

# **STUDENT/PARENT ATHLETIC HANDBOOK**



**2012-2013  
ST. URSULA ACADEMY  
CINCINNATI, OHIO**



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Dear Student Athletes and Parents,

St. Ursula Academy enjoys the reputation of providing an outstanding quality education, which demands each student to exhibit self-discipline to surmount a rigorous academic curriculum. Subsequently, a strong work ethic is the cornerstone of our athletic program. Dedication, commitment, athletic ability and fine coaching are certainly necessary for any good program; however, those characteristics are not the only vital components of the athletic program at St. Ursula Academy.

A *great* athletic program is the result of stellar sportsmanship on the part of coaches, athletes, parents and fans. To put it further, a *great* athletic program is exemplified with the attitude of sporting integrity by all constituents of St. Ursula Academy. Athletic competition at this school is intricately aligned with the Mission Statement of St. Ursula Academy, where we strive to “unleash the potential of each student to become a woman of faith, integrity and courage.” As such, our students, whether in the classroom on the athletic field, compete to excel first, and then to win or lose accordingly in the shadow of Angela Merici’s Nine Core Values of an Ursuline Education. Our desire is for the spirit of those values to be present in our coaches, athletes, parents and fans at all times, regardless of the score of the game.

The purpose of the St. Ursula Academy Student/Parent Athletic Handbook is to alert each of us to a deeper understanding of our role as stakeholders in the St. Ursula Academy Athletic Program, which espouses to exercise Christian leadership and service in family, church and society. To that end, we will concentrate all efforts towards good sportsmanship and allow it to be the center of our Athletic Program.

Sincerely,

Craig A. Maliborski  
Principal

Mike Sipes  
Athletic Director

## **WELCOME TO SUA SPORTS!**

You have decided to participate in St. Ursula Academy Athletics as part of your total high school educational experience. Congratulations on your decision! The entire SUA community – students, graduates, teachers, and parents, is standing behind you and counting on you to carry on SUA's tradition of excellence and sportsmanship in athletics.

St. Ursula Academy has won nineteen (19) State Team Championships in the past nineteen seasons, (Cross Country in 2006; Swimming '93, '94, '95; Volleyball '93, '94, '95, '96, '97, '98, '01, '03; Soccer '91, '93, 2007, 2008; Field Hockey 2010; and Golf '94, '97) as well as a Volleyball National Championship in 2003. SUA teams in all sports have been extremely successful. The number of students participating in sports has reached an all-time high.

St. Ursula Academy has an outstanding program. St. Ursula covers all athletic expenses through its Pay-to-Play fees, Booster membership, and fundraisers. In order for this tradition to continue, WE NEED YOUR COMMITMENT AND SUPPORT.

The primary source of income is the annual Pay-to-Play fees. All families whose daughters participate in any sport at St. Ursula Academy are required to pay these fees and are encouraged to join the St. Ursula Boosters. We also encourage any non-participating families to join the Boosters organization as well.

St. Ursula Academy hopes that your experience in interscholastic athletics will teach you the value of teamwork and sportsmanship, strengthen your school spirit and pride, sharpen your athletic skills, and bring you enduring friendships. We have prepared this handbook so that student/athletes and parents will know what to expect as well as what is expected of them.

## **ST. URSULA ACADEMY MISSION STATEMENT**

St. Ursula Academy is a Catholic, college-preparatory, secondary school for young women, sponsored by the Ursulines of Cincinnati in the spirit of Angela Merici, their foundress.

St. Ursula Academy is a nurturing Catholic educational community that unleashes the potential of each student to become a woman of faith, integrity and courage committed to building a better world.

St. Ursula Academy seeks cultural and socio-economic diversity by drawing students from the entire Greater Cincinnati area to its campus centrally located in East Walnut Hills.

## **CORE VALUES OF AN URSULINE EDUCATION**

The **Christ Centered Spirit** of St. Angela Merici inspires us to

Affirm the **Dignity and Gifts of Women**,  
Inspire students to achieve **Academic Excellence**,  
**Develop the Whole Person**,  
Value the **Uniqueness and Gifts of Each Person**,  
Build **Family Spirit** in our school,  
Celebrate **Difference and Diversity**, and  
Commit ourselves to lives of **Christian Service**,  
with **Optimism and Openness** guiding our daily actions.

### **Athletic Philosophy**

The athletic program at St. Ursula Academy affords students opportunities to pursue current interests in sports and to stimulate new ones. Students are encouraged to develop skills in sports that can provide lifelong leisure activities. Participation in team and individual sports gives each student athlete the opportunity to interact with others, to enjoy success, to accept failure, and learn good sportsmanship.

**Eligibility**

All students who meet the eligibility requirements of the Ohio High School Athletic Association and the GGCL are welcome to try out for the teams. Tryouts are held annually and no student, including a senior, is guaranteed a position on any team simply because she was on the team in prior years.

A student must have the consent of her parents before she will be permitted to participate in St. Ursula Academy's athletic program and her medical form must be updated annually and filed in the school's athletic office.

A student athlete is expected to be passing in all classes in which she is enrolled for the term. If a student is failing any subject, she must attend mandatory tutorial sessions and must be passing all subjects at the end of that two week period to remain eligible for that co-curricular experience. If a student is ineligible for more than one half of the season, she can not earn a letter in that sport.

All athletes must wear their uniforms appropriately. Parents of athletes must attend a mandatory meeting at the beginning of each respective season before their daughter(s) will be permitted to participate.

***Note: A student may be declared ineligible at any time because of a serious violation of school or team rules.***



### **ATHLETIC RESOLUTION**

RESOLVED, that St. Ursula Academy recognizes the value of interscholastic and intramural athletics in the educational process and the values that students develop when they have the opportunity to participate in an athletic activity outside of the traditional classroom; and

That participants, coaches, staff, spectators and other responsible adults involved in board-approved, extra-curricular athletic activities are expected to demonstrate the same level of responsibility and behavior at practice and competitions as is expected in the classroom; and

That integrity, fairness and respect are inherent principles of good sportsmanship and integral to the Mission of the Academy and that with them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results; and

That all student-athletes should be challenged to excel academically and in displaying principals of sportsmanship; and

That student-athletes who are “good sports” are positive role models within the school and the community at-large; and

That a “good sport” knows that athletic competition builds character and shapes lifetime attitudes.

RESOLVED FURTHER, that the Principal and Athletic Director are hereby directed to adopt such rules, regulations and policies as they deem necessary and appropriate to implement the foregoing principles and philosophy.

Approved by Board of Trustees May 5, 2004

## Statement of Beliefs

We believe that St. Ursula Academy shares in the mission of the Catholic Church to preach the Gospel by word and example.

- The words and actions of coaches and athletes should reflect respect for all engaged in the sport: their own teammates and coaches, the opposing team and coaches, the referees and spectators
- The cheers and actions of the fans should be respectful of their own team, the opposing team, the referees and spectators
- Grudge matches have no place in the St. Ursula Academy athletic program
- Students who are not selected on one of the teams should be treated with respect, dignity, understanding and compassion so that their self-esteem is maintained

We believe and trust in God's goodness and in the goodness of life despite its difficulties and hardships.

