

**LA SALLE COLLEGE HIGH SCHOOL  
ATHLETIC DEPARTMENT**



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**2018 – 2019 STUDENT/PARENT  
HANDBOOK**

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# **La Salle College High School**

## **Student/Parent Athletic Handbook**

### **SPORTS TEAMS/INTRAMURALS**

#### **FALL**

Cross Country  
Football  
Golf  
Pep Band  
Rugby 7s  
Soccer  
Water Polo

#### **WINTER**

Basketball  
Bowling  
Hockey  
Indoor Track & Field  
Squash  
Swimming  
Wrestling

#### **SPRING**

Baseball  
Crew  
Lacrosse  
Outdoor Track & Field  
Rugby  
Tennis  
Track  
Volleyball

#### **Intramurals**

Baggo  
Basketball  
Wiffleball  
Ping Pong  
Dodgeball  
Fencing  
Ultimate Frisbee

### **La Salle College High School Athletic Department Staff**

Joseph Parisi – Athletic Administrator  
Jason Eisele – Assistant Athletic Director  
David Crowe – Athletic Trainer  
Jeremy Butt – Director of Strength and Conditioning  
Eileen Campbell – Administrative Assistant

## **Varsity Head Coaches**

Baseball – Kyle Werman  
Basketball – Michael McKee  
Bowling – Joseph Ramsey  
Crew – Anthony Mieczkowski  
Cross Country – Gregory Bielecki  
Football – John Steinmetz  
Golf – Martin Jackson  
Hockey – Walter Muehlbronner Jr.  
Indoor Track & Field – Gregory Bielecki  
Lacrosse – William Leahy

Rugby – Matthew Derrick  
Soccer – Thomas McCaffrey  
Squash – Jeremy Butt  
Swimming – Stephen Duncheskie  
Tennis – Gerard Brett  
Track & Field – Gregory Bielecki  
Volleyball – Jason Eisele  
Water Polo – Robert Halligan  
Wrestling – Benjamin Courtney

### **Schedules, Rosters and Results**

Information can be found on the Athletics page of La Salle's website (LSCHS.ORG/ATHLETICS). For information about specific sports, choose the Team Sports tab and click on the photo for that sport. Information regarding try-outs, practices, schedules and weather related updates will be posted there. Parents are encouraged to select the small, orange bell icon on the top, right corner of their son's team page. Clicking this icon allows you to subscribe to text or email alerts. This is the quickest way to receive updates regarding changes to the schedule, including weather related changes.

Contact information for coaches can be found on the individual team pages. After selecting the appropriate team page, click on the coach's name to access contact information.

**PLEASE DO NOT CALL THE MAIN OFFICE OR THE ATHLETIC OFFICE WITH  
SCHEDULE RELATED QUESTIONS.**

## POLICIES OF THE PROGRAM

### Privilege to Compete

La Salle College High School offers an extensive and diverse athletic program which contributes to the physical, personal, and social growth of our students. La Salle College High School has a long, proud athletic tradition. Participation in athletics at La Salle College High School is a privilege. With this privilege comes high expectations for our coaches, teams and student-athletes. La Salle College High School expects student-athletes to meet high standards, both on and off the playing field, with regard to academics, morality, honesty, sportsmanship and leadership. Student-athletes and parents are expected to agree to and adhere to the expectations set forth in this Athletic Handbook. Those whose behavior or conduct does not meet the expected standard may lose the privilege of participating in athletic programs. Violations of the standards in this handbook do carry over from one year to the next.

