

The material in this Code of Conduct directly concerns any student participating on a Berks Catholic High School athletic team. A student who elects to participate in athletics is voluntarily making a choice of self-denial. The following rules and regulations are provided for both the student athlete and his parents. It is our hope that this Athletic Code of Conduct will aid all athletes, parents and spectators of Berks Catholic High School.

Bill Hess
Athletic Director

Athletic Rules and Regulations Presented for the use of Athletes and their parents

Philosophy

We believe that the opportunity for participation in a wide variety of student-selected activities is a vital part of a student's educational experiences. Such participation is a privilege that carries with it responsibilities to God, the school, to the activity, to other students, to the community and to the athletes themselves. These experiences contribute to the development of learning skills and emotional patterns that enable the student to achieve maximum benefit from his and her education. Being a member of an athletic team at Berks Catholic High School does not guarantee that you will get playing time. Playing time is earned and is at the sole discretion of the Coaching Staff.

Berks Catholic High School student activities are considered a supplement to the school's spiritual and academic program which strives to provide experiences that will help to develop students spiritually, physically, mentally, socially and emotionally.

Athletic Eligibility

- 1. A student needs to be passing four major subjects and may be failing two major subjects to remain eligible. All Berks Catholic students carry six major subjects each and school year.**
- 2. Eligibility is on a weekly basis.**
- 3. Student eligibility will be from Monday through Saturday of the following week of the academic check.**
- 4. Although this is a weekly check, it is a cumulative process. Even though a student passed a test in a given week, that student remains ineligible to play because he/she failed previous tests or failed to turn in a major project.**
- 5. All eligibility information is submitted by Friday (or the last day of school in a week) of each week to the Athletic Director, by members of the faculty, through the school's MMS system.**

Attendance

All students are expected to attend school every day. Students who are absent, except for a school sponsored activity, may not practice on the day of their absence. The Assistant Principal or Principal may waive this rule if a valid excuse for absence is submitted in writing in advance.

Lateness

All students are expected to be in school on time every day. If an athlete is late to school they will be held accountable to the standards set forth in the parent/student handbook. Students coming to school late after 10:30 am are not eligible for practice or participation in an athletic contest on that day.

Absence from practice

When students try out for a team, they have made a personal commitment to attend every practice. If they are absent from school, they cannot practice. If they are in school and can not practice they must see their coach before practice and explain why they will be missing.

An absence from practice without speaking with their coach in advance may lead to suspension from competition. Continued absences from practice will result in being removed from the team.

Conduct During Practice

Athletic practices are an extension of the school environment. Personal conduct and behavior at practice must be the same as expected in the classroom. Disrespect to coaches, using profanity, not following directions, etc. will not be tolerated. Student-Athletes are involved in physical activity and can be severely hurt if you are not paying attention. Practices are Physical in nature. You will experience contact during practice. It is very important to know that physical contact during athletic practices and games is a normal occurrence and could lead to injury. In the event of an injury, athletes are to report it to the coach, who will in turn direct the student-athlete to the trainer.

Equipment

The Head Coach issues equipment and uniforms at the beginning of the season. Issued items are the students' responsibility. All equipment and uniforms will be collected at the end of the season by the Head Coach. Turn in uniform and equipment on the day assigned. Giving equipment to a "friend" to turn in, or leaving it in a locker does not excuse the athlete from responsibility. If the Head Coach does not get equipment, athletes are responsible for replacing it!

Theft

Stealing will not be tolerated under any circumstances whether in opponents or teammates. Any athlete involved in a theft will be immediately removed from his team and normal discipline will be imposed.

School and Community Conduct, Citizenship and Social Media

Every student is expected to represent themselves positively in classes and school activities. Athletes bear additional responsibility because they not only represent themselves, but also their family, team and their school. No athlete, no matter how important to a team, will be exempt from school rules.

Also, when competing in, traveling to and from, or watching contests Berks Catholic High School is being judged by our athletes' behavior. In winning be gracious, shake hands and congratulate the opponent for a job well done. In losing shake hands and congratulate the opponent. Treat your opponents if the scores were reversed. Temper tantrums and poor sportsmanship are signs of emotional immaturity. Throwing objects, kicking equipment, etc. does not change the score, it only shows immaturity.

As a spectator, have an appreciation for what it takes to be an athlete. Always demonstrate good sportsmanship. Good sportsmanship is cheering for your team, not booing or embarrassing the other team.

The inappropriate use of social media sites such as Twitter, Facebook, Instagram, Snap Chat, Sim Simi, etc. to make fun of, harass, intimidate, demoralize or bully will result in consequences consistent with Berks Catholic's Acceptable Use Policy as set forth in the Student Handbook.

Finally, in the community athletes are judged both as an individual and as a representative of Berks Catholic High School. Embarrassing, immature, or illegal actions by you reflect negatively upon the team and school.

Training: Drugs, Alcohol, Tobacco

The use or possession of drugs or alcoholic beverages is absolutely forbidden on or off the campus.

1. The Athletic Department strongly agrees and endorses Pennsylvania State Law and school policies with regard to alcohol and drug use or possession.

2. Smoking or chewing tobacco, because of the demonstrated negative effects on health, is prohibited by athletes. The use of these products is illegal.
3. Any athlete suspected of drug or alcohol abuse will be dismissed from an athletic team, appropriate help will be sought for the student with the consent of the parents or guardian.