- Our teams do not have a no-cut policy
- Coaches should inform the Athletic Director of students who are not selected for a team
- The administration will make every effort to help a student find alternative activities to replace the activity for which she was not selected
- Coaches and athletes should regard each game as a game; they compete fairly, give it their all and accept winning or losing with equal grace

We believe that being united with one another by the bonds of charity, and esteeming, aiding and supporting one another in Christ, is the basis of our school community.

- Athletes are members of teams and should play for the glory of the team and the school, not themselves

- Coaches lead the athletes to be the best they can be
- Athletes are encouraged to come to a realistic and accurate perception of themselves
- Athletes have a special role in the school community and should realize that they contribute either good or ill to the school and its reputation
- This Christian charity also motivates how the athletes, coaches and the entire student body reacts to the opposing school

We believe that each student is capable of academic achievement and that it is our role to challenge and motivate her to do her very best.

- Athletics take second place to the academic program
- Only students who are passing every subject can participate in inter-scholastic competition

We believe that faculty and staff relationships with the students are essential in ensuring success for every St. Ursula student.

- Faculty and staff are encouraged to attend sporting events to show their support for the teams
- The actions and words of faculty and staff at athletic events should be a good example of good sportsmanship to the students and parents

We believe that cultural, geographical and economic diversity enriches our school community.

- Athletes and non-athletes alike should be esteemed and appreciated for the gifts they bring to the Academy
- Athletes should, when possible, support other groups who perform as representatives of the school community
- The student body is encouraged to show support for all the teams, even the ones that are “low-profile”

We believe that commitment to service is an essential element of living the Christian life.

- Athletes serve the school community by representing the school by playing according to the precepts of good sportsmanship
- Athletes serve the school community by encouraging good sportsmanship

We believe that education in an all-girls school promotes the recognition of the dignity and gifts of women.

- Participation in athletics encourages positive self-esteem among young women
- Participation in athletics encourages girls to adopt a positive body image
- Team captains and senior team members play a significant role in welcoming younger players to the teams

**Approved by Board of Trustees May 5, 2004**



### **Sportsmanship**

*What is Sportsmanship?* Sportsmanship is a demonstration of generosity and genuine concern for others. It is a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity.

Sportsmanship is blending of cheers for “your team” and applause for the “opponents,” observing the letter and spirit of the rules and showing consideration for others.

Sportsmanship is respect. Respect for others and for one’s self.

Sportsmanship is all this and much more.

For a coach, sportsmanship may be accepting a “questionable” call without protest.

For an athlete, it may be extending a helping hand to an opponent who is down.

For a spectator, it may be cheering for his team when it loses, and applauding the opponent when it wins.

Sportsmanship encompasses all that which is good in human nature.

Sportsmanship is citizenship in action.

Sportsmanship is the practice of playing fair, of taking defeat without complaint, or victory without gloating and treating opponents with respect, generosity and courtesy.

## **ATHLETIC STAFF**

Athletic Director

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## **INTERSCHOLASTIC ATHLETICS**

St. Ursula Academy offers a wide variety of sports opportunities for the student body. The following lists those sports opportunities by category.

**Sanctioned Sports** are those sports sanctioned by the Ohio High School Athletic Association (OHSAA). To participate in any sport, the student/athlete must be an Ohio resident. These sports currently include cross country, field hockey, golf, soccer, tennis, volleyball, basketball, bowling, swimming & diving, softball, and track & field.

All sports teams not sanctioned by the OHSAA are considered "Club Sports." These activities currently include lacrosse.

## **Sports Offered**

St. Ursula Academy Program consists of the following interscholastic teams:

### **Fall Sports**

Cross Country – Varsity & Reserve  
Field Hockey – Varsity & Reserve  
Golf – Varsity & Reserve  
Soccer – Varsity, Reserve & Freshman  
Tennis – Varsity, Varsity “B” & Reserve  
Volleyball – Varsity, Reserve & Freshman

### **Winter Sports**

Basketball – Varsity, Reserve & Freshman  
Bowling – Varsity & Reserve  
Indoor Track & Field – Varsity & Reserve  
Swimming & Diving – Varsity & Reserve

### **Spring Sports**

Lacrosse – Varsity & Reserve  
Fast-pitch Softball – Varsity & Reserve  
Track & Field – Varsity & Reserve

### **Seasonal Sports Sign-ups**

In late January or early February, the athletic department will hold a preseason sign-up day for all students who are registered to enter the 9<sup>th</sup> grade. In addition, current students will be given information and dates about physical forms, conditioning, tryouts and expectations for the next school year.

### **Preseason Conditioning/Open Gym**

Many sports will conduct preseason conditioning and Open Gym/ Field time. Please check the athletic website for specific dates and times.

### **Practices & Games**

Once teams are picked, attendance is mandatory for all practices, scrimmages and contests. Athletes must be aware of all mandatory practice requirements and each coach

reserves the right to schedule practice sessions and as a member of a team, each player is expected to be in attendance for all complete practice sessions. Failure to abide by these rules can be grounds for removal from a team.

### **Care for Uniforms**

Only the athletic department or a representative assigned by the athletic department will issue uniforms. Students are not permitted to wear their warm-ups to and from school.

Uniforms and warm-ups may only be worn to and from games. They may be washed at home, but care must be taken to not discolor the uniforms in the washer or not to shrink the uniforms by putting them in the dryer. Students must turn in their uniforms to the assigned representative immediately after the season. Grades may be held and a fine will be charged to the student if the uniform is not returned on time. If the uniform is damaged or lost, the athlete will be responsible for the replacement fee.

### **PARENT MEETINGS**

It is mandatory that at least one parent attend each parent meeting. Parent meetings are held at the beginning of each sport season. All athletic fees and signed participation forms are due at the parent meeting. If a parent cannot attend, they must contact the athletic department at least 72 hours in advance so arrangements can be made for a make-up meeting.

**CODE OF CONDUCT FOR THOSE PARTICIPATING  
IN ATHLETICS & EXTRA CURRICULAR  
ACTIVITIES**

**Policy Statement:** It is a privilege, not a right, to participate in extracurricular activities and interscholastic sports at St. Ursula Academy. As representatives of the Academy, leaders among the student body and role models to young fans and future students, St. Ursula students are held to high standards of personal responsibility, conduct and, in the case of athletes, sportsmanship. In accordance with laws of the State of Ohio, it is the policy of St. Ursula Academy that students who participate in extracurricular activities and interscholastic sports shall not use, possess or purchase, any alcoholic beverages, illegal drugs, medicines, or other controlled substances without a valid prescription. Students who violate this policy **at any time throughout the school year** shall be subject to prohibition from participation in extracurricular activities and interscholastic sports at St. Ursula Academy, and may be subject to suspension, or expulsion. Failure to follow the policy may result in consequences which could include rehabilitation counseling, suspension, or expulsion for the remainder of the semester or permanent expulsion from the Academy.