### Student-Athlete Expectations

Athletic success at La Salle College High School is defined in several ways. Student-athletes are students first and athletes second. The primary commitment is to success in the classroom and adherence to discipline guidelines. As stated previously, athletics at La Salle College High School are a privilege, not a right. With this privilege comes high expectations. Student-athletes should:

- **Represent La Salle College High School with class, dignity and sportsmanship at all times.** La Salle College High School is bigger than any one individual or team and any unsportsmanlike behavior reflects negatively on the entire school. Our student-athletes are expected to promote a positive image of the school, at all times, through their actions and language in both victory and defeat.
- **Attend daily practice.** In-season, practices are mandatory and should not be missed except for academic work, illness or family emergency. Unexcused missed practice time will have consequences.
- **Participate in off-season and summer workout programs when conflicts do not exist.** Participation in off-season or summer programs does not guarantee that a student-athlete will make a team when try-outs occur. These work-outs are meant to improve the skills of those involved to offer them a better chance of making a team. There are no expectations for participation if the student-athlete is involved in another, in season school sponsored sport.
- **Follow all PIAA, school, athletic department and team rules.** The PIAA, school and Athletic Department policies are the same. Each team develops its own set of rules that student-athletes are expected to follow. Violations of these rules and policies will result in consequences as outlined in the PIAA bylaws, the La Salle College High School Student Handbook, the Athletic Handbook and the team rules, respectively.

Due to the competitive nature of our athletic programs, there are no requirements for all athletes to receive playing time. All playing time decisions are left to each team's coaches. No factors affect playing time other than selecting student-athletes who will give the team the best chance of winning and who meet the coaches' expectations in terms of attitude, work ethic, teamwork and team success.

### Success

Athletics enhance a successful curriculum by strengthening opportunities that:

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

As a result of their participation in interscholastic athletics, student-athletes will be able to:

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

## **ACADEMIC ELIGIBILITY**

In compliance with the PIAA, we will be conducting weekly grade reviews. Grades of all athletes that are in season will be reviewed every Friday morning. Any student-athlete with two or more failing grades will be ineligible for the following week. The week begins on the Sunday immediately following the review and runs through the Saturday following the next Friday. If a student becomes academically eligible, he will not be permitted to play until the Sunday following the Friday review. When a student-athlete is ineligible, the coach is to notify his parents/guardians.

Students must be passing at least four full-credit subjects, or the equivalent, as of each Friday during a grading period. Students who fail to meet this requirement, lose eligibility from the immediately following Sunday through the Saturday immediately following the next Friday as of which you meet this requirement.

Students must have passed at least four full-credit subjects or the equivalent, during the previous grading period to be eligible to play a sport. Eligibility for the first grading period is based on final grades for the preceding year. Students who fail to meet this requirement will be ineligible for fifteen (15) school days of the next grading period beginning on the first day report cards are issued.

A student-athlete who is ineligible may still practice with his team but he may not dress for any contests that week. A student-athlete may be excused from practice that week in order to receive additional academic help or to catch-up on missing coursework.

Academics will always be prioritized at La Salle College High School. If a student-athlete feels he has been unjustly ruled academically ineligible, he can request a review of the facts by the Athletic Administrator, Dean of Academic Affairs, Dean of Students or Principal. Please note that the PIAA rules cannot be altered for any reason and are viewed as **minimum** requirements. La Salle administrators and/or coaches can implement more stringent penalties when deemed appropriate. It is important that parents/guardians stress the importance of academics to their sons, especially the importance of getting off to a strong start each quarter.

## **Attendance**

**If a student misses school because he is suspended, he cannot practice or participate in contests for the length of the suspension. If a student is absent, in order to be eligible to participate in a contest, a student's absence must be approved by the Athletic Administrator or Dean of Students prior to the**

**date of absence. Generally, a student must be in attendance for at least six periods (not including lunch) to be eligible to participate in contests that day.**

## **ATHLETIC PARTICIPATION EXPECTATIONS**

Student may be subject to disciplinary action for misconduct including, but not limited to, the following. All student-athletes:

- During any season of practice or play, a student-athlete must not, regardless of quantity, consume, possess, buy/sell or give away beverage containing alcohol; marijuana; steroids; performance enhancing drugs; or any controlled substance. It is not a violation for a student to be in possession of a legally defined drug specifically prescribed for the student's own use by his own doctor, and on file with the school nurse. (The words possess, used in this handbook includes knowingly being in the presence of a product, even if it is not directly on your person.)
- Must not host a party or have participant's parent/guardian or family member host a party at which the following are permitted for minors: illegal consumptions of alcohol; use of controlled substances; steroids; or look-alike drugs.
- Must practice good citizenship in all environments by respecting the property and right of others. (Poor citizenship includes actions such as vandalism, stealing and other illegal acts.)
- Must display proper sportsmanship on and off the playing field.
- Must not utilize social media and websites in an appropriate manner.
- Must not engage in hazing, rites of initiation or bullying.
- Must realize and recognize the existence of, and agree to be held accountable to, individual rules as outlined by coaches or sponsors other than those outlined in the Athletic Handbook and Student Handbook.

