their violation, instead of trying to hide it from the school. A self-reported violation may result in a reduced suspension for first time offenses.

### **Equipment**

Student-athletes are responsible for all equipment and uniforms issued to them. Any lost, or unreturned equipment/uniforms must be replaced at the expense of the student-athlete. Students will not be allowed to participate in another sport until all equipment is returned or all fees are paid. Seniors may have diplomas held until their equipment is returned or fees paid.

### **Locker Room**

Student-athletes are not allowed in the locker room without supervision. The locker room should not be used as a hangout. Students should use the locker room to change for practice and then immediately exit. Valuables should not be left in the locker room. Trinity-Byrnes is not responsible for any lost or stolen items.

### **Athletic Fees**

In order to offset the costs of running an athletic program, it is necessary to charge an athletic fee. The athletic fee is 100\$ per season a student-athlete participates in. Student-athletes will also be charged for uniforms. Any uniform a student-athlete purchases, will be theirs to keep. If a student-athlete begins playing a sport, and then quits, they are still liable for both the uniform and athletic fees.

### **Transportation**

Student-athletes are required to take school transportation (bus, when offered) to all away

athletic competitions. A student-athlete may ride home with a parent if they turn in written permission. A student-athlete may not ride home with any student from a competition in which a bus has been provided.

### **Athletic Trainer/Injuries**

Trinity-Byrnes Collegiate School contracts an athletic trainer to help ensure the health and safety of our student-athletes. We contract through McLeod, and our athletic trainer is Adam Ploeg. Any injury must be immediately reported to a coach or trainer. Any student-athlete who is injured during a contest, practice, or workout should immediately see the trainer. It is mandatory for a trainer or coach to be made aware of any injury that occurs before the student-athlete goes home. The athletic trainer will do his best to rehab an injured student-athlete back to health as soon as possible. However, there are times when the trainer may refer an injury to a doctor or therapist in order to aid in diagnosis or treatment.

### **Athletic Training Room**

The training room is used to help treat and aid in the recovery of injuries. It should not be considered a place to hang out or be in without supervision from a trainer or coach. Only coaches or trainers should handle athletic training supplies.

### **Multi-Sport Athletes**

Multi-sport athletes must possess excellent time-management skills and be able to meet the demands of all sports they choose to participate. An in-season sport should always come before an out of season sport. No student-athlete should ever miss an in-season practice for an out of season sport. In season athletes are allowed to participate in off-season workouts with a coach's permission. Out of season coaches may not make these workouts mandatory. If a student-athlete quits an in-season sport he/she may not begin working out with the out of season sport until the current season ends.

If a student transfers in or joins a team after the season has started, he/she must attend at least 2 weeks of practices before they are eligible to participate in a game. No in-season athlete should workout in an off season workout on a game day. During the summer, there is no sport that takes precedence over another sport. Coaches will try to schedule their summer events in collaboration with each other so sports are not overlapping.

### **Concussion Policy**

Sports concussions remain a serious public health issue that has gained greater awareness mostly through higher profile examples in professional football. Brain autopsies on professional athletes have revealed pathologic changes consistent with Chronic Traumatic Encephalopathy (CTE) related to multiple concussions. These findings have appropriately concerned physicians, nurses, athletic trainers and coaches. Concussion in youth sports, particularly at the high school level, is increasingly recognized as a real and all too common problem. According to the American Association of Neurological Surgeons web site, in 2008 there were more than 300,000 sports-related head injuries treated at hospital emergency rooms within the U.S. The National Center for Catastrophic

Sport Injury Research, 2002-2008 Statistics estimates an annual incidence of football-related concussion in the U.S. of 300,000. It is estimated that each year 10 to 15 percent of athletes playing contact sports sustain a concussion

#### Definitions

A concussion is a transient disruption of brain function typically caused by direct head trauma. It can occur following a blow to the head, neck or body that leads to a sudden shaking or jarring of the head. A concussion involves an alteration of consciousness. It may or may not include a loss of consciousness. A concussion may lead to headache, impaired thinking or judgment, memory dysfunction, speech difficulty, and loss of motor function including coordination and balance. External signs of trauma such as bruising may not be present.

Post-concussive syndrome is a condition manifested by a myriad of symptoms including intermittent headache, easy irritability, difficulty concentrating, nausea, loss of balance, and other motor and cognitive impairments. Its onset can be immediate with symptoms lasting for weeks to months, even longer.

Second impact syndrome is a life threatening condition in which an athlete has sustained a concussion and returns to athletic competition prior to symptom resolution and suffers another concussive blow. This “second impact” can lead to severe brain swelling, brain injury, and death.

