



ACADEMY of
NOTRE DAME
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MIDDLE SCHOOL – ATHLETICS HANDBOOK

Representing Notre Dame as a student-athlete is an honor and a privilege. Responsible freedom carries the expectation of appropriate behavior. The Athletic Department of the Academy of Notre Dame requires all athletes to follow the Honor Code as well as all policies outlined in the Student Handbook. Additionally, athletes must adhere to the ND Athletic Handbook Policies & Guidelines outlined below. Any student abusing this privilege is subject to suspension and/or expulsion from the team. The length of suspension will be determined by the Principal and Athletic Director in conjunction with the coaching staff.

ACADEMICS

Academic progress will be monitored throughout the season. A player who receives a “D”, “D+” or an “F” in a major subject at the quarter will be suspended from the team for a minimum of one week. This will include practices, games, playoffs, etc. The exact length of the suspension will be determined by the principal, in part by use of reports from the academic teacher regarding progress in class. This policy is not punitive in nature; rather, it is designed to assist the athlete by providing the extra time necessary to improve academic performance.

ATHLETIC FEE

The athletic fee is \$135 per sport – with the exception on Crew (see the crew payment scheme on the “Athletic Fee” page on the website). Payment to the Athletic Office must be submitted prior to tryouts. If anyone has difficulty paying the fee, please contact the Athletic Director.

ATHLETIC TRAINING

The Academy of Notre Dame has a certified and licensed athletic trainer on duty from 2-6 pm daily and at all home games. Communication between the coach and athletic trainer is key in evaluation, activity limitation, and rehabilitation of our injured athletes. Coaches must report injuries to the athletic trainer and communicate with the athletic trainer about athletes’ possible practice and game limitations.

If a doctor has indicated that an athlete should suspend activity, the player may not play again until the doctor has written a note clearing the player for activity. In all situations when a doctor is not involved, the athletic trainer will have the final say on whether a player is ready to return to action. A player should not decide on her own to go to a practice/game.

The athletic trainer cannot dispense drugs such as Tylenol or Advil.

The athletic trainer may only treat a non Notre Dame player if that student athlete has a doctor's prescription or if that player is injured while participating in a Notre Dame-sponsored athletic event.

The athletic trainer supplies a medical kit for each Notre Dame team prior to each season. The athletic trainer checks the kits and keeps them well stocked throughout the season.

An injured athlete is still considered part of the team and is expected to be present at practices/games. All athletes must sign-in to the training room **BEFORE** receiving treatment, evaluation, or consultation. Injury care will be "first come, first serve" with priority given to players with games and those able to practice.

ATTENDANCE

Athletes must be present in school by 9:00 AM in order to participate in athletic competition or practice. If a player is absent from school, she may not practice or attend a game on that day. If a student athlete comes to school after 9:00 AM due to a doctor's appointment or funeral, a note must be presented at check in.

COACHES' GIFTS

\$50 will be set aside for each coach and the Athletic Department will purchase a gift card. If a parent would like to coordinate a gift, the athletic department can reimburse up to \$50 per coaches gift.

CONTRACT

At the start of every season each student athlete and their parent must sign a contract to say they will abide by the rules, including their attendance, and also follow the code of conduct.

EMAIL ALERTS

To receive email alerts for games, please go to the Athletics tab on the website. Go to "Team Pages" and scroll down to find your specific team. About midway down the team page, before the game schedule, you will see an orange bell and the word "Alert". You can sign up here with your email address and when any changes are made to the game schedule, you will receive an automatic update.

END OF SEASON PARTY

All end of season parties will be held at ND in the cafeteria. Mrs. Zimatore will coordinate dates with the teams. The Athletic Department will cover the cost of the end of season parties. If a parent is interested in hosting a party, please contact the Athletic Department.

EQUIPMENT

Student-athlete equipment for the fall and spring seasons must be stored in the middle school

locker room in Launfal. Items should not be left in the hallway, lounge area, or inside any building other than Launfal.