## **HAZING POLICY**

### **Teasing, harassment, bullying, hazing**

The La Salle community is diverse. It is a community of brotherhood and acceptance where students are asked to embrace each other's uniqueness and differences. No student should at any time be made to feel uncomfortable about himself.

La Salle students are expected and encouraged to form meaningful relationships with their Lasallian brothers. This is a vital part of the Lasallian community. Teasing, harassment, bullying, hazing and other disrespectful behavior in any form and by way of any medium are completely unacceptable. Fighting and physical violence of any kind are strictly forbidden.

The administration will work to safeguard the spiritual, physical, mental, and emotional well-being of every student. All students are expected to support and assist in efforts which promote the acceptance of others. At a minimum, students should report an instance of teasing, harassment, bullying, or hazing observed or suspected to the Athletic Administrator or Dean of Students, a counselor, a teacher, a coach or any school administrator.

## **Teasing**

Teasing is behavior on the part of a student or students which

- Irritates or provokes with petty distractions, trifling raillery, or other annoyance, often in sport
- Substantially interferes, verbally, in writing, physically, with a student's education
- Creates an intimidating or threatening environment
- Substantially disrupts the orderly operation of a class, a school activity, or school policies

Teasing may begin as playful banter or lighthearted joking. When comments or actions are unwelcomed, persistent and/or meant to irritate another person, the offender is in violation of school policy.

## **Harassment**

Harassment is an ongoing or repeated set of behaviors meant to bother or upset another person, including:

- Uninvited and unwelcome verbal or physical behavior toward a person
- Behavior which creates an unpleasant or hostile situation by uninvited and unwelcome verbal or physical conduct
- Behavior which is persistent and annoying to another person or persons

It is a very serious violation at La Salle. A student found to be harassing another La Salle student is liable for suspension or dismissal depending on the nature and severity of the situation.

## **Bullying**

Pennsylvania law defines bullying as an intentional electronic, written, verbal, or physical act directed at another student in a school setting that is severe, persistent, or pervasive, and has the effect of substantially interfering with education, creating an environment or disrupting the orderly operation of the school. School setting for purpose of the law is defined broadly to include not just the school grounds, but school buses, designated bus stops, and any school-sponsored and supervised activity. A person found to be bullying another student is liable for suspension or dismissal depending on the nature of the situation.

Bullying includes:

- Acts that are habitually cruel or overbearing, especially to smaller or weaker people
- Behavior which forces one's way aggressively or by intimidation
- Actions which are habitually cruel to others

## **Hazing**

La Salle follows a definition of hazing as adapted by Pennsylvania Law (HB1574):

Any action or situation which recklessly or intentionally endangers the mental or physical health or safety of [a student] a person or which willfully destroys or removes public or private property for the purpose of initiation or admission into or affiliation with, or as a condition for continued membership in, any organization within any public or private school within this Commonwealth providing instruction in grades 7 through 12 or any combination of those grades. The term shall include, but not be limited to, any brutality of a physical nature, such as [forcibly administered physical punishments], exposure to the elements, forced consumption of any food, liquor, drug or other substance, or any other forced physical activity which could adversely affect the physical health and safety of the individual, and shall include any activity which would subject the individual to extreme mental stress, such as sleep deprivation, forced exclusion from social

contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual, or any willful destruction or removal of public or private property. For purposes of this definition, any activity as described in this definition upon which the initiation or admission into or affiliation with or continued membership in an organization is directly or indirectly conditioned shall be presumed to be "forced" activity, the willingness of an individual to participate in such activity notwithstanding.

