



ATHLETIC HANDBOOK

Michael Coleman, CAA, Director of Athletics, May. 2019

TABLE OF CONTENTS

1. Introduction
1. Philosophy
1. Vision
1. Purpose
1. Fenwick Mentality
2. BFHS Athletic Information
3. Head Coach Directory
4. Head Coach Responsibilities (Preseason)
5. Head Coach Responsibilities (In-season)
6. Head Coach Responsibilities (Post season)
6. Scheduling
6. Safety
7. Coaches Code of Conduct
8. Coaches 14 Legal Duties
9. Fundraising & Camps
10. Transportation
10. Athletic Participation Fee
10. Purchasing Equipment
10. Religious Values
11. Student Services
11. Awards Banquets
12. Awards System
12. Senior Night
13. Weight Room Policy
13. Athletic Training Information
14. Athletic Training Information
15. Athletic Training Information
16. Varsity and Sub-Varsity Programs (PT)
16. Tryouts & Squad Selection
17. Quitting
17. Double Participation (Same Season)
18. Communication Protocol
19. Signings
19. Busing Expectations
20. Athlete Conduct
20. Attendance
21. Sportsmanship
22. Equipment and Facilities
22. Uniform Rotation
23. Coach & Athlete Communication
24. Coach & Parent Communication
25. Inherent Risks
25. Catastrophic Accidents & Insurance
25. Harassment
26. Captains
26. Fight Song
27. 15 Essential Skills
28. 15 Essential Skills

INTRODUCTION

The Bishop Fenwick Athletic Handbook has been written to help our coaching staff (paid or volunteer) effectively lead their respective sports program under the direction of the athletic department. Information contained in this handbook will directly assist coaches with understanding athletic program policies, roles and expectations that govern all participants (including athletes and parents). Strict adherence to the BFHS Athletic Handbook is an integral part of maintaining consistent practices that promote the best interest of everyone involved in Fenwick's community.

PHILOSOPHY

Athletics at Bishop Fenwick High School is an extension of the classroom. Coaches use their respective sport as a vehicle to teach life lessons that develop our student-athletes holistically and transform them into young men and women that are better equipped for life beyond high school. We value the limitless opportunities for our student-athletes to grow in their faith, serve the surrounding communities, while also embracing the academic rigor and a myriad of extracurricular activities that prepare Fenwick students to be leaders of tomorrow.

We endeavor to instill pride, passion, and a winning attitude in every student-athlete, while also stressing the importance of good sportsmanship, personal integrity, and compassions for others. We believe that through diligence, discipline and dedication, student-athletes can control their destination in life. This athletic experience is heavily dependent upon the importance of a collaborative partnership between administrators, teachers, coaches, athletes and parents working together for the betterment of our student-athletes.

PURPOSE STATEMENT

Provide quality education based athletic programs that transforms student-athletes and prepares them for the real long-term success.

'FENWICK MENTALITY'

- We believe in the practical application of **FAITH** in sports
- We believe in maintaining the highest level of **CHARACTER**
- We believe that **SPORTSMANSHIP** is not optional, it is an expectation
- We believe in the value of being a **LEADER(ship)**
- We believe that **HARD WORK** leads to success
- We believe in the importance of **'FENWICK PRIDE'**
- We believe in a strong **'FALCON FAMILY'** bond

BISHOP FENWICK HIGH SCHOOL ATHLETIC INFORMATION

FenwickSports.org (Web)

ATHLETIC STAFF (#513.423.0724)

Michael Coleman, MA, CAA, Athletic Director, mcoleman@fenwickfalcons.org,

Kyle Sasala, RAA, Assistant Athletic Director, ksasala@fenwickfalcons.org

Amy Anders, Athletic Trainer (Premier Health), aanders@fenwickfalcons.org

Matt Schaber, Strength and Conditioning Coach, schaber026@gmail.com

ATHLETIC GEAR AND EQUIPMENT

Bubba Walther, BSN Rep, awalther@bsnsports.com; #513.673.7948



MASCOT

Falcon

COLORS

Crimson and Gold

LEAGUE

[Greater Catholic League Co-ed Division](#)

DISTRICT

[Southwest District](#)

SYSTEM OF EDUCATION

[Archdiocese of Cincinnati](#) (IRN #052514)

STATE ASSOCIATION

[Ohio High School Athletic Association](#)

NATIONAL ASSOCIATION

[National Interscholastic Association of Athletic Administrators](#)

LOGOS

[Complete brand guide information](#)

Head Coach Directory

Sport	Coach	Email
Baseball	Chris Stratton	Falconbaseball@fenwickfalcons.org
Basketball – Boys	Kelven Moss	Falconboysbasketball@fenwickfalcons.org
Basketball – Girls	Scott Dalton	Falcongirlsbasketball@fenwickfalcons.org
Bowling – Boys	Rob Harris	Falconboysbowling@fenwickfalcons.org
Bowling – Girls	Rob Harris	Falcongirlsbowling@fenwickfalcons.org
Cheer	Kelly Luers	Falconcheer@fenwickfalcons.org
Dance	Desiree Buckner	Falcondance@fenwickfalcons.org
Cross Country - Boys & Girls	Jan Ryan	Falconcrosscountry@fenwickfalcons.org
Football	Mark Mueller	Falconsfootball@fenwickfalcons.org
Golf – Boys	Joe Wagner	Falconboysgolf@fenwickfalcons.org
Golf – Girls	Scott Dalton	Falcongirlsgolf@fenwickfalcons.org
Lacrosse – Boys	Phil Keegan	Falconboyslacrosse@fenwickfalcons.org
Lacrosse – Girls	Andy Guyler	Falcongirlslacrosse@fenwickfalcons.org
Soccer – Boys	Sean Bray	Falconboyssoccer@fenwickfalcons.org
Soccer – Girls	Stephanie Borcilo-Plummer	Falcongirlssoccer@fenwickfalcons.org
Softball	Lacey Steele	Falconsoftball@fenwickfalcons.org
Swimming	Katie Dukes	Falconswimming@fenwickfalcons.org
Tennis – Boys & Girls	Andrew Bendle	Falcontennis@fenwickfalcons.org
Track & Field – Boys & Girls	Yusuf Polley	Falcontrackandfield@fenwickfalcons.org
Boys Volleyball	Pete Ehrlich	Falconboysvolleyball@fenwickfalcons.org
Girls Volleyball	Tyler Conley	Falcongirlsvolleyball@fenwickfalcons.org
Wrestling	Chris Buckler, PhD	Falconwrestling@fenwickfalcons.org