**Policy Implementation:**

1. All St. Ursula students and/or athletes as well as their parents/guardians and activity directors, advisors, coordinators or coaches, as the case may be, shall sign a pledge whereby all students agree to comply with the Policy Concerning Alcohol and Drugs stated above as a condition precedent to participating in extracurricular activities and interscholastic sports at St. Ursula Academy. The pledge shall be deemed to constitute each student's agreement to follow policies.
2. Compliance with the Policy shall be the individual responsibility of each student, although parents/guardians, activity participants, teammates,

activity directors, advisors, coordinators and coaches are urged to take reasonable and appropriate actions to encourage all St. Ursula students to comply with it.

3. a. If a St. Ursula student violates the Policy, she shall promptly notify her activity director, advisor, coordinator or coach, or in the case of athletes, the Athletic Director of the violation.
- b. Within two days after her notification, the student and her parents/guardians shall meet with the Principal and the Discipline Committee, the student's activity director, advisor, coordinator or coach and, in the case of athletes, the Athletic Director, during which meeting the facts and circumstances relating to the violation shall be thoroughly discussed. After the meeting, the Principal and the Discipline Committee, the student's activity director, advisor, coordinator or coach and, in the case of athletes, the Athletic Director, shall promptly meet and determine what penalty, if any, is appropriate under Paragraph 3(c) as a result of the violation and the student shall be so notified accordingly. Such determination shall be final and not subject to review or appeal.
- c. Penalties for violating the Policy may include any of the following actions:
  - i. In the absence of aggravating circumstances, first-time violators will generally receive warnings;
  - ii. With respect to students who are participating in interscholastic sports, first-time violators may receive and repeat violators shall receive suspensions from one or more practices and/or suspensions from one or more games, matches or meets in the current sport season and/or, if deemed appropriate, in the next season of the same sport or in any subsequent season or seasons of any interscholastic sport or extracurricular activity, expulsion from further participation in the current sport season, or

prohibition from further participation in the same or any other interscholastic sport or extracurricular activity at St. Ursula Academy; and

iii. With respect to students participating in other extracurricular activities, first time violators may receive and repeat violators shall receive suspensions from one or more practices and/or suspensions from one or more performances in the current activity season and/or, if deemed appropriate, in the next season of the same activity or in any subsequent season or seasons of any extracurricular activity, expulsion from further participation in the current activity season, or prohibition from further participation in the same or any other extracurricular activity at St. Ursula Academy.

iv. Athletes suspended from one or more games, matches, or meets shall not be entitled to dress, sit on the bench, travel, or otherwise participate with their teams during the term of their suspension. Students suspended from participating in one or more performances shall not be entitled to otherwise participate in any capacity whatsoever in their activity during the term of their suspension.

4. a. If a student's activity director, advisor, coordinator or coach, or in case of athletes, the Athletic Director has reasonable cause to believe a student has violated the Policy, the Principal shall be notified first and, if the Principal concurs that reasonable cause exists under the circumstances, the Principal and the Discipline Committee shall so notify the student and her parents/guardians of such reasonable cause in order to furnish the student with the opportunity to admit or deny a violation has occurred.
- b. The Athletic Director, in the case of athletes, and the activity director, advisor or coordinator, in the case of

students who are not athletes, shall promptly conduct an investigation concerning the purported violation.

- i. If, as a result of the investigation, the person investigating the purported violation concludes the student has not violated the Policy, the person investigating the purported violation shall so notify the Principal, the student, her parents/guardians and, in the case of athletes, the athlete's coach and upon such notification, the matter shall be deemed to be concluded.
- ii. If the person investigating the purported violation concludes the student has violated the Policy, the Principal and the Discipline Committee, the student's activity director, advisor, coordinator or coach and, in the case of athletes, the Athletic Director, shall promptly meet, discuss the results of the investigation and determine what penalty is appropriate under division (ii) or (iii), as the case maybe, of Paragraph 3(c) above as a result of the violation and the student shall be so notified. Such determination shall be final and not subject to review or appeal.

5. In addition to or in lieu of any penalty that might be imposed under paragraph 3(c), a student may be required to obtain professional evaluation and/or counseling. If professional evaluation and/or counseling is required, the student and her parents/guardians and the St. Ursula Academy Guidance Department shall follow through with an evaluation and/or counseling program that is reasonably acceptable to the Principal and the Discipline Committee. If a student fails to participate in or satisfactorily complete any program of evaluation or counseling, the Principal and the Discipline Committee may impose a penalty under division (ii) or (iii), as the case may be, of Paragraph 3(c).

## **Expectations**

The student/athlete can expect that each coach will model the Ursuline core values and philosophy of St. Ursula Academy in interacting with all athletes.

A. It is reasonable to expect the coach to inform all athletes:

1. When and where practices and contests are held.
2. About his/her coaching philosophy.
3. About the expectations he/she has for all athletes on the squad.
4. What is required to be a part of the team, i.e., fees, special equipment, off season conditioning, lettering requirements, etc.
5. Whenever any disciplinary action results in a player being denied participation in a practice or contest.

B. The school expects parents to be partners with the coaches and the athletic department in assuring that the philosophy of St. Ursula Academy is modeled in all endeavors to help our young athletes.

1. Parents and students will be knowledgeable of the Student/Parent handbook regarding all athletic policies.
2. Parents and students are reminded the commitment to a team means attendance is mandatory for all practices, scrimmages and games. If you believe this will be a problem, please do not plan to attend try-outs.
3. Typical concerns of parents that are *appropriate* to discuss with a coach are:
  - a. Any unhealthy mental or physical strain detected in the athlete at home (especially when it affects her academic performance).
  - b. How parents and guardians can contribute to their student/athlete's skill improvement and development.
  - c. Any dramatic changes detected in an athlete's behavior.

4. It is *inappropriate* to discuss with a coach:
  - a. Playing time.
  - b. Team strategy or play calling.
  - c. Other student athletes.
  
5. Coaches often need parents to tell them:
  - a. Any specific health concerns about the athlete expressed directly and informally to the head coach at a mutually convenient time.
  - b. Notification of any schedule conflicts well in advance.
  - c. Parents' commitment to the program, and how they plan to make a contribution to the program's success. For example, one way is to be sure the athlete is on time for practice and to supervise that the athlete gets enough rest and nutrition at home.
  - d. Strategies that have worked in the past for dealing with a particular athlete.

### **Penalties**

St. Ursula Academy athletes or parents of athletes who fail to observe obligations regarding attendance, parent meetings, sportsmanship, respect for facilities, support for the sports program, or safety violations may be suspended temporarily or permanently from the athletic program at the discretion of the athletic director in consultation with the principal and coach. First time minor infractions for players normally result in reduced playing time.