Chronic traumatic encephalopathy or CTE is a delayed onset condition thought secondary to multiple concussions sustained earlier in life (for example during youth sports, high school, or college). CTE is a progressive neurodegenerative disease with specific neuropathological findings on brain autopsy. It has been described in retired athletes and others with a history of repetitive brain injury. CTE leads to progressive neurologic dysfunction including memory impairment, motor loss, cognitive dysfunction, impairment of judgment, loss of impulse control, dementia and death.

Health care professionals include licensed physicians, physician assistants, nurse practitioners, nurses and athletic trainers appropriately trained in the diagnosis and management of concussion

#### Education and Training

In order to participate in school sponsored athletic activities, on an annual basis the student-athlete and his or her parent or guardian will be required to review appropriate concussion specific educational literature provided by the Trinity-Byrnes Collegiate School Athletic Department as approved by the Board of Trustees or Head of School. Prior to participation in a school sponsored athletic activity, on an annual basis the student-athlete and his or her parent or guardian will be encouraged to attend or view an educational presentation regarding concussion, including the signs and symptoms of concussion as well as the potential short term and long term consequences of concussion. The student-athlete and his or her parent or guardian will sign an acknowledgement form that documents that they have received, reviewed and understood educational information regarding concussion, including the signs and symptoms of concussion as well as the

potential short term and long term consequences of concussion.

Trinity-Byrnes Collegiate School coaches, faculty, volunteers, and parents who are involved in school sponsored team athletic activities, on an annual basis, will be required to review appropriate concussion specific educational literature provided by the Trinity-Byrnes Collegiate School Athletic Department as approved by the Head of School including but not limited to the signs and symptoms of concussion, strategies to prevent concussion, response and treatment after concussion, and protocol for return to play .

Trinity-Byrnes Collegiate School coaches, faculty, volunteers, and parents who are involved in school sponsored team athletic activities, on an annual basis, will be required to attend an educational meeting or view an on-line program that presents information regarding concussion, including the signs and symptoms of concussion as well as the potential short term and long term consequences of concussion.

Examples of on-line programs are:

Concussion in Sports available on-line through the NFHS Learning Center [www.nfhslearn.com](http://www.nfhslearn.com)

HEADS UP Concussion in Youth Sports, available on line through the CDC [www.cdc.gov/concussion/HeadsUp/online\\_training.html](http://www.cdc.gov/concussion/HeadsUp/online_training.html)

Concussion Protocol

Student-athletes should undergo pre-participation baseline neuropsychological testing (for example IMPACT).

If a student-athlete is suspected to have sustained a concussion he will be removed from play and not return to play until evaluated and cleared by a licensed physician appropriately trained in concussion management.

Accepted standard concussion assessment tools will be utilized to determine whether a student-athlete has sustained a concussion.

If a player sustains a concussion, he will be removed from play and not be allowed to return to play until written clearance has been received from a licensed physician appropriately trained in concussion management.

If a player sustains a concussion his or her parent or legal guardian will be informed Post-concussion neuropsychological testing will be obtained at the discretion of the appropriate licensed health care professional.

### **Return to Play**

1. No student-athlete who exhibits the signs and symptoms of concussion will return to play on the day of injury.
2. No student-athlete who has sustained a concussion will return to play until he or she no longer exhibits the signs or symptoms of concussion and only with the written approval of a licensed physician appropriately trained in concussion management.

3. If a student-athlete has sustained a concussion he will return to play in a step wise fashion including but not limited to a progressive activity program under the supervision of appropriately trained individuals.
4. A student-athlete who has sustained a concussion may return to play when he or she is symptom free at rest, symptom free during exercise, and has received a written medical release from the appropriate licensed physician.
5. Student-athletes who sustain a concussion may require special accommodation as they recover, including but not limited to modification of their academic schedule and increased time for test taking and assignment completion. These measures will be undertaken after consultation with a licensed health care professional and at the discretion of the academic dean.
6. The Trinity-Byrnes Collegiate School Concussion Policy meets or exceeds the “Suggested Guidelines for Management of Concussion in Sports” as developed by the National Federation of State High School Associations (NFHS)

## **Athletic Uniform Charge Agreement**

My child, \_\_\_\_\_, is participating in

\_\_\_\_\_ during the 2015-2016  
(list the sport)

school year. I am aware that uniforms will be ordered and there is a

fee of \$\_\_\_\_\_ for the uniform.

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

## **Athletic Participation Agreement**

My child, \_\_\_\_\_, will participate in

\_\_\_\_\_ during the 2015-2016  
(list the sport)

school year. I am aware that there is a fee of \$\_\_\_\_\_ for the

this sport and I will remit this amount when I am invoiced.

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_