BFHS HEAD COACH RESPONSIBILITIES - PRESEASON

- Coaches are responsible for completing / updating all coaching certification requirements prior to the season starting (before 1st day of practice); Upload all certifications to FF:
 - [Coaching permit information](#)
 - New coaches will receive an email from Brenda Stier with onboarding information
 - ODE PAP application - E-signor is the Archdiocese of Cincinnati (IRN #052514)
 - Most courses can be taken through [NFHSLearn.com](https://www.nfhslearn.com) (reimbursement with receipt)
- Coaches must complete online preseason rules meeting for your respective (OHSAA) sanctioned sport through MYOHSAA before the deadline; New coaches will be added to MYOHSAA and will receive a link to login
 - [Website link](#)
- Coaches (Freshman/JV/Varsity) are required to attend the athletic director's mandatory preseason coaches meeting; Assistants are encouraged to attend
- Coaches should schedule a [preseason parent meeting](#) for their individual sport
- Coaches should update their profile, contact info and manage team in Final Forms
 - [Final Forms link](#)
 - [Coaches' Final Forms playbook](#)
 - Input complete roster information 2 weeks before the season
 - Inventory uniforms
 - Assign teams (F/JV/V) as soon as possible
 - Monitor eligibility mode prior to start of season...athletes should be all green
- Coaches will manage team information through their personal team page powered by Prep Connect; Review schedules for accuracy prior to the season starting
 - [Prep Connect](#)
 - Add plenty of helpful content to main page (page, link or pdf)
 - Build or update schedule as needed (If you manage your own schedule)
 - Download the mobile app (update scores, get directions, see schedule)
 - Username and password needed (Check with AD)
- Coaches must submit athletic transportation requests for any away events after reviewing their schedule (transportation sports only), please double check away locations for accuracy
- Coaches are encouraged to sign up for their respective local, state and national (if needed) coaches associations
- Coaches are responsible for the approval of any music request that will be played during games; all music should be respectful and free from any offensive language
- Any special dates or events should be submitted to the athletic office for approval

BFHS HEAD COACH RESPONSIBILITIES - IN SEASON

- Coaches determine the type of play and system to be used in his/her program and delegates additional roles & responsibilities to assistant coaches as needed
- Coaches will determine the roster size for each team and what selection/evaluation process will be used during tryouts (if cuts are being made)
- Coaches are responsible for the teams' dress, actions and behavior during games, practice sessions, in locker rooms, on trips and all occasions where the athletes are taking part as a team representing Bishop Fenwick High School
- Coaches will secure student managers or volunteers for all game day help needed; Game day help includes but is not limited to stats, film crew, score keepers, timers, etc.
- Coaches are responsible for supervising the locker and shower rooms during dressing periods at the beginning and close of activities, both games and practices. All spaces including equipment areas should be kept clean and organized during the season
- Coaches will collaborate with the staff, teachers and administration to ensure that students meet their daily academic expectations. Head coaches are encouraged to monitor academic progress as needed
- Coaches will collaborate with the head strength coach to create a schedule for in season and off-season training
- Coaches are responsible for working with the athletic trainer to create an 'Emergency Action Plan' to be used in the event of an emergency during any unsupervised activity
- Coaches will abide by all Bishop Fenwick and Archdiocese (Virtus) rules and expectations
- Coaches will provide the AD with summer camp plans/details by January of each year
- Coaches are responsible for all assigned keys and swipe cards; all keys and cards must be returned within 7 – 10 days after coaching responsibilities end. Coaching stipends will be held until all responsibilities have been fulfilled
- Coaches are responsible for securing and alarming the building if exiting the facility last
- Coaches are responsible for staying with athletes until everyone has left or has been picked up by parents. Never leave athletes alone
- Coaches are responsible for reporting scores (Prep Connect) and other statistical information to the local media, max preps and the GCLC site & updating records
- Coaches are responsible for overseeing all equipment used by their programs

BFHS HEAD COACH RESPONSIBILITIES - POST SEASON

- Coaches will be forwarded sectional, district, regional and state information from the athletic office once we receive it. Please make sure all content is read carefully and submit any requested info to the hosting manager with athletic office on Cc. Please communicate with AD on any additional assistance needed
- Coaches should keep the athletic office informed regarding seed meetings, tourney info, all-star games, awards or any other post season activity
- Coaches should make sure that awards have been updated in Final Forms two weeks before the last regular season contest. End of season awards will be pulled based on this information, so please designate the proper award info for each athlete
- Coaches will conduct the end of the season student-athlete survey two weeks before the last regular season contest. A survey link will be sent out to head coaches for this evaluation
- Coaches will complete all end of season items including uniform/equipment inventory prior to schedule their post season coaches' evaluation meeting with the athletic director
- Coaches must attend the end of the year 'Senior Awards' meeting to represent your nominated student-athletes; Meeting typically held at the end of April (TBA)
- **The head coach will perform all responsibilities/duties included in this handbook and any other task deemed necessary and important by the Athletic Director**

SCHEDULING

Many factors must be considered in the construction of the athletic schedule. The schedule will reflect the combined interests of the school administration, athletic director, coaches and community. After taking the above factors into consideration, the schedule will be the primary responsibility of the athletic director in collaboration with the head coach. Schedules are typically completed in advance of the next school year and will be available on the athletic website. Any coaches that build their own schedules will be forwarded any league schedules as we get them.

SAFETY

Each coach will review emergency plans with players. This should include what to do in event of fire, tornado, severe weather or medical emergency.

Any lightning visibility or sound of thunder will suspend activity immediately for 30 minutes and will reset after every lightning strike or sound of thunder.

Coaches should notify the athletic office of any safety hazard in their practice area.

COACHES CODE OF CONDUCT (NFHS)

The function of a coach is to educate students-athletes through participation in interscholastic competition. An interscholastic program should be designed to enhance academic achievement and should never interfere with opportunities for academic success. Each student should be treated with the utmost respect and his or her welfare should always be considered in decisions by the coach. Accordingly, the following guidelines for coaches have been adopted by the NFHS Board of Directors.

The Coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the student and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

The Coach shall uphold the honor and dignity of the profession. In all personal contact with students, officials, athletic directors, school administrators, the state high school athletic association, the media and the public, the coach shall strive to set an example of the highest ethical and moral conduct.

The Coach shall take an active role in the prevention of drug, alcohol and tobacco abuse.

The Coach shall promote the entire interscholastic program of the school and direct the program in harmony with the total school program.

The Coach shall master the contest rules and shall teach them to his or her team members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.

The Coach shall exert his or her influence to enhance sportsmanship by spectators (parents), both directly and by working closely with cheerleaders, pep club sponsors, booster clubs, and administrators.