### **Ejections**

Any player ejected for unsportsmanlike conduct shall be ineligible for contests for the remainder of that day as well as for all contests, until two regular season/tournament contests are played at the same level as the game at which the student was ejected. A student who is ejected a second time shall be suspended for the remainder of the season.

## **Hazing**

The term "hazing" typically refers to actions directed toward or required of individuals new to a group or community by those who are established within the group. Hazing is a broad term encompassing a multiplicity of actions and activities which do not contribute to the positive development of a person; or which inflict or intend to cause mental or bodily harm or anxiety; or which demean, degrade, or disgrace a person. Hazing especially undermines new member education programs by eroding the atmosphere of mutual respect and trust necessary for groups to contribute to the positive personal growth of all members.

**Hazing is strictly prohibited by St. Ursula Academy as being completely inconsistent with St. Ursula's mission and Christian community atmosphere.**

## **Parental Procedures for Registering a Concern**

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept actions of the other and provide greater benefit to children. As parents, when your children become involved in an athletic program, you have a right to understand what expectations are placed on your child.

*If you have a concern to discuss with a coach, what procedure should you follow?*

1. First be sure the student athlete has taken the opportunity to speak with the coach about the concern.
2. Make an appointment with the coach. Never approach the coach after a game unless the coach requests this.
3. The meeting with the coach should include the student athlete.
4. If the coach cannot be reached, call the athletic director to set up a meeting.
5. Please do not attempt to confront a coach before, during, or following a contest or practice. These can

be busy and emotional times for both the parent and the coach and this time period does not promote objective analysis of the situation.

*What should you do if the meeting with the coach does not result in a resolution to the problem?*

1. Call and set up an appointment with the Athletic Director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

**Ten Principles for Parenting an Athlete – taken from a bulletin published by the O.H.S.A.A.**

1. Be positive with the student athlete. Let her know she is accomplishing something positive simply by being a part of the team.
2. Avoid offering excuses for the student athlete if she is not playing or seeing only limited action. Encourage her to work hard, reach her potential, and contribute to the team's efforts.
3. Open criticism of the coach is detrimental to the athlete's experience. By hearing her parents openly criticizing the coaches, the student athlete becomes trapped between the coach's authority and the parent's criticism. This situation merely erodes the athlete's effectiveness and affects her contributions to the team.
4. Encourage and support the student athlete's efforts to follow the team rules and athletic code. Remember that everyone signs a parent athletic pledge stating support of the athletic code, its enforcement and penalties. This is a year-round responsibility and not limited to the athletic season.
5. Emphasize the importance of academics and understand the academic requirements necessary for participation in interscholastic athletic activities. With few exceptions, most student athletes do not receive athletic scholarships.

Their future as active, contributing citizens is determined by their academic abilities, not their high school athletic abilities.

6. Criticizing or showing envy in relation to the failures or successes of other student athletes displays inappropriate behavior to others. Most are trying their hardest on any given day and they deserve respect for their efforts. Living life vicariously through the student athlete puts undue pressure on all concerned. Remember, a sport is a game and it is supposed to be fun.
7. The coaches work with the athletes on a regular basis and they have had the opportunity to evaluate the athlete's strengths and weaknesses objectively. Focus energy toward being a supporter of the team and do not waste it tearing the team down. Remember, every team is composed of three groups; athletes, coaches, and parents. Be a positive part of the team.
8. Emphasize good sportsmanship with the student athlete. Win or lose, she must show respect for her opponent and demonstrate the maturity necessary to show class. In addition, encourage the student athlete to respect the authority of the officials. Remember, self-respect begins with self-control.
9. Emphasize that "team" must take precedence over the individual. Recognition of individual's contributions happens at the end of the season. Recognition is directly affected by the success of the team and the individual's contribution to the team's success. Remember, there is no "I" in the word team.
10. The lessons learned through athletic competition are lessons for life. The skills learned are for leisure in the future. Keep sports in perspective.

## **ATHLETIC RULES AND REGULATIONS**

### **Try-Outs**

Each year the OHSAA sets the dates for seasonal sports tryouts. It is mandatory that all students attend the full tryout schedule of the program that they are interested in. Students will not be excused from tryouts for vacation or any other schedule conflict *without advanced written approval from the Athletic Director prior to the beginning of the try-out period.*

***PLEASE BE AWARE THAT ALL STUDENTS WILL NOT MAKE THE TEAM. THERE WILL BE CUTS MADE ON THE LAST DAY OF TRY-OUTS.***

Try-out dates for the 2012-13 school year begin as follows:

**FALL** Monday, August 6, 2012 All Other Fall Sports  
**WINTER** Friday, October 26, 2012 for Basketball  
Friday, November 2, 2012 for Swimming/Diving  
& Bowling  
**SPRING** Thursday, February 28, 2013 for Lacrosse &  
Softball  
Monday, March 11, 2013 for Track & Field

### **School Day Attendance**

Students must be in attendance for the entire school day in order to participate in any after-school interscholastic competition that day or evening. Exceptions are made at the discretion of the vice principal and/or the principal.

### **Sports Team Attendance**

Once the teams are picked, attendance is mandatory for all practices, scrimmages and games. If you believe this will be a problem, please do not plan to attend try-outs.

### **Transportation**

St. Ursula Academy does not transport athletic teams to regular season games or practices. We ask that parents provide rides for team members. At the mandatory parent meeting, parents are asked to sign up to help with car-

pooling to practices and contests. Parents should be familiar with the following transportation policy and guidelines for student/athletes. This procedure should be used when students are being transported from one location to another for either co-curricular or extra curricular events.

- There should be no more students in the vehicle than there are workable safety belts.
- The coach, staff member or parent representative in charge is responsible for distributing directions to and from the location. Please include exact routes to be taken. **Under no circumstance should any side trips be made.**
- The coach, staff member or parent representative coordinates and/or organizes the drivers (including asking for volunteers or asking the students to volunteer her parents); each family is responsible for completing the proof of insurance form for each driver prior to the trip.
- The athletic office must maintain the insurance information.
- Students are permitted to drive to events inside a 50-mile radius of St. Ursula Academy. Students are not permitted to drive to any event outside a 50-mile radius. It is the coach/moderator's decision if students are permitted to drive at all.

#### **UNAUTHORIZED USE OF THE SCHOOL NAME**

The name St. Ursula Academy, including but not limited to the Ursuline Community, SUA logo, or reference to St. Ursula or Ursula... may not be used, printed, drawn, in any manner for commercial purposes or otherwise without explicit permission from the Public Relations Director. Any infraction of this regulation will be subject to serious disciplinary action at the discretion of the Principal. This includes, any t-shirts, sweatshirts, or other clothing items including, but not limited to Club, Class, or athletic items of

any kind, websites, email and other electronic communication.

No commercial goods, whether for St. Ursula Academy or otherwise, may be sold on the grounds of St. Ursula without the permission of the Principal.

No clothing item may be sold or freely distributed to any students at St. Ursula Academy without permission in advance from the Principal.