Guidelines for School Sponsored Student Travel:

1. The students in transit to and from events are considered to be representatives of the school.
2. Students are representing the school during events.
3. In regard to trips involving distance and/or overnight lodging; students are representatives of the school at all functions contingent to the trip: meals, motels, dorms, touring, etc.
4. Since the school is acting as supervisory personnel in regard to student behavior, and since the group will be known as Berks Catholic High School while in restaurants and motels, etc., appropriate conduct of students is expected at all times.
5. Since students are attending school sponsored functions, the normal disciplinary procedures as detailed in the Parent/Student Handbook associated with such situations and behavior will be enforced.

Awards

An athlete will only receive one varsity letter. After receiving his/her letter, all additional letter winners will be awarded a pin of sports' significance

There will be no junior varsity letter winners, only varsity letter winners

Criteria for varsity letter:

1. Play in half the quarters, halves, matches, innings of all seasonal sports
2. Average one point per meet for cross-country or track
3. Participate two years or more, inclusive of senior year
4. Coaches' discretion

Parental Approval Form

All athletes must have a "Parents or Guardian Permission Form" on file in the Athletic Office before they can practice or compete.

Physical Examination Form

All athletes must have a Physical Examination Form, or recertification form, completed each season, signed by both the parent and the physician, and on file in the Training Room before they can practice or compete.

Financial Aid

There are no financial grants for athletes.

All students whether an athlete or not may apply to the school for financial aid. Financial aid is granted on the basis of the financial need of the student's family.

Locker Room

THE SCHOOL IS NOT RESPONSIBLE FOR LOST OR STOLEN ARTICLES. The locker should be locked whenever an athlete is away from it, even when taking a shower. Combination locks must be obtained in the athletic office. The combination should not be given to anyone or published.

Transportation

When a team travels by a bus or van(s), no member should normally travel by private car. Head Coaches may grant permission for an athlete not to return to school after an event if the athlete's parents gave written notice to the Athletic Director 24 hours prior to the event. Athletes may only receive permission to be transported by their own parent. At no time is any athlete permitted to drive themselves to or from an event.

Athletic Injuries:

All injuries no matter how minor should be reported to the head coach immediately. After an athlete has been injured, only a doctor or athletic trainer and not a coach will decide if and when the player may return to play or practice. There are no exceptions. The athlete must present the head coach with a note from the doctor or athletic trainer stating that the injury is healed, and the athlete is now physically able to practice or play. The Berks Catholic Training Room is set up and staffed with a certified athletic trainer. The training room is off limits for all but the injured.

Sports Medicine Clinics

In recent years the knowledge and information concerning related injuries has grown tremendously. Consequently many hospitals have added sports medicine clinics set up to diagnose, and rehabilitate through new therapeutic techniques, to help heal injuries sooner and more efficiently than normal rest could provide. If an athlete is injured Berks Catholic recommends to parents, if possible, to take their son to a sports medicine clinic to be treated. Berks Catholic High School employees a full-time athletic trainer provided by St. Joseph's Medical Center. We recommend all athletes consult with this individual for all injuries.

Parent Responsibility

Parents of Berks Catholic High School Athletes have several responsibilities. First, you must help to endorse the school's rules and regulations by checking periodically on their grades, behavior, and attendance. Do not expect or ask the school to make exceptions to the school or athletic department rules and regulations.

Secondly, parents are expected to represent our school in a positive manner. Rude, arrogant, immature or disrespectful behavior as a spectator is a poor reflection upon you, the child's team, and the school. Adults must set good examples of sportsmanship for our children. Good sportsmanship is cheering for your team, not booing or degrading the other team

Finally, parents have the responsibility to support their child's coaches and team. Negative comments about a coach or team members can only undermine the positive aspects of athletic participation. While winning is more pleasant than losing, being a gracious loser is also a part of life, which you should be willing to accept.

If parents work with the school to achieve these objectives, the children will develop into better adults, which is our ultimate goal.

“Ten Commandment of Sports - for Parents”

- 1. Be sure that your child knows that ...win or lose, scared or heroic...you love them, appreciate their efforts, and are not disappointed in them.**
- 2. Try your best to be completely honest about your child’s athletic capability, their competitive attitude, their sportsmanship...and their actual skill level.**
- 3. Be helpful...but do not coach them on the way to the field or court - or on the way back - or at breakfast.**
- 4. Teach them to enjoy the thrill of competition...do not say, “Winning does not count”, because it does.**
- 5. Try not to relive your athletic life through your child in a way that creates pressure...do not pressure them because of your pride.**
- 6. Do not compete with the coach...remember, in many cases the coach becomes a hero to their athletes, a person who can do no wrong.**
- 7. Do not compare the skill, courage or attitude of your child with that of other members of the squad or team.**
- 8. You should also get to know the coach so that you can be sure that their philosophy, attitudes, ethics, and knowledge are such that you are happy to expose your child to them.**
- 9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reactions when they bring home tales of woe... or heroics.**
- 10. And finally...make a point of understanding courage and the fact that it is relative. Some of us climb mountains but fear a fight...some of us fight but turn to jelly if a bee buzzes nearby. A child must know: Courage is not ABSENCE of fear, but rather, doing something in SPITE of fear.**

Due Process

Any violation of the above school rules and regulations will result in a hearing with the athlete, the coach, moderator, and either the Athletic Director or Principal. At this hearing, the athlete (and the athlete’s parents, if requested) will be given the opportunity to present their defense to the charges being made. A decision will be made and the athlete will be informed of the action being taken.