The Coach shall respect and support contest officials. The coach shall not indulge in conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.

The Coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

The Coach shall not exert pressure on faculty members to give students special consideration.

The Coach shall not scout opponents by any means other than those adopted by the league and/or state high school athletic association

NASPE Coaching Standards (Complete Resource to Guide Your Program):

https://cdn1.sportngin.com/attachments/document/0139/3314/NASPE_Coaching_Standards_1.pdf

THE 14 LEGAL DUTIES OF A COACH

Over the past 20 years, through thousands of lawsuits, the courts have defined and continue to define the legal duties as a coach. These duties may vary from state to state and may change as sport litigation continues unabatedly over the years. The NIAAA, National Federation of High School Associations, The Coalition of Americans to Protect Sports and the National Association for Sport and Physical Education all recognized these nine legal duties. Your fourteen legal duties as a coach are:

- Duty 1: Properly plan the activity
- Duty 2: Supervise the activity closely
- Duty 3: Provide a safe physical environment
- Duty 4: Evaluate athletes for injury or incapacity
- Duty 5: Provide adequate and proper equipment
- Duty 6: Provide proper instruction
- Duty 7: Duty to condition properly
- Duty 8: Warn of inherent risks
- Duty 9: Provide Emergency Care
- Duty 10: Design an Emergency Response Plan
- Duty 11: To Select Train and Supervise Coaches
- Duty 12: To Match/Equate Athletes
- Duty 13: To Provide Safe transportation
- Duty 14: To Provide Insurance Disclosure

FUNDRAISING POLICY & CAMPS

No Bishop Fenwick athletic coach/team should engage in fundraising efforts on behalf of the school or their respective sports. Through the athletic department, our goal is to meet 100% of program needs for every team. Although fundraising activity is prohibited the department is open to approved service projects that may also bring awareness to an organization or cause. Regardless of the initiative, coaches are required to submit detailed request to the athletic office/campus ministry office for final approval. Please remember that student-athletes have service requirements each year that they are responsible for. Do your best to make sure that any additional initiatives are well thought out, vetted, and meets a significant purpose or need.

We, as a school (Through Julie Yost as service director) are going to have a few charities/foundations/organizations which we support in a given school year. The goal is to have all of Fenwick supporting these fewer organizations, providing wider support to those organizations which we do support. Individual groups/clubs/teams can propose a service project which supports these causes which Fenwick has named each school year. This can include physical service or raising money for donation. For more information on the school's selected organization, please contact the service director through the campus ministry office.

The athletic department does support and encourage the idea of creative events, tournaments, invitational or camps that take place during or after each season. These types of events can often help subsidize team needs and other athletic expenses. This does not include regular season scheduled contest. Revenue generated from these events will be split 15% (school/athletics) and 85% (agency accounts). In addition, all concessions proceeds are designated to the athletic budget. Funds that are designated for agency account should be earmarked for a specific need that has been determined in advance. If not, funds could be used for other athletic needs at the discretion of the athletic director. Please DO NOT solicit sponsors. If someone has a special relationship with a specific donor, please set up a meeting with the Athletic Director and Director of Development. All events under the BFHS athletics umbrella should be conducted using our own facilities and not off campus, unless otherwise approved. Financial arrangements must go through our business manager (NO EXCEPTIONS).

All athletic summer camps will incur a 16% deduction to cover the taxes & benefits that are paid on wages. The remaining portion of camp proceeds (84%) minus any other deductions may distributed as such:

- Funds can be ear marked for agency account (specific need)
- Funds should be used to cover staffing expense
- Funds can be used as additional income for coaches after all expenses are covered

Agency funds are athletic funds that are earmarked for **specific** team needs. Funds will be distributed at the discretion of the athletic director for approved requests. Agency accounts are not savings account. Any funds that have not been used for a predetermined expense or need, may be rolled over to the general athletic fund at the end of the fiscal year.

TRANSPORTATION POLICY

Bus transportation will be provided by Bishop Fenwick High School for selected sports. Individuals can be transported home from contests by parents if they have a signed transportation release form on file. A physically signed (by parent) transportation release form must be given to the head coach for any athlete leaving an event with adults other than their parents or immediate adult sibling.

Parents/athletes participating in non-transportation sports are responsible for coordinating their own trips to practices and sporting events, but this activity is solely at the discretion of the families and not the school.

ATHLETIC PARTICIPATION FEE

Participation fees are required for student-athletes and band members to participate in our programs. Participation fees will be billed via the FACTS billing program as follows: Fall participation will have an October payment; winter participation will have a January payment; spring participation will have an April payment. The fee amounts are as follows:

1. First sport of the current school year – \$300
2. Second sport of the current school year – \$200
3. Third sport of the current school year – \$150

PURCHASING AND CARE OF ATHLETIC EQUIPMENT

The purchase of athletic equipment and supplies is the responsibility of the athletic director in collaboration with the head coaches. No equipment or supplies will be purchased without the approval of the athletic director. This includes any monies from restricted accounts. Any items bought without the athletic director's approval are the fiscal responsibility of the person or persons who purchased the items. All artwork for any purchases must be approved by the athletic director.

RELIGIOUS VALUES

In keeping with the mission of Bishop Fenwick High School, coaches are expected to aid in creating a total school environment where religious and moral values are taught and emphasized. It is our Talon of Faith that is the reason for this school's existence and our Talons of Compassion, Integrity and Service set us apart. Integration of the Talons and religious discussion and activity into your program is essential. This can and should take the form of pre- or post-game prayer, Mass, prayer service, etc. Any coaches who feel uncomfortable or unprepared for this aspect of their job should seek the support of the Campus Ministry team and/or Athletic Director, who are happy to provide ideas, materials, education, and anything else to help.

STUDENT SERVICES

To engage students fully in their education, it is important that teachers, coaches, and administrators recognize and support the aim of Bishop Fenwick's multi-dimensional approach. While a student's primary obligation is to academics, academics encompass the spirit, mind, and body. This means that service is an integral part of the learning experience, as Bishop Fenwick seeks to educate the whole person to be a faithful disciple in our ever-changing world. Fenwick believes so firmly in the virtue of service that it is one of our four Falcon Talons.

Freshmen serve with their class through the school with built-in opportunities. Sophomores are required to complete 4 hours of service a quarter, two of which can be completed at Fenwick. Juniors and seniors sign a service contract at the beginning of the year to serve a non-profit agency of their choice consistently throughout the year, with a minimum of 6 hours each quarter. Participation in and completion of these service opportunities are, as mentioned, vital to the growth of the student and are therefore requirements for graduation. The goal of these hours is not to simply complete the required minimum, but rather to develop a heart for service.