**Players' Spirit Wear** Each sport usually designs its own t-shirt or "team" spirit wear item sometime during the season. These items must be approved by the school representative(s) in charge of spirit wear and can only be worn to school **IF** given specific permission to do so by the principal. These items are not required and are completely optional.

#### **Additional Rules for Specific Activities**

The coach for each sport or activity may develop rules and regulations, consistent with the athletic code. The Athletic Director and Principal must approve coaches' rules before issuance to students.

Such rules and regulations shall be issued in writing to each student participating in interscholastic athletic activities and provided to the student at the start of the season. Each coach may also impose reasonable punishment on student athletes found in violation of the coach's rules and regulations.

## **OVERNIGHT CONTESTS**

**Regular Season:** To provide a competitive schedule some contests may require an overnight stay. Usually only one overnight contest will be scheduled during the regular season for any program. Other than hotel accommodations and meals, it is the responsibility of the student athlete and her family to pay for any other expenses.

**Post Season:** When post-season competition requires overnight lodging and meals expenses, St. Ursula Academy and the athletic department will usually pay for any athlete who qualifies for post-season competition. Lodging expenses are based on four (4) athletes per room along with a food allowance that is handled by the coach.

**Supervision:** The SUA coaches will supervise all overnight trips. From time to time an overnight trip will require parental supervision to assist the coaches with their duties and responsibilities. An itinerary with all the hotel information, arrival/departure times, contest information, and expectations will be given to the principal, the Athletic Director, and to each athlete prior to the trip.

## **OFF-SEASON OPEN-PLAY AND CONDITIONING**

Any athlete who is currently playing a sport for St. Ursula that is in-season is PROHIBITED from participating in any open-play or conditioning for a St. Ursula sport that is out of season. The only exception is if an in-season coach agrees to the student participating or when that sport season has ended. During tryouts, no coach may judge an athlete adversely for not participating in open-play/conditioning if that athlete was participating in another sport for St. Ursula.

## **ACADEMIC ELIGIBILITY REQUIREMENTS**

### **No Pass/No Play Policy**

Participation in interscholastic sports, in academic competitions, and in fine arts performances as well as leadership roles in clubs or other student organizations help to develop a student's gifts. **It is imperative, however, that students maintain a minimum cumulative grade point average of 2.00 and be passing in every subject to be eligible to participate in these activities.** Extra-curricular activities are subordinate to the academic program at St. Ursula Academy.

A student must have a minimum cumulative grade point of 2.00 to be eligible to play interscholastic sports, to participate in academic competitions, to perform in public, or to serve in a leadership capacity in clubs or other student organizations. In order to be elected to any of the student offices, a student must have a 2.5 GPA for the current year. If a student's cumulative average falls below 2.0, that student will not be eligible to serve as Homeroom Rep or hold Student Council Office until the cumulative average has been raised to 2.0.

In addition to the minimum grade point average requirement, a student must also be passing every subject she is taking. If at the mid-term of a grading period or any point thereafter, a student has a failing average in any subject, the student will be required to attend mandatory tutorial sessions to assist her

in raising the grade (s) to passing. If after a period of two weeks of tutorial classes all grades are not above passing the student will be removed from the team..

If she can raise the grade to passing within the following two-week period, she will be allowed to continue her participation with that co-curricular activity. Otherwise, she will be removed from the team.

If, at mid-term, a student has an F in any course, that grade remains until the teacher has informed the Assistant Principal and has posted a passing grade. If a test has been taken, but not yet graded, the grade still remains an F and the student may not play until it has been determined that she is passing.

After the mid-terms, teachers will notify the Assistant Principal of any student whose grade has dropped to failing. The Assistant Principal will inform the athletic office and all other moderators of the names of any ineligible students. A student's "current grade" must be 65.00 or above to be considered passing; the "current grade" is the one posted regularly on Powerschool. A student who has a failing grade in a subject at the end of a term will be ineligible until the mid-term report of the following term indicates that she is no longer failing in that particular subject.

It is the responsibility of each student to keep herself, her parents, her coaches, and her moderators accurately informed of her progress in her classes. It is the responsibility of parents/guardians to check Powerschool periodically and to communicate immediately with the Assistant Principal if there are questions or concerns.

If a student is ineligible for more than half of the season, she will not earn a letter in that sport.

**ST. URSULA ACADEMY  
ATHLETIC FEES 2010-2011**

The following three categories are required payments for each SUA athlete.

- Pay-to-Play Fees \$225.00      The minimum Pay-to-Play requirement for a single season student/athlete. The fee includes free family admission to most SUA games.
  
- Additional Pay-to-Play Fees
  - Second Sport Fee      \$ 75.00
  - Third Sport Fee      \$ 50.00
  - Family Maximum      \$350.00
  
- Magazine Drive \$45.00      Each athlete must sell a minimum of (3) three magazine subscriptions or pay a buyout of \$45.00.
  
- GAA Flower Sale \$30.00      Each athlete is responsible for selling at least \$30.00 worth of flowers in the spring. For fall and winter athletes, the fee is collected at the beginning of the season and a Flower Sale credit is issued to offset the pre-payment.

The following are categories that are optional. You will learn more about them as the season gets underway. While they all assist in team spirit, parental support, camaraderie, and other SUA fundraising, they are optional.

## **Booster Memberships**

The Boosters are an integral part of the success of the athletics program at Saint Ursula not only in terms of building team unity and spirit and involvement, but also in funding a large portion of the GAP between the cost of running our sports program and the revenue generated thru Pay to Play fees charged. Saint Ursula has always valued athletics as a part of the education of our students and offers a tremendous financial value to our student athletes.

Every year the Booster's raise \$80,000 which is contributed to the school for the benefit of athletics. In addition, the funds raised above the \$80,000 threshold are accounted for separately in the business office and are being held for long term capital projects as yet to be determined to further benefit our girls' athletics.

### **Booster Membership Levels:**

#### **1) Platinum Level Booster - \$130.00**

Members supporting the Athletics program at the Platinum Level will receive:

- A Booster Club car decal.
- Two special commemorative SUA logo items.
- Their name prominently displayed on a plaque at the front of the gym.

#### **2) Silver Level Booster - \$50.00**

Members supporting the Athletics program at the Silver level will receive:

- A Booster Club car decal.
- A special commemorative SUA logo item.
- Their name prominently displayed on a plaque at the front of the gym.

**Players' Spiritwear** Each sport usually designs its own t-shirt or "team" spiritwear item sometime during the season. These items must be approved by the Dawg House and/or the Principal and cannot be worn to school except IF given specific permission. These items are not required and are completely optional.

**Players' Equipment** Teams often get together and decide to purchase matching shoes, travel clothes, or sports bags. These items are not required and are completely optional.



### **Boosters Club**

#### **Mission Statement:**

St. Ursula Boosters is an organization of parents and friends of the St. Ursula Athletic Program that promotes the student athlete through the following:

- Supporting the athletic programs financially
- Promoting athletic programs to parents and the community
- Coordinating fund raising activities
- Encouraging team spirit and unity
- Organizing parent support for the coaches
- Facilitating social functions for the parents

The St. Ursula Boosters pursue the above activities without attempting to direct or control the technical functions or policies of the school administration, Athletic Director, SUA teachers or SUA coaches.