### **Reporting Procedure**

Any teasing, harassment, bullying or hazing suspected or observed is to be reported as soon as possible to the Dean of Students, Athletic Administrator, counselor, teacher, coach or administrator. A person's words or actions may be hurtful despite intending otherwise. It is therefore important for a young man who feels that he has been mistreated to inform others, especially in the early stages. If a person is clearly trying to cause harm, physical, or emotional, the victim or witnesses should involve an adult immediately. The following are guidelines for dealing with such an uncomfortable situation. If an individual experiences repeated negative behaviors after one of the measures below, he should move to the next step. Inform the person/student that his comments or actions are unwelcomed.

1. Tell a faculty member, coach, counselor, administrator and a parent.
2. Notify the Dean of Students or Athletic Administrator.

Coaches, faculty members, counselors or administrators so informed by a student or parent of such behaviors or who become aware of such behaviors are to notify the Athletic Administrator and Dean of Students immediately.

### **Corrective Action Related to Hazing or Bullying**

Hazing and Bullying will not be tolerated and will be subject to disciplinary action up to and including a permanent ban from athletics, suspension/expulsion and police involvement, if warranted. Each incident will be handled on an individual basis by the administration of La Salle College High School. Any student who is witness to or is the subject of hazing or bullying should immediately report the incident to his coach, the varsity coach, the Athletic Administrator, Dean of Students or any other school personnel.

### **Consequences for Violations**

The consequences for violating the policies of this Handbook shall be based on a student-athlete's participation in sanctioned athletics during all four years of high school. Offenses and consequences are carried over from one sport to the next and from one school year to the next until the entire penalty is served. Furthermore, the student must finish the season in good standing. A suspended student-athlete may practice with the team (as long as he is not suspended from school) but is not allowed to dress for any contests during his suspension. Coaches may set a stricter policy as long as it is clearly conveyed during the pre-season parent meeting or electronic communication with parents and student-athletes. Parents may also extend the length of their son's suspension from contests.



There is no doubt that participation in athletics can enhance the overall educational experience for every student through the development of teamwork, leadership and sportsmanship. However, participation in athletics is strictly voluntary, and thus, it is a privilege not a right! Therefore, all student-athletes are expected to abide by the Explorer Athletic Handbook and exhibit and model five basic traits:

1. Exemplary moral character at all times
2. Respect for self, team, sport, other programs and the school.
3. Confidence in self, team and coaching staff.
4. Commitment to God, academics, athletics and school community.
5. Good sportsmanship, which includes fair play, and courteous treatment of teammates, opponents and officials, while representing the school and community in a respectful manner.

## **PARENT AND SPECTATOR EXPECTATIONS**

Parents will demonstrate good sportsmanship by displaying the following behaviors:

- Provide support for coaches and officials to foster a positive, enjoyable experience for all student-athletes.
- Understand the game is for the students, not the adults.
- Recognize that student participation is a privilege.
- Display good sportsmanship as spectators and conduct themselves in a manner that reflects well on both the team and the school.
- Promote the team by being supportive and helpful of the school program.
- Refrain from coaching their sons from the stands or sidelines.
- Expect consistent student attendance at practices and games.

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

- Support good conditioning and healthy lifestyle habits.
- Place the emotional and physical health of their son ahead of any personal desire to win.
- Expect their son to play in a safe and healthy environment.
- Support their son in managing academic responsibilities and the demands of training and practice.
- Act as a role model for other parents by remaining positive at school sporting events.

## **PARENT/STUDENT-ATHLETE/COACH RELATIONSHIP**

Both parenting and coaching can be difficult vocations. By establishing an understanding of each position, we are better able to appreciate the actions of other and provide a greater support of student-athletes. When a student becomes involved in athletics, parents have the right to understand expectations placed on student-athletes. This begins with clear communication from the coach.