This progression in the service program from year to year is designed to get the student thinking about service and open their eyes to agencies they may not have known about, to prepare them to take the responsibility of their service into their own hands and to find an agency they are passionate about. The purpose of the service contract junior and senior year is to have the students develop relationships with the staff and people they serve at their agency, in order to make connections that will grow their love of Christ and neighbor as well as set them up for life-long service, not simply completing a requirement.

For students, especially juniors and seniors who participate in co-curriculars, it can become challenging to balance academics, service and practice/game schedules. Students should keep in mind that 6 hours a quarter is less than 1% of their time given to others, so it should be made a priority. Planning ahead so as to get the hours throughout the semester and not waiting until a week before the deadline is essential. Coaches and student-athletes should work collaboratively to ensure that these responsibilities are met.

AWARDS BANQUETS AND ATTENDANCE

After each athletic season, an 'Awards Night' will be held to honor the athletes. Each athlete who participated during that season is expected to attend. Conflicts which may result in an athlete not being able to attend the Awards Night should be cleared ahead of time with the head coach.

The Athletic Awards Nights are recognized as official school functions. As such, proper dress is required based on the nature of the activity. Each athlete is expected to exercise good judgment and taste in choosing his/her dress for the evening.

The Head Coach of each individual sport is responsible for their own 'Awards Night.'

Dates and time must be cleared with the Athletic Department. Plans for these post season gatherings should be modest in cost, avoid any lavish arrangements and not include any alcoholic beverages.

FENWICK AWARDS SYSTEM FOR ATHLETICS (*changing*)

Freshman Athletes	Numerals
Junior Varsity Athletes	Junior Varsity Letter (5" e-letter)
Varsity Athletes	Varsity Letter (7" e-letter)

All freshman no matter what level of a sport they play will receive their numerals. Once they get their initial set of numerals a certificate for participation will be given instead of multiple sets of numerals for second and third sports.

Once a letter is earned in a JV sport, a certificate of participation will be given if the athlete plays at the same level in that sport the following year.

Once a Varsity letter is received in a sport, a Chevron will be given for each year after they play Varsity in that same sport.

Seniors will also receive a special plaque for (Falcon Award – 3 sports a year for 3 years) or (Golden Falcon Award – 3 sports a year for 4 years).

SENIOR NIGHT

- All senior athletes are recognized during their last home contest before the contest starts or during the halftime period (recommended time limit/15 min)
- Typically, some type of short bio is read to highlight their accomplishments
- Typically, parents are given a balloon, flowers, small gift or any combination
- In some cases, athletes may receive a 'Senior Gift' (optional). Keep it simple
- Underclassmen usually salute their seniors with decorations or other ideas
- Organized receptions have been held for senior athletes in the past (optional)
- Agency funds are not to be used for senior night activities
- Funds collected in the beginning of the season can be used for activities
- All plans should be forwarded to the athletic office in advance of the event

WEIGHT ROOM POLICY

- No one is to use the weight room unless supervised by a coach under current contract with Fenwick High School.
- The coach should be the last one to leave the weight room and it is his/her responsibility to make sure that all doors are locked and the lights out.
- Keep the weight room neat and clean. All weights should be returned to the proper racks, belts hung up, etc. This should be considered a common courtesy extended to the next team using the room.
- Use of the weight room is to be scheduled through the Athletic Director or coordinated with the school's strength coaches.
- Coaches are strongly encouraged to cooperate in scheduling weight room use. This includes sharing the same time slot if possible.
- Weekends and weekdays through the summer are open to all but at the discretion of the strength coach
- Athletes who are "in season" will get priority for weight room use on their respective days (male/female). Athletes whose season is immediately "coming up" will receive second priority. Athletes who are "two seasons away" will receive third priority use of the weight room.

Remember, the weight room is important to all sports and cooperation is necessary to ensure the overall success of our athletic program.

ATHLETIC TRAINER

Responsibilities:

- Prevention of athletic injuries
- Recognition and evaluation of athletic injuries
- Management, treatment, and disposition of athletic injuries
- Rehabilitation of athletic injuries
- Organization and administration of the athletic training program
- Educating and counseling athletes

Athletic Training Room Procedures and Policies

- If an injury does occur, notify the Athletic Trainer as soon as possible. Each athlete will be evaluated, and a treatment program will be started. If a head injury occurs that the athlete does not seek immediate medical attention, the A.T.C. (Certified Athletic Trainer) must be notified that day so they may follow up with the athlete that day.
- If an athlete is under the care of a physician for an illness or injury, the athletic trainer must be notified of this. A release to return to participation by the physician must be on file with the athletic trainer.
- Any decision concerning the availability of an injured athlete will be the responsibility of the team physician, the athlete's personal physician and the athletic trainer. Failure to follow any instructions of the medical and training staff will relieve such staff of further responsibility to the injured athlete.
- Any athlete needing a treatment or taping should be in the training room in enough time for the treatment so they may be on time to practice or have permission from coach in case of missing practice.
- All elastic wraps should be returned immediately after practice and/or use so they may be washed for further use.
- If using a water cooler and or bottles, be sure to clean them frequently to decrease the transmission of germs. Soap is provided in the training room. If an energy drink or punch is used in the cooler, PLEASE wash the cooler immediately after it is used.
- Buckets are provided in the training room for slush-water ankle treatments.
- The training room is to be locked when not in use.
- Coaches will be issued a medical kit to use during their athletic season.

ATHLETIC TRAINING PROGRAM OBJECTIVES

- Educate the administration, parents, and athletes of the purpose of a certified athletic trainer.
- Provide health care in the areas of prevention, immediate care, management and disposition, and reconditioning of athletic injuries.
- Establishment of medical record keeping system including the areas of injury report forms, treatment and rehabilitation progress, and physician release forms concerning an athlete's illness or injury.

- Establish standard operating procedures for each sport at each field site. Areas included are:
 - life threatening situations
 - non-life-threatening situations where immediate referral is necessary
 - non-life-threatening conditions where medical referral is necessary, but not immediately necessary
 - first aid protocols for various injuries

- Develop a student athletic training program emphasizing:
 - Extra-curricular activities for students to become exposed to the athletic training profession.
 - Instruction in basic taping techniques and first aid treatment methods.

COMMUNICABLE DISEASE PROCEDURES

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as in other body fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

- The bleeding must be stopped, the open wound covered and if there is any amount of blood on the uniform, it must be cleaned before the athlete may participate.
- Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood or other body fluids is anticipated.
- Immediately wash hand and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
- Clean all blood contaminated surfaces and equipment with a solution made from a proper dilution of household bleach (CD recommends 1-100) or other disinfectants before competition resumes.
- Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
- Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
- Contaminated towels should be properly disposed or disinfected.