**ST. URSULA ACADEMY  
ATHLETIC FEES  
2012– 2013**

<u>LEVEL</u>	<u>FEE</u>	<u>BENEFITS</u>
<b>GOLD ( 3 sports or family max )</b>	<b>\$350.00</b>	Gold level covers all family member's "Pay-to-Play" fees, no matter the number of student athletes or the number of seasons played this year. This fee also includes free family admission to most home games. Does not include anticipated sell-out contests.
<b>BLUE ( 2 sports )</b>	<b>\$300.00</b>	Blue level covers a two-season student athlete's "Pay-to-Play" fee. It also includes free family admission to most home games. Does not include anticipated sell-out contests.
<b>BULLDOG ( 1 sport )</b>	<b>\$225.00</b>	Bulldog level is the minimum "Pay-to-Play" fee requirement for a single season student athlete. This fee includes free family admission to most SUA home games. Does not include anticipated sell-out contests.

The minimum cost per athlete's family is **\$225.00**. Payment will be due on the evenings of the seasonal Mandatory Parent Meetings. The meeting/payment schedule is as follows:

**Parent Meeting and Payment Due Date**

All Fall Sports	August 13, 2012
All Winter Sports	November 19, 2012
All Spring Sports	March 25, 2013

## **AFFILIATIONS**

### **NCAA**

If a student athlete is planning to enroll in college as a freshman and she wishes to participate in Division I or Division II athletics, she must be certified by the National Collegiate Athletic Association Initial-Eligibility Clearinghouse. The Clearinghouse was established as a separate organization by the NCAA member institutions in January 1993. The Clearinghouse ensures consistent interpretation of NCAA Initial-Eligibility requirements for all prospective students athletes at all member institution. For more information, please log onto [www.ncaa.org](http://www.ncaa.org) or contact the Athletic Director.

### **Athletic Scholarship and Grants-in-aid**

While great strides have been made in the past few years in women's intercollegiate sports, athletes who hope to get scholarships need to do some planning and work. If you hope to get an athletic scholarship, keep these pointers in mind:

1. Choose as challenging an academic course as St. Ursula recommends and keep up all grades. Not only does the NCAA have minimum academic standards, but many colleges also have their own requirements that far exceed the NCAA minimum.
2. Participate in other school activities. A college that wants a students to play for their team may not be able to give an athletic award, but might find a certain individual qualifies for a service or leadership award.
3. If possible, show balance by participating in more than one sport. College recruiters are sometimes interested in seeing how an athlete performs in a sport for which she is not being recruited, and smaller colleges often want athletes willing and able to play two sports.

4. Get involved at St. Ursula! Understand the value of being a team player and showing good sportsmanship. College coaches are not interested in dealing with attitude problems.
5. Athletic scholarship services are available, but St. Ursula does not endorse any particular service. Our coaches will, however, gladly communicate directly with a college or other scholarship source.
6. Be aware of NCAA recruitment procedures. Complete information is available online at [www.ncaa.org](http://www.ncaa.org) or you can contact the St. Ursula athletic department or school counselors.

NOTE: At least by the mid-point of the junior year, a student athlete should begin working with the coach, the athletic director, and her counselor to start the process of marketing herself in which she has an interest. Have the counselor assess grades in NCAA terms, and take the ACT/SAT as early as possible. A “Clearinghouse Form” must be filled out no later than the beginning of the senior year. These forms are available in the Guidance Office. A college coach should never approach an athlete without the knowledge and consent of the parents as well as the St. Ursula coach.

**O.H.S.A.A.  
Eligibility**

St. Ursula Academy is a member of the Ohio High School Athletic Association (OHSAA). The purpose of this organization shall be to regulate, supervise, and administer interscholastic athletic competition among its member schools. As a long-standing member of this organization, St. Ursula Academy agrees to abide by all the bylaws and supports regulations adopted by OHSAA. The eligibility of a student/athlete is determined by Ohio residence, academic grades that she receives each semester, and by her actions in the summer as well as during the interscholastic season of

their sport. Parents and a student/athlete of St. Ursula Academy, share in the responsibility that rules governing the eligibility of student/athletes will be followed.

### **Physical Examinations**

Students participating in athletic activities for St. Ursula Academy are required to undergo a physical examination pursuant to the regulations of the Ohio High School Athletic Association (OHSAA). Physical examinations are valid for one year from the date of the exam. A student in grades 9 through 12, participating in a school sport, is required to have the Preparticipation Physical Examination Form properly signed by a physician, by the participant, and by the parent or guardian each year. This form must be on file in the athletic office before any athlete can participate in a try-out, practice or game. Completing this form on time is the responsibility of the student/athlete. This form must be no more than 1 year old and must be sent to the athletic department by July 1, 2012 or before the first day of try-outs.

### **GGCL**

St. Ursula athletes participate in the Girls' Greater Cincinnati League, (GGCL). The purposes of the GGCL are as follows:

1. To promote girls' athletics with emphasis on Christian ideals and good sportsmanship.
2. To encourage the spirit of competition within the bounds of genuine sportsmanship, fair play, and school spirit.
3. To organize, supervise, control and encourage athletic activities in harmony with policies of the member schools and the Ohio High School Athletic Association, OHSAA.

The GGCL is divided in two divisions according to single-sex and co-ed enrollment of the schools. Six all-girl schools make up the Scarlet Division. Scarlet Division member

schools are McAuley, Mother of Mercy, Mt. Notre Dame, St. Ursula Academy, Seton and Ursuline. The eight co-ed schools that make up the Grey Division are: Archbishop Alter, Archbishop McNicholas, Badin, Bishop Fenwick, Carroll, Chaminade-Julienne, Purcell Marian and Roger Bacon.

### **League Awards**

**GGCL Scholar-Athlete:** Each GGCL school nominates one of its own senior student-athletes based upon athletic and academic criteria. At the end-of- the-year, the league announces one senior as the Divisional GGCL Scholar-Athlete of the Year.

**GGCL All-Stars:** The GGCL coaches choose an all-star team from the players from member schools for each sport. Two all-stars are designated GGCL Players of the Year for that sport, one in each division.

**GGCL Player of the Year:** Each division has a Player of the Year in each sport. This is decided upon by a vote of the coaches near the end of the season.

**GGCL League All-Sports Trophy:** Each division has a League champion in each sport that is awarded a trophy and each division has an All-Sports champion trophy.

### **SUA ATHLETIC AWARDS**

At the conclusion of each sports season, each athlete will receive an SUA sports award according to the following schedule:

- All athletes will receive a chenille letter and pin designating their sport played.

- Freshman athletes will get chenille numbers designating the last two digits of their graduating year.
- First year reserve athletes will receive a small chenille “U” designating them as a Reserve player for that sport.
- First year varsity athletes will receive a large chenille “U” designating them as a Varsity player for that sport.
- Following the receipt of one letter, athletes will then receive a certificate designating them as a second, third or fourth year athletes at that level.