## COACHES' COMMUNICATION RESPONSIBILITIES

Coaches are encouraged to have a preseason meeting where the following issues are discussed:

- Team rules.
- Coaches expectations of players.
- Location and times of practices and games.
- Website access for schedule updates and changes.
- Requirements such as fees, special equipment and off-season conditioning.
- Consequences of violating team rules/expectations.

## PARENTS' COMMUNICATION RESPONSIBILITIES

- Advance notification of any schedule conflicts relayed from the student-athlete to the coach.
- Notice of any medical or injury issues that require monitoring.
- Appropriate concerns or questions should be communicated directly to coach (See below).

## ATHLETIC ISSUES POLICY

Involvement in La Salle College High School's athletic programs will offer student-athletes some of the most rewarding moments of his life. Unfortunately, there will also be times when students are discouraged or disappointed with their experience. At these times, a discussion with the coach may clarify issues or concerns. In this instance, the following steps should be followed:

1. Student-athlete should request a meeting with his head coach.
2. If the initial meeting does not resolve the situation, the student-athlete should request a meeting with his head coach and the Varsity coach.
3. If there is still no resolution, a parent/guardian can request a meeting with the head coach or varsity coach. **The student must attend this meeting.**
4. Should there still be concerns, the parent/guardian can request a meeting with the Athletic Administrator. **The head coach and student must attend this meeting.**

Please follow the above procedure as listed. A goal of La Salle College High School encourages students to accept responsibility and advocate for themselves. Student-athletes should initiate communications with their coaches if they have a problem or concern. Parents and guardians should not call the coach, Athletic Administrator or any other school official as a first step. Neither student-athletes nor parents should ever approach a coach immediately after a game. This can result in emotions clouding rational discussion.

Appropriate Concerns for Parental Discussion with Coaches:

- The treatment of a student-athlete physically or mentally.
- Addressing a student-athlete's weaknesses and areas for improvement.
- Concerns about a son's behavior.

It can be difficult for both player and parent when playing time does not meet hopes. Coaches are professionals who make judgments based on what they see as best for student-athletes and the team. Topics other than those listed above should be left to the discretion of the coach.

### Inappropriate concerns for Discussion with Coaches:

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

Playing time is at the sole discretion of the coach. No parent or student-athlete should approach a coach with demands for more playing time. Rather, student-athletes should ask what weaknesses and improvement should be addressed to be considered for more playing time. Other student-athletes will not be discussed during any meeting.

Experience dictates many conflicts can be resolved by following the above procedures Every step involves the student-athlete. **The only time this procedure should not be followed is when there is a concern regarding abuse or inappropriate conduct by a coach. This issue should be addressed immediately with the Athletic Administrator.**

### Violations Related to Sportsmanship

All La Salle College High School student-athletes are expected to display good sportsmanship and respect for their school, coaches, teammates, opponents, officials, facilities and equipment at all times. Any examples of poor sportsmanship will be handled by the Head Coach, Athletic Administrator or Dean of Students on an individual basis, based on the expectations and guidelines set forth by the team's rules, the La Salle College High School Athletic Handbook and the La Salle College High School Student Handbook.

Any student-athlete that is ejected from a contest will, at a minimum, be subject to PIAA by-laws which render the athlete ineligible for contests for the remainder of that day and the next contest date. There are **NO EXCEPTIONS** to this rule. All ejections are reported to the Athletic Administrator by the coaching staff. The Athletic Administrator and/or the Head Coach have the discretion to impose additional penalties, including, but not limited to, a longer suspension period or removal from the team.

### Violations Related to Social Media

Student-athletes are responsible for their actions of social media and other websites, including but not limited to, Facebook, Snapchat, Twitter, Instagram or YouTube. Any photos, comments, posts or other evidence that suggests a violation of the student athletic handbook will be handled on an individual basis by the Dean of Students and/or the Athletic Administrator. Inappropriate postings include, but are not limited to: obscene or vulgar language; graphic images or videos; sexually explicit language, imagery or videos; threats; unkind or inflammatory remarks about La Salle College High School, its faculty, staff, administrators, coaches and students; or unkind or inflammatory remarks about other high schools and their coaches and athletes.