- Follow acceptable guidelines in the immediate control of bleeding and when handling bloody dressings, mouth guards and other articles containing body fluids.

Varsity and Sub Varsity Programs (Playing Time)

The competitive goal of BFHS varsity programs is to consistently perform as well as possible against a variety of opponents and display sportsmanship at the highest level. Fenwick will always attempt to field the most effective combination of team members to achieve this goal. Therefore, team membership and playing time are not guaranteed, regardless of grade level or previous team membership. The decision of who makes a team, who plays at what position, and who is given the most playing time is within the sole and absolute discretion of the coaching staff. These decisions will not be reviewed by the administration or discussed with parents.

The primary goal of sub-varsity programs is to identify, develop, and prepare athletes for future varsity play. Freshman teams are always comprised of 9th grade students only. Junior varsity teams can be a combination of 9th – 11th grade student-athletes. On occasions, the program will create a JVB team which is a combination of 9th – 10th grade student-athletes who will play similar teams. Seniors will not be placed on junior varsity teams, therefore they must make the varsity level to sustain a position on the roster.

Please realize that Fenwick draws from a wide variety of communities and parishes. While being cut from a team, especially if an athlete had played on the team in the past, is always difficult, it is part of the learning process. Being able to accept limitations and disappointments is an important part of maturing. Furthermore, Bishop Fenwick offers a wide array of options for interscholastic competition. A student who does not make the team in one sport may very well make the team and find success in another sport.

TRYOUTS/SQUAD SELECTION

It is our policy to offer participation opportunities to every Bishop Fenwick student. However, due to limitations of space, equipment, uniforms and number of coaches, it is sometimes necessary to limit the number of athletes on a team. The head coach will make every effort to allow for maximum participation that is reasonably possible.

Each team will have a preseason tryout period, typically held during the first few days of practice. Tryouts may, if the coaching staff deems it necessary to select a team, continue until the first day of the regular season. Players who are injured or ill or playing in a prior season's sport or otherwise out of commission during the scheduled tryouts will receive a tryout once they are ready if the coaching staff deems it reasonable. Athletes and parents should note and understand that squad selection is by its very nature subjective in judgment, based upon similar factors as those which are used to determine playing time: the athlete's work ethic, attitude, commitment to the team, knowledge of the sport and team schemes, ability and skill, practice, scrimmage and prior game performance, grade level, and positional needs of the team, in the sole discretion of the coaching staff. Selection will not be based upon factors such as off-season club team or parental involvement.

When “cuts” are a necessary part of squad selection, the head coach should apply the following guidelines:

Criteria for squad selection will be established by the head coach and explained to all squad candidates at the beginning of tryouts.

The head coach will notify the squad candidates in advance of squad selections the approximate or anticipated number of members to be selected to the team.

There will be no list of candidates selected as team members. The head coach/coaching staff will meet briefly with each squad candidate individually and directly notify him/her of the athlete’s selection or non-selection and the reasons for the decision.

Athletes will be permitted ten (10) days from the first day of tryouts to decide whether they intend to be a member of the team. On or before the 10th day after the first day of tryouts, an athlete may withdraw from the team with no adverse or negative consequences. If an athlete withdraws from the team after the 10th day, he/she will be deemed to have quit the team and will be subject to the provisions and consequences set forth for quitting a sport. All team rosters must be delivered by the head coach to the athletic department after tryouts have been completed.

AN ATHLETE WHO WITHDRAWS FROM A TEAM OR QUILTS A SPORT

Any student-athlete who withdraws from a team or quits a sport after trying out and/or making a team may not participate on another sport team or in a conditioning/lifting program sponsored by another sport team that same season unless the withdrawal or quitting takes place within ten (10) days from the first day of tryouts.

Any student-athlete who withdraws from a team or quits a sport more than ten (10) days after the first day of tryouts is ineligible to compete in athletic contests (scrimmages and games) during that same season except under the following (2) conditions:

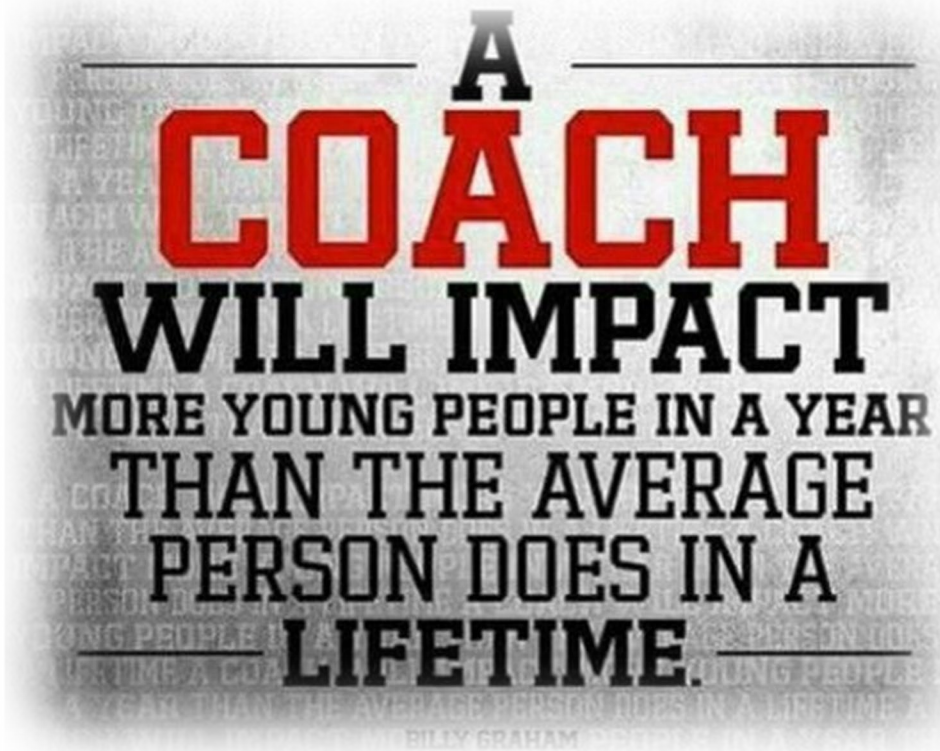
1. The athlete receives a written release from the coach of the sport the athlete quit
2. The athlete receives approval from the Athletic Director

DOUBLE PARTICIPATION - SAME SPORTS SEASON

Permitting an athlete to participate in more than one sport in a season is based on the philosophy that we need to allow the student-athlete to fully develop his/her interests and talents. Coaches must place the good of the individual and the total athletic program ahead of any perceived need “to win” a single contest. The intent and purpose of this policy is to that end. The coaching staff should not discourage the students from broadening their athletic interests and abilities.