### **Awards Programs**

At the conclusion of each season there will be a Sports Awards program sponsored by the St. Ursula Boosters. Dates for the Sports Recognition Nights are announced at the beginning of each sports season.

### **Gifts**

The Ohio High School Athletic Association has extremely specific rules regarding gifts to athletes as well as gifts to coaches. While the OHSAA allows for gifts under \$200, it is St. Ursula’s policy to not allow gifts of any kind to athletes or coaches, unless pre-approved in writing by the principal or athletic director. This includes end of season coaches’ gifts for senior night activities. This does not include team spirit gifts that are limited to \$5.00 per person/per gift.

## **GAA Information**

- Purpose:** To develop school spirit and support of the athletic program at St. Ursula Academy
- Activities:** Include participation and planning of pep-rallies, a father daughter dance, a fall magazine drive, the sports banquets, a spring flower sale and the Dawg Squad.
- Meetings:** Are held during activity periods two to four times per year and attendance is required.
- Membership:** All St. Ursula students involved in sports are required to be in GAA, but membership is not limited to athletes. A GAA pledge form will be given to each student/athlete and is available through the club moderator.

## **FACILITIES AND SERVICES**

### **A. Food in the Gym:**

No food or drinks, other than water, are allowed on the gym floor. Any water spilled on the floor should be dried up immediately.

### **B. Late Practices:**

After games or practices at night, one coach is required to stay until all the athletes have been picked up and left the facility. The athletes should have their parents pick them up at the team meeting place immediately after practice. At SUA, the student-athletes must remain inside the building until their ride arrives. It is ultimately the responsibility of the parents or guardian to be on time to pick up the athlete after all games, meets, and practices.



### **C. Study Areas:**

If students stay after school for sports or other extra-curricular activities, the following regulations must be followed:

1. It is important that when students are on campus, adult supervision is present.
2. Maintenance is outside between 7:30-8:00am every school day making sure students are safe as they come onto campus and into school.
3. After 3:00 P.M. student use of the buildings is restricted to the library until 5:00 P.M. or the east wing foyer and dining room.
4. If a student sets off the Alarm System, a monetary fine will be issued to the student's parents/guardian.

**D. Access Keypads:**

Each coach will be given an access code at the beginning of the season. This code gives only the coach access to the building at approved practice times. While the building will be locked before, during, and after practice sessions, the coach should be on site at least 15 minutes prior to the start of practice to control access to the building. Under no circumstances is a coach allowed to give out his or her building code to a student/athlete or a parent.

Student codes will operate the gymnasium/convocation gym access keypads on school days between 7:00am and 7:00pm.

**E. Equipment:**

All equipment taken from the gym must be approved by the athletic director and assigned to that particular team or sport. The equipment rooms are to be kept locked at all times. Any balls or equipment used inside the gym must be returned to their proper places. Coaches are responsible for all equipment used.

**F. Use of the Facilities:**

The gym facilities are to be used only for scheduled activities. Students may be asked to assist in cleaning up and setting up for games. No food or drinks, except water are permitted on the gym floor. Outside shoes should not be used in the gym. Black soled shoes are not allowed.

**Athletic Trainer and Training Room**

Through a partnership with Cincinnati Sports Medicine, St. Ursula provides an athletic trainer for all students training and sports medicine needs according to the following schedule:

June & July	Mon., Wed. & Friday	8:00am to Noon
Fall	Monday. thru Friday	3:00pm to 6:00pm
Winter	Mon., Wed. & Fri	3:00pm to 6:00pm
Spring	Mon., Wed. & Fri	3:00pm to 6:00pm

In addition, the athletic trainer will be on hand during all home games for basketball, field hockey, lacrosse, soccer, and volleyball.

**Fitness Center**

The Fitness Center at St. Ursula has a complete complement of LifeFitness weight machines, free weight dumbbells, (2) State-of-the-art treadmills, (2) elliptical climbers, (2) stair climbers as well as cardio theater with (2) flat screen televisions.

SUA student/athletes are encouraged to utilize the fitness

center facilities during team-structured times scheduled through their coach and specifically coordinated with the SUA athletic trainer.

**Students are not allowed to use the fitness center facilities without “DIRECT” supervision.**



Head coaches will work with the athletic trainer to develop sport-specific training programs to enhance the teams' and individual athlete's performance.

*This attachment is a direct reprint from the OHSAA website. This message and its sixteen points are reprinted here as a courtesy to St. Ursula Academy families. Your signature on the annual Preparticipation Physical Examination Form states that you have read and understand these rules. While in some cases, St. Ursula Academy's rules are more strict than those listed here, each family is responsible for adhering to the standards set by the OHSAA, the GGCL, and St. Ursula Academy.*

#### **Attachment A**

#### **A Message To Student-Athletes from the OHSAA Commissioner**

Participating in your school's interscholastic athletics program will provide some of your most memorable and enjoyable moments ever. Your state association, the Ohio High School Athletic Association, has standards that must be met in order to be eligible to compete.

The essential eligibility requirements in this brochure are only a summary of some of the regulations affecting student eligibility. Most requirements are found in the OHSAA Handbook, which can be found in the offices of your principal and athletic administrator. Your school district also has the authority to establish additional academic standards and codes of student or athletic conduct.

Any questions you have concerning the OHSAA standards or your athletic eligibility should be reviewed with your school principal or athletic administrator. You should also meet with these administrators every time before you change your course schedule or drop a course.

The eligibility standards of the OHSAA have been adopted by the member schools and were accepted by your school when it became an OHSAA member.

You are urged, as a student-athlete, to study these standards carefully since you are responsible for compliance with these standards. We want you to enjoy your school years!

**1. SCHOLARSHIP** High school students (grades 9-12) must be currently enrolled in a member school and have received passing grades in a minimum of five (5) one credit courses, or the equivalent, in the immediately preceding grading period.

Seventh- and eighth-grade students must be currently enrolled in a member school and have received passing grades in 75 percent of subjects in which enrolled.

- You may not use summer school grades for failing grades received or lack of courses taken in the final grading period.
- Your semester and yearly grades have no effect on eligibility.
- Those taking post-secondary school courses must comply with OHSAA scholarship regulations.

**2. RESIDENCE** You may attend any public or non-public high school where accepted, when entering high school from a 7th-8th grade school.

Eligibility at that school is then established by:

1. Participating in a contest (scrimmage, preview or regular season game) prior to the first day of school, or
  2. Attending the first day of school at any high school.
- If there is a change of custody, you must live in the same school district as the legal guardian.
  - If your parent or legal guardian lives outside of Ohio, you are ineligible unless one of the exceptions to the regulation is met. There are four (4) exceptions to this regulation. You and your parents should arrange a meeting with the principal or athletic administrator to review these exceptions.
  - If additional questions remain on the regulations on residence, school principals or athletic administrators should contact the OHSAA.