FITZGERALD FIELDHOUSE @ LAUNFAL

All bags must be put inside the locker rooms and not left outside during school hrs. Failure to do so would result in the athlete not being able to play/practice that day. All students are expected to take care of this facility, not using the main room for social gatherings, ensuring all equipment is put away neatly in the equipment room (trainer room) and keeping locker rooms clean and tidy.

IMPACT TESTING

The Athletic Department is currently implementing ImPACT (Immediate Post Concussion Assessment & Cognitive Testing) for our athletes. ImPACT is a computerized exam utilized to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed. Every athlete will be given a baseline test; baseline tests are valid for two years. Athletes must have a consent form on file to take the test.

PAPERWORK

All online forms must be filled out on the Athletic Department's online registration site at the beginning of each season. An up-to-date physical along with the athletic fee is also required. Payment is processed online on the Notre Dame website. If any of these forms/fees are not completed by the start of try-outs then the athlete will not be able to participate. They will have to sit out until all forms/fees are received.

PARENTS

Parents are asked to refrain from contacting the coaches regarding playing time. Coaching decisions are made based on what is best for the team. Coaches should not be approached on the field/court. Parents who wish to speak with a coach privately are asked to contact the Athletic Director to arrange a mutually convenient meeting time. Additionally, we ask that parents please keep a reasonable distance away from the bench during games as it is a distraction to the team.

PARENTS MEETING

Mandatory parent meetings will be held at the start of each sports season. A general overview will be given, and then the evening will be broken down into sport specific meetings conducted by the individual team coaches. The coaches will give an overview of their season, goals and expectations. The handbook and transportation forms along with the athletic fee are expected to be turned in at this meeting.

PHYSICAL EDUCATION

Students who are unable to participate in physical education class on any given day may not participate in a practice or game on that day without prior approval of the Athletic Director.

PHYSICALS

In order to tryout or participate in the Notre Dame Athletics Program, students must have evidence of a completed and up-to-date physical (within one year) on file with the School Nurse. The physical form can be found online under *Athletics – Parent Information*.

RECOGNITION OF 8th GRADERS

Notre Dame will cover the cost of the recognition item for the 8th graders last home game. Mrs. Zimatore will coordinate this with the individual teams and coaches.

SPORTS HOTLINE

Any sports changes that occur during the day will be announced in school, the website will be updated and a message will be put on the sports hotline. The hotline number is 610-971-4905.

SPORTSMANSHIP

Sportsmanlike conduct towards teammates, opposing players, coaches, referees and fans is expected at all times.

TRANSPORTATION

Transportation is provided to and from away games. Players may go home with their parents, after alerting the coach, from away games. Players may go home with another ND parent from away games provided permission is indicated on the transportation form on page 5 of the handbook. Players are expected to be picked up promptly after practice and/or games.

UNIFORMS

Players must be in full uniform to complete. Players **ARE NOT** to change into their uniforms/practice gear out on the fields, in the school parking lot, or the school hallways or lobbies. Players are to change in the bathrooms or in the Fitzgerald Fieldhouse for practices/games. Players that are found changing in public areas will be subject to missing practice/games that day. Players are required to turn their uniform in at the end of the season. All uniforms should be turned in clean and in good condition. If the uniform is not turned in clean it will be returned and the player has 24 hours to hand it back in clean. If a player's uniform is not returned within two weeks following the last game, or the uniform is lost or damaged, the player will be charged for the full amount of the uniform.

VARSITY/JV

Varsity and JV placement will be determined by the coaches during tryouts, regardless of a player's placement in previous years. Playing time will also be determined by the coaches.

Occasionally, team members may be designated a “swing-player”, meaning that they play both Varsity and JV. All JV players will receive playing time; however they will not necessarily play in every competition. Playing time at the varsity level is not guaranteed.

Ben Davey
Director of Athletics
610-971-4905 ext. 135
bdavey@ndapa.org

Xan Zimatore
Assistant Athletic Director
610-971-4905 ext. 111
xzimatore@ndapa.org

Patrice Bunting
Athletic Department Staff
610-971-4905 ext. 118
pbunting@ndapa.org

Leah Bowers
Athletic Department Staff
610-971-4905 ext. 128
lbowers@ndapa.org

Karen Fox
Athletic Trainer
610-613-2866
karen.fox@atipt.com