A student will be permitted to participate in two school sports in one season provided that:

- The participant must declare to the coaches of the involved sports and the athletic department within ten (10) days of the first day of practice his/her intention to participate in two sports and must declare which both sports as primary and secondary.
- The participant must attend practices in both sports. Arrangements, based on mutual agreement between the two coaches, should be made to determine the practice dates and times. Once set the student-athlete must be clear on the expectations.
- Required double participation form (FF) obtained from the athletic director is completed and filed in the Athletic Office no later than ten (10) days from the first day of practice.
- This rule shall be applied to all “school programs or teams” and “non-school programs or teams” as defined by the OHSAA, and to cheerleading; however, unless otherwise agreed to by the head coaches, student-athlete, and athletic director, participation in tryouts, practices, scrimmages, and contests of a “school program or team” recognized by the OHSAA shall have priority over participation in tryouts, practices, scrimmages, and contests of a “non-school program or team;” provided further, that unless otherwise agreed to by the head coaches, student-athlete, and athletic director, a student-athlete may not designate a “non-school program or team” as his/her primary sport over a “school program or team.” In all cases of schedule conflicts, the participant will be expected to participate in his/her declared primary sport. A scrimmage or contest in the secondary sport will get priority over a practice in the primary sport. As determined on a case-by-case basis, any divergence from the guideline pertaining to a secondary scrimmage/contest receiving attendance priority over a primary practice will be examined and determined either an excused or unexcused absence from a contest. This may result in consequences associated with the athletes’ level of participation on the team. If a conflict arises where the same type and level of activity is involved (scrimmage or game), the athlete will participate in the primary sport activity. The other exception to this will be if a primary sport non-league or non-tournament contest conflicts with a secondary sport’s league contest (in sports where each contest counts toward league title), an invitational/tourney or an OHSAA tourney contest. In this case, the secondary sport would get priority.



COLLEGE SIGNING CEREMONIES

It is the philosophy of the BFHS Athletic Department to appropriately recognize student-athletes who will continue their athletic careers in college at any level/division. The athletic department will coordinate a minimum of three college signing ceremonies (November, February, and April) throughout the school year. National letters of intent are provided for athletes signing with division 1 and 2 schools, while a celebratory letter will be provided from division 3 schools. Coaches, athletes, and parents will be notified approximately 30 days prior to the signing day.

SCHOOL BUS RULES

All student-athletes and coaches shall be respectful to all bus drivers and shall appropriately greet and express gratitude/thanks to the bus driver upon entry and exit from the bus. No student shall interfere with or disrupt the operation of a school bus through activities which pose or tend to pose a danger to the safe operation of a school bus, or which otherwise are deemed inappropriate. These activities include, but are not limited to, causing damage; failing to remain seated; throwing objects out the window, at passengers, or the driver; shouting; failure to board the bus at the assigned stop; and/or other disorderly conduct which could cause physical harm, emotional stress or diversion of the driver's attention. Students shall abide by the directives of the bus driver. Eating and drinking on the bus are prohibited.

CONDUCT DETRIMENTAL

It is a privilege to represent Bishop Fenwick High School in the athletic arena, it is not a right. With that privilege comes responsibilities that a student-athlete must be accountable in upholding the standards of BFHS. Student-athletes who do not conduct themselves in the right manner outside of the athletic arena will face possible discipline for their acts. Consequences of criminal or other inappropriate behavior will be dealt with on a case-by-case basis.

ATTENDANCE POLICY AS IT RELATES TO ATHLETIC PARTICIPATION

Daily attendance at Bishop Fenwick High School is an expectation. Doctor's appointments should be made before or after school hours. If it can be accommodated these appointments should be scheduled around practices and games as well. Parent/Guardian's full cooperation in this regard is appreciated. When out due to an excused absence, the student must assume total responsibility for all work and practices/games missed. It is his/her responsibility to contact individual teachers/coaches to make up all tests, quizzes, assignments or duties in a timely fashion as agreed upon in advance.



EXCUSED

The Ohio Revised Code identifies the following conditions as constituting reasons for excused absence from school:

- Personal illness: The administrator may require the certificate of a physician if he/she deems advisable.
- Illness in the family necessitating the child's presence. A written statement from a physician may be required.
- Quarantine at home: Absence is limited to the length of quarantine as fixed by proper health officials.
- Death of a relative: Absence is limited to a period of three days unless a reasonable cause may be shown.
- Medical or dental appointments: The administrator may require a doctor or dental slip as to why the absence was necessary.
- Observance of religious holiday: Absence was for the purpose of observing a religious holiday consistent with his/her truly held religious beliefs.
- Emergency or set of circumstances which in the judgment of superintendent of schools constitutes a good and sufficient cause for absence from school.
- College visits: The approving authority may require verification of date and time on this visit. There is a limit of three days per year.
- *All absences not falling into excused absence category would be considered unexcused.*
- *All athletes should arrive before 10:00 am to participate in athletic events and practices.*

EARLY DISMISSAL OF ATHLETES TO ATTEND A SPORTING CONTEST

Permission must originate through the Athletic Director for student-athletes to be dismissed early from school. At no time do we want to dismiss an athlete before the scheduled end of a school day unless travel time and contest location warrant early dismissal. Coaches must submit a timely request to the Athletic Director containing the names of athletes who need to have early dismissal, the time requested for dismissal, and a description of the reasons for early dismissal. In most situations, coaches should submit the request at least **48 hours prior** to the date of the contest to allow sufficient time for the request to be processed.

SNOW DAYS – PRACTICE AND PLAYING

There shall be no athletic practices for any sports team at the high school level when school is cancelled due to inclement weather unless otherwise communicated by the athletic director.

FUNDAMENTALS OF GOOD SPORTSMANSHIP

The OHSAA and its member schools emphasize the importance of good sportsmanship. The one thing we need to realize is that many people have never received a good explanation of sportsmanship. The explanations below should help our community of parents and fans to understand their responsibilities at an athletic contest.

DEVELOP AN UNDERSTANDING AND APPRECIATION FOR THE RULES OF THE CONTEST

The necessity to be well-informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on the officials, coaches, athletes, or administrative decisions. The spirit of good sportsmanship depends on conformance to the intent of the rules as well as to the letter of a given rule.

EXERCISE EXEMPLARY BEHAVIOR AT ALL TIMES

A prerequisite to good sportsmanship requires one to understand his/her own prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

RECOGNIZE AND APPRECIATE SKILLED PERFORMANCES REGARDLESS OF AFFILIATION

Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents good sportsmanship but a true awareness of the game by recognizing and acknowledging quality.