**3. TRANSFER STUDENTS** Once eligibility has been established at a member school, student-athletes who transfer to a different school will be ineligible for athletics for one year from the date of enrollment in the new school.

- There are a few exceptions to this regulation. To see if the student-athlete qualifies for an exception, parents should arrange a meeting with the principal or athletic administrator and review The OHSAA Transfer Bylaw brochure prior to transferring schools.
- If additional questions remain on the regulations on transfers, school principals or athletic administrators should contact the OHSAA.

**4. SEMESTERS OF ENROLLMENT** After establishing ninth-grade eligibility, student-athletes are permitted eight (8) semesters of athletic eligibility.

- The semesters are taken in order of attendance once ninth-grade eligibility has been established.
- Semesters are counted toward eligibility whether you have participated in interscholastic athletics or not.
- Those with a disability may qualify for an exception to this regulation and should arrange a meeting with the principal or athletic administrator to review the exception.

**5. AGE LIMITATIONS** High school students (grades 9-12) who turn 19 years of age prior to August 1, 2009, are ineligible for interscholastic athletics.

Seventh- and eighth-grade students who turn 15 years of age prior to August 1, 2009, are ineligible for 7th-8th grade athletics but are eligible to participate in high school athletics.

- Those with a disability may qualify for an exception to this regulation and should arrange a meeting with the principal or athletic administrator to review the exception.

**6. AWARDS** You may receive awards as a result of athletic participation in interscholastic athletics from any source. However, the value cannot be more than \$200 per award.

**7. AMATEUR STATUS** You will lose amateur status and forfeit eligibility if you:

- Compete for money or other monetary compensation.
- Receive expenses or compensation from a sponsor unless that sponsor is a recognized amateur governing body or organization, recognized by a member school, or is your parent or guardian.
- Capitalize on your athletic fame by receiving money, merchandise or services.
- Enter into an agreement with a sports or marketing agent.
- Sign a contract or make a commitment to play professional athletics.
- Receive services, merchandise, or any form of financial assistance from a professional sports organization.
- Compete with a professional athletics team even if no pay is received.
- Fail to return equipment or uniforms issued by a school or non-school team or organization when the season for that sport is over.

**8. FALSE INFORMATION** If you compete under a name other than your own or provide a false address, you immediately become ineligible.

**9. OPEN GYMS/FACILITIES** School officials may designate open gyms or facilities and the sports to be played. You may participate in open gyms or facilities provided:

- No one is limited from participating.
- No one is required to attend.

- No school officials invite selected students or determine the teams.
- No timing or written scoring is kept.
- No coaching or instruction is provided.
- No one is restricted from observing.

Violating these rules may result in being declared ineligible for a maximum of one (1) year.

**10. INSTRUCTIONAL PROGRAMS** You may attend camps, clinics and workshops that involve team play any time between June 1 and July 31.

- Team play means there is more than one player opposing one player.

There is no limit on the number of students from the same school team that may participate on the same non-school team from June 1 to July 31.

You may receive instruction from a coach from a school team only:

1. During the season of the sport, or
2. For 10 days only from June 1 to July 31.

You may receive individual skill instruction from a non-school coach at any time during the year in individual or group lessons.

Members of a school football team may play in non-contact football contests and attend non-contact team football camps at any time between June 1 and July 31. Remember, however, that the 10-day regulation for instruction from school coaches is in effect.

## **11. PARTICIPATION ON NON-SCHOOL TEAMS**

You may not try out, practice or participate in a contest with a non-school team while a member of a school team in the same sport.

- In individual sports, however, you may practice and try out for a non-school team but may not compete in a contest.

Those in team sports may try out, practice and compete on non-school teams before and after the school season provided:

1. The number of students from the same school on the roster of the non-school team is limited to five (5) students in the sports of soccer and field hockey; four (4) students in the sports of baseball and softball; three (3) students in the sports of volleyball and ice hockey, and two (2) students in the sport of basketball. School football team members are prohibited to compete on non-school teams except from June 1 to July 31.
  2. You have no contact with school coaches while on a non-school team (other than the 10 days permitted between June 1 and July 31).
- Violating these rules during the school season may result in being declared ineligible for the remainder of the school season.
  - Violating these rules outside the school season may result in being declared ineligible for the next season.
  - Violating these rules by a senior may result in that student being declared ineligible for the remainder of the school year.

**12. RECRUITING** You will be declared ineligible if recruited by a person or group of persons to change schools. This may also affect the eligibility of the school team.

**13. USE OF ALCOHOL, TOBACCO & ILLEGAL DRUGS** You are prohibited from using any form of alcohol, tobacco or illegal drugs at the playing site of an interscholastic contest. The penalty is disqualification from that contest, and you will likely face additional school and/or legal penalties.

**14. STERIODS OR OTHER PERFORMANCE-ENHANCING DRUGS** If you use anabolic steroids or other performance enhancing drugs, you are ineligible for interscholastic competition until medical evidence indicates that athlete's system is free of these items.

**15. PHYSICAL EXAM FORMS** Each year, you must submit a physical examination form signed by a medical examiner, the parents or guardian, and the athlete before beginning practice for a school sport. Procedures will be reviewed by school officials. Physical examinations are valid for one year from the date of the exam.

**16. STUDENT CONDUCT AND EJECTION POLICIES** You are expected to accept seriously the responsibility and privilege of representing the school and community while participating in interscholastic athletics. Student-athletes are expected to:

- Treat opponents, coaches and officials with respect.
- Display no behavior that could incite fans or other participants in the contest or which is

intended to embarrass, ridicule or demean others under any circumstances including on the basis of race, religion, gender or national origin.

- Remember that winning isn't everything. Having fun, improving skills, making friends, and doing your best are also important.

The OHSAA has established a policy for students ejected for unsporting behavior. If you are ejected, you:

- Will be ineligible for all contests for the remainder of that day.
- Will be ineligible for all contests at all levels in that sport until two regular season/tournament contests are played at the same level as the ejection (one contest in football).

If you are ejected a second time in a season, you are subject to additional, stiffer penalties, including suspension from play for the remainder of the season in that sport.

The complete OHSAA ejection policy for unsporting behavior can be found in the OHSAA Handbook available through the athletic director.

Respect  
THE  
GAME



## Saint Ursula Academy School Song

### A New Dawn

A new dawn has come, and an old sun has set.  
We go forth from you, but we'll never forget,  
The joys and all the pleasures we shared everyday.  
Deep in our hearts, mem'ries sweet ever stay.  
Whatever may come, with the years that unfold,  
We'll all to the love of St. Ursula hold.  
For time shall never sever, the friendships we  
treasure  
With you dear St. Ursula.

By Sheila Campbell MacDonald '45  
and Irene Cabezas Schueler '45

### Saint Ursula Athletic Prayer

Creator God, we thank you for the talents you have  
given these athletes. May they compete with  
courage and integrity. Through the model of  
Angela Merici, may they pursue excellence by their  
self-discipline and teamwork.