### Violations Related to Hazing or Bullying

Hazing and Bullying will not be tolerated. Any student-athlete who violates this rule will be subject to disciplinary action up to and including a permanent ban from athletics, suspension/expulsion and police involvement, if warranted. Each incident will be handled on an individual basis by the administration of La Salle College High School. Any student who is witness to or is the subject of hazing or bullying should immediately report the incident to his coach, the varsity coach, the Athletic Administrator or any other school personnel.



## **Additional Violations**

Any inappropriate action that is not specifically list above is still subject to discipline, up to and including suspension for student-athletes. Disciplinary action for violation of school rules as described in the La Salle College High School Student Handbook may also subject participants to disciplinary action under the Athletic Handbook. Conduct resulting in the arrest or conviction of an ordinance violation or crimes may result in disciplinary action. In these cases, the Athletic Administrator or Dean of Students will decide the consequences.

All coaches have team rules for their individual programs. Any violations of team rules that are not covered by the La Salle College High School Athletic Handbook will be handled by the coach of that sport.

## **Process for Determining Violations and Consequences**

Student-Athletes who are alleged to have violated the La Salle College High School Athletic Handbook shall meet with the Athletic Administrator to explain the incident prior to any consequences being applied. The Athletic Administrator will then decide the consequences based on the facts at hand. Student-athletes and parents/guardians who wish to appeal a consequence may seek a review of the Athletic Administrator's determination and consequence by requesting a review within five (5) calendar days of notification of the Athletic Administrator's determination. The Athletic Administrator shall schedule a meeting with the student and his parent/guardian to allow the student and parent/guardian to offer an explanation and/or demonstrate that this handbook was not violated. During the appeals process, the decision of the Athletic Administrator shall be enforced.

La Salle College High School values the importance of leadership. We strongly encourage any student who has had a lapse in judgment and violated these policies to self-report his violation rather than trying to conceal his behavior.

## **ELIGIBILITY**

**To be eligible to participate in athletics at La Salle College High School, students must meet extracurricular eligibility requirements. Students must also meet the following criteria:**

**Prior to participating in athletics, students must create an Appryse account and submit a valid physical exam dated no earlier than May 31 of the current school year. (May 31, 2017 for the 2017/2018 school year.)**

**Meet all PIAA and La Salle College High School requirements.**

Must not attain the age of nineteen (19) prior to June 30 of the current school year.

ALL STUDENT-ATHLETES AND THEIR PARENTS/GUARDIANS MUST SIGN AND RETURN THE SHEET AT THE END OF THIS HANDBOOK ACKNOWLEDGING THAT THEY HAVE READ THE LA SALLE COLLEGE HIGH SCHOOL ATHLETIC HANDBOOK AND THAT THEY AGREE TO THE POLICIES CONTAINED HEREIN. STUDENTS WILL NOT BE ELIGIBLE TO PARTICIPATE IN ATHLETICS UNTIL THIS SIGNATURE IS ON FILE IN THE ATHLETIC OFFICE.

## **Equipment**

A great amount of money is spent each year to maintain and upgrade facilities and to purchase and maintain equipment. Student-Athletes, parents, friends and alumni all play a role in financing our programs in some way. Please take pride in the facilities and equipment and treat them with respect.

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

## **Locker Room**

Student-athletes are not allowed in the locker room without adult supervision. Moreover, the locker room should not be used as a hang out. Student-athletes should change for practice then exit the locker room. If applicable, students may only use lockers assigned by a coach and only school-issued master locks are allowed on lockers. All belongings must be locked in lockers. La Salle is not responsible for lost or stolen items that are not properly secured in a locker. Any locker that does not have a school-issued lock will have the lock cut-off. After each sport season, students are expected to clean out their lockers and remove their locks. Any items left in lockers after the announced deadline will be donated to charity.