RESPECT FOR THE OFFICIALS

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contests are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of good sportsmanship is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

RESPECT FOR OPPONENTS AT ALL TIMES

Opponents are guests and should be treated cordially, provided with the best accommodations, and always accorded tolerance. Be a positive representative for your school, team, or family. This fundamental is the Golden Rule in action.

DISPLAY FALCON PRIDE IN YOUR ACTIONS AT EVERY OPPORTUNITY

Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

EQUIPMENT AND FACILITIES

- Most of the equipment and materials used by our athletes will be furnished by the school. This is good, high grade equipment used to help avoid injuries, and is furnished at considerable expense.
- Only a certain amount of equipment can be purchased each year. Coaches must remind the athletes to care for their equipment so others will be provided the same benefits which they received.
- All school athletic equipment issued is loaned to the athlete, who is obligated to return it in as good a condition as possible.
- No school-issued athletic equipment should be worn on the street or in any public places anytime! The sole exception is wearing game jerseys on game days for public recognition or in public events (such as parades), when authorized by the coach.
- The coach must assume responsibility for the equipment that is issued for the season. Coaches must inventory all equipment and uniforms through Final Forms at the completion of each season and should balance with equipment on hand at the beginning of the season. No athletic equipment is to be given to the athlete. Special circumstances can only be granted by the head athletic director.
- All equipment issued to an athlete that is to be collected at the completion of the sports season is a combined responsibility between the coach and the athlete. Not only will the athlete be responsible for the cost of replacing any lost, stolen, or non-returned school-issued equipment, the athlete also will not be allowed to participate in a subsequent sports season until this obligation is satisfactorily resolved.
- Collection of all equipment and uniforms should occur in a reasonable amount of time once the season has been completed. Any outstanding equipment or uniform not returned should be reported to the athletic office once the turn in period is over. Preferably within 10-14 days of your last event of the season.

UNIFORM ROTATION – PURCHASING

As the athletic budget allows, varsity uniforms will be replaced every 4 years by the athletic department. Uniforms will be worn 4 years and handed down to the JV level. All uniforms are school property and should be returned by each player at the completion of the season. Uniforms must stay consistent with the established branding guide and subject to the approval

of administration before purchasing. All additional gear outside of the uniform is the responsibility of each family (student-athlete).

COACH – ATHLETE COMMUNICATION

Our coaches should demand a great deal from our student-athletes. Only by doing so will our program lead to success. Athletes must be prepared to always give their best. Coaches in turn will give a great deal to and on behalf of the student-athletes. Mutual respect between the coaches and athletes is the bond to building a good team culture. The following statements are most important to a smooth and dynamic communication process:

- Coaches will notify athletes in writing at the beginning of the season of all rules, regulations, game and practice schedules, procedures for squad selection, and other information that will help avoid possible conflict during the season.
- Student-athletes will follow all such rules and procedures established by the coach, or face sanctions, including extra conditioning, suspension, and/or denial of participation.
- When concerned or confused about rules or expectations, the student-athlete should always approach the coach as soon as possible for clarification to understand his/her current situation.
- Through athletics young athletes are encouraged to take accountability and responsibility for their own actions and performance. An athlete makes a big leap on the journey toward adulthood when he/she can approach his/her coach with a question about his/her performance, playing time, etc. on his/her own. The athlete deserves a positive answer from his/her coach and should always anticipate that one will be provided.
- The athletic department strongly encourages athletes to try to work through any issues on their own first directly with their coach. If a player-coach conference does not suffice, parents may meet with the athlete and coach. If that does not suffice, the athletic director, athlete and coach may meet. The last step is for the athletic director, athlete, parents, and coach to meet. Parents are urged to follow this chain of command for all issues.
- Use of the above strategies for open, honest communication will create the mutual trust and response necessary for the coach and athlete to work together for success.

COACH – PARENT/GUARDIAN RELATIONSHIP AND COMMUNICATION

Coaches and parents/guardians must have a relationship where communication takes place openly, honestly, transparently and in real-time. This collaboration is important since we are directly involved with the athletes who are the center of the athletic program. Below you will find expectations that will foster the growth and development of these relationships.

- Head Coaches will schedule a meeting with all of the athletes' parents/guardians at the

beginning of the season and explain all team rules, procedures, game and practice schedules, and other information the parents/guardians will need in order to help their student/athlete meet his/her obligations to the team. Parents/guardians who cannot meet with the coach must make alternate arrangements.

- No student-athlete will be allowed to participate in any regular season contest until the parent/guardian's obligation in the statement above has been satisfactorily met.
- Coaches will explain such team expectations/rules and other information to parents/guardians when they need clarification. However, coaches will not meet with parents/guardians during a practice, a game, or other times when the coach has a duty of care for other students or student-athletes, except as may be necessary for imminent medical attention of the student-athlete.
- Coaches should seek to be as cooperative as possible with parents when the parents/guardians have questions concerning the type of information referred to above. However, no coach should be subjected to questions and criticisms from parents/guardians concerning starting line-ups, play calling, skill techniques, playing time, and other items that by their very nature can only be determined by the objective and/or subjective judgment of the Head Coach and coaching staff.

A NON-EXCLUSIVE LIST OF APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

- Expectation of individual athlete and team
- Specific questions about team philosophy or expectations
- Location and times of practices and contests
- Advance notification of any absences from practice, contests, or other team activities
- Notification of any illness or injury

A NON-EXCLUSIVE LIST OF INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

- Playing time
- Another student-athlete's performance, playing time or issue
- Play calling
- Team strategy

Playing time will be awarded based upon the athlete's work ethic, attitude, commitment to the team, knowledge of the sport and team schemes, ability and skill, practice, scrimmage and game performance, and positional needs of the team, in the sole discretion of the coaching staff. Playing time will not be based upon grade level, age, off-season club team, or parental involvement. Parents may not necessarily be notified if their son/daughter is being given less playing time, is not dressing for a game, or is being switched to another position or role with the team. The coaches will directly inform the athlete of any changes and the reasons for any changes.

Student-athletes and/or Parents/Guardians should utilize the “chain-of-command” as it relates to parent-coach communications. Student-athletes and parents/guardians should address questions and concerns at the lowest level first before channeling communications upward. Every effort should be made to resolve issues at the lowest level first, i.e....between the athlete and the Head Coach. If a player-coach conference does not suffice, parents may meet with the athlete and coach. If that does not suffice, the athletic director, athlete, parents, and coach may meet.