## **Fees**

It is necessary for some sports to charge a fee to help offset costs that are not entirely covered by the athletic budget. These fees help provide opportunities that a team would not be able offer if the team relied solely on the school budget. Examples are additional contests, entrance into multiple tournaments and new equipment not entirely necessary for the sport but meant to enhance the student-athlete experience. Any additional fees charged are “pay to participate” not “pay to play”. These fees are charged only to student-athletes who make the team. Fees have no bearing on playing time and do not guarantee playing time to anyone.

## **Transportation**

All student-athletes are required to ride school transportation (buses or vans) to and from all athletic contests when provided. Athletes may not participate in away contests if they drive themselves to an event or if they use alternate transportation without written permission from their parents and prior permission from their coach and Athletic Administrator. Athletes are expected to ride with the team back to school. In some circumstances, parents may need to drive their sons home from contests. Parents must communicate this need to coaches prior to transporting their son home and a signed note must be supplied to the coach. Only in extreme circumstances are athletes allowed to ride home with another student’s parents. This must be cleared through the coach and a written note must be supplied naming the parents who are receiving permission to transport the student-athlete.

## **Athletic Trainer**

La Salle College High School employs a full-time, certified athletic trainer who covers all home events, including practices and contests.

## **Injuries**

Any student-athlete who is injured during a contest, practice or workout at La Salle should immediately inform his coach and see the trainer. It is important that the trainer and a member of the coaching staff are aware of any injury before a student-athlete leaves La Salle.

The athletic trainer will do his best to rehab an injured student-athlete back to health as quickly as possible. However, there are times when the trainer may refer an injured student-athlete to a doctor or therapist to aid in diagnosis or treatment.

La Salle College High School carries supplemental insurance for all student-athletes. All injuries that occur during participation in La Salle athletic events are covered. This policy covers what is not covered by the family's own insurance. Families must first submit all claims to their own insurance before the school can submit a claim through the supplemental insurance policy. Forms are available in the Athletic Office.

### **Return to Participation**

Depending on the severity of the injury, return to participation can be determined by a doctor's note or our athletic trainer. Return to play can be determined by our athletic trainer and, when appropriate, in consultation with the student's physician. If a student-athlete suffers a concussion, the student-athlete is able to participate in practice or play when they are symptom free at rest and exertion and have returned to a baseline state of any cognitive test administered pre-diagnosis. An athlete may not return to participation on the same day as a concussive event. Once the athlete receives clearance from a licensed physician and/or the athletic trainer, they may return to play. If an athlete receives clearance from a physician, the athletic trainer may still decide to hold the student-athlete from participation. Parental consent is not sufficient to allow a student-athlete to return to participation.

La Salle uses neuropsychological testing called ImPACT. These tests are part of the standard of determining return to play. The athletic trainer will arrange to have these tests done at school. There will be a baseline test given to all athletes in all sports that will be used for comparison to a post-concussion athlete. If a student is not cleared to return to participation, he must retest the next day. The post-test will not be administered until the student-athlete is asymptomatic. After, an athlete passes the ImPACT test, they may have restrictions placed upon the level of participation.

Athletes who are not cleared to participate cannot be in uniform for any practices or contests.

### **Multi-sport Athletes**

We strongly encourage our student-athletes to participate in more than one sport. Participation in more than one sport is highly beneficial for the student-athlete and for the school's athletic programs. Multi-sport athletes must possess excellent time management skills and be able to meet the demands of all sports in which they choose to participate. Multi-sport athletes must also be able to maintain their academic work.

**PLEASE COMPLETE AND RETURN THIS FORM TO YOUR COACH or MODERATOR**

I have read the entire Student/Parent Handbook for Athletics and I understand what is expected of La Salle College High School student-athletes. I agree to follow all policies in this handbook and I promise to always represent La Salle College High School in a positive manner. I understand that any violation of the expectations set forth in this handbook will result in consequences, including a suspension from athletics.

Student Name (Print): \_\_\_\_\_ Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name (Print)\_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**La Salle College High School Protocol for Return to Play after a Head Injury**

I, as a parent/guardian, assure that I have read, understand and will comply with the La Salle Return to Participation protocol if my son suffers a head injury while participating in La Salle Athletics.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_