24 HOUR RULE:

Due to the highly intense situations that game days create, parents/guardians should wait 24 hours before talking to any coach about game-related matters. Scheduled conferences are always the standard recommendation.

Appropriate communication between coach and parent/guardian that follows the principles above will lead to good relationships between parent/guardian, coach, and student-athlete.

STATEMENT OF RISK

Safety for student athletes during participation in the interscholastic athletic program is of utmost concern. We attempt to provide all student athletes with a safe practice and playing environment. Our coaching staffs are carefully selected to ensure competence in conducting their sport. We provide high quality protective equipment and include proper facilities maintenance as an important aspect in injury prevention. Despite these efforts, injuries do occur. Athletic competition by its very nature creates various situations where injuries cannot be avoided. Through athletic participation, there is always the possibility that injuries will occur. The injury sustained could range from a minor contusion to a severe spinal cord injury resulting in quadriplegia or death. Participation in athletic competition provides the individual with a positive educational experience that can add to the individual’s development. The participant and participant’s parents must realize, however, that there is a potential for serious injury. Individuals who cannot accept the injury risk should redirect their energies to either a non-athletic activity or select a sport with a reduced injury potential.

****Each sport and facility may have unique kinds of injury risks.***

CATASTROPHIC ACCIDENTS / INSURANCE

Bishop Fenwick High School does not provide insurance to cover injuries incurred by an athlete while participating in a contest or practice with a school team. However, OHSAA does provide catastrophic insurance to all sports that are state recognized. All teams that are not recognized by the state are encouraged to seek insurance through organizations recognizing the sport.

HARASSMENT

Harassment of any student is unacceptable. Harassment includes unwanted touching, name-calling, ridicule, references to sexual or gender orientation, sexual innuendo, rating of someone’s appearance, hazing or team initiations. Similarly, harassment of anyone in The Summit community via social media (Facebook, Twitter, etc.) also is unacceptable. Students

who choose to engage in such unacceptable behavior will be subject to the consequences outlined below. Athletes should treat everyone with respect and require the same of other student-athletes.

CAPTAINS

It is strongly recommended that at the varsity level, captains are selected at the beginning of each season. It is also recommended that varsity teams limit the selection to one or two captains. It is recommended that the captains be upperclassmen, but it is not mandated that they be seniors. At all other levels it is recommended that weekly or game day captains be selected. This way, underclassmen receive the experience of taking on a leadership role for their team. Being a captain is a privilege and this privilege may be removed if the coach or Athletic Director believes it is warranted.

The following criteria should be considered when electing captains:

- Knowledge of game and understanding of coaching strategy
- Leadership on and off the field
- Good sportsmanship
- Good character
- Should be a student in “good standing” (no academic, disciplinary or honor probation)
- Shows respect for all coaches and teammates
- Supports the coaches and game time decisions

FENWICK FIGHT SONG

Cheer, cheer for old Fenwick High
Shout to the rafters, shout to the sky
With our colors crimson and gold
We will knock our opponents cold
We fight ‘em fair, boys, we fight ‘em square
Here comes the Falcons, better beware.
We will win this game tonight
So come on you boys, let’s fight

15 ESSENTIAL SKILLS STUDENT-ATHLETES SHOULD LEAVE WITH

Teamwork: One of the foundational skills taught through sports. Student-athletes will learn to work respectfully with a diverse group of peers to achieve a desired outcome or team goal.

Leadership: Thought to be one of the most impactful skills learned through sports. Student-athletes by default, must navigate their career in the 'Spotlight.' Given this scenario, student-athletes are challenged to lead by example...implying efforts to make good choices, demonstrate great character, have positive impact and take control of their direction in life.

Coachability: A highly coachable person is receptive of constructive feedback from a coach, teammate, or colleague, with the understanding that it will only lead to future growth and development with proper adjustments.

Goal Setting: Goals are set to help guide your focus and sustain an intended direction. Whether it is to win the league, improve academically, develop physically, or grow spiritually. In the long run student-athletes that learn to set goals and pursue them relentlessly will see better returns on their efforts.

Accountability: Student-athletes are always expected to hold themselves accountable, as well as others around them who are a part of the team. This skill is essential to any high performing team, and important for future success.

Resiliency: Stress, failure, and losses are part of more than just sports. You will have setbacks and you will get frustrated throughout your life, but sports will teach you to bounce back, work through them and keep going.

Adaptability: In any sport it is important to be flexible and learn to adjust given a multiplicity of scenarios. Student-athletes learn to think through different scenarios to create a game plan for just about anything they face in their respective sport and school. This is an incredibly useful skill for life.

Work Ethic: Student-athletes will work hard to be successful as an athlete by putting countless hours into training and practicing. These traits of hard work, determination, and focus are transferrable to future careers, jobs, and/or volunteering.

Drive: Oftentimes athletics is the motivation that drives student-athletes to dedicate themselves to do great things. Learning to use this internal drive is important to helping them achieve goals and pursuing the things that they are passionate about.

Time Management: Student-athletes can have a very demanding schedule: morning lifting, afternoon practice, four classes, homework...and that is just one day out of the week. Participating in athletics will prepare you well for balancing a packed schedule. Learning time management and the discipline that it takes to stay on track will be helpful to balancing life.

Prioritization: In high school student-athletes can be pulled in so many different directions yet be accountable for meeting all expectations. The very nature of the word student-athlete is indicative of the term 'prioritization' and synonymous with organization. Through athletics kids are encouraged to make choices and be clear about their roles and responsibilities.

Self-Discipline: Student-athletes are accustomed to getting up early, making smart nutritional choices, developing sport specific skills, and making sacrifices in pursuit of goals. This type of self-discipline helps keep them on track and focused to accomplish great things.

Ability to Perform in High Pressure Situations: During their high school careers student-athletes will be exposed to certain situations that will test their preparation and mental focus. They will compete in front of thousands of spectators with an expectation to perform at the highest-level. Student-athletes with the proper training will be able to keep a clear mind when faced with adversity so that they can excel in moments like these.

Effective Communication: Being able to communicate is at the crux of any successful relationship, family, organization, or team. Athletes experience this when they must communicate their needs to the trainer or coach, with their teachers or counselor, or when their teammates need to get on the same page to win the game. As athletes learn to communicate more effectively, they also learn to improve their productivity and performance.

Conflict Resolution: Being a part of a team, you were surrounded by people with different personalities, perspectives, and opinions. As you can imagine, this can create disagreements among teammates and coaches. The ability to handle an uncomfortable situation or approach a difficult conversation helps to improve cohesiveness within a team, and as a student-athlete, you will enhance this trait through collaborating with others while participating in athletics.