

Department of Athletics

Statement of Purpose and Participation Regulations

What follows is a description of those things required of a student-athlete and his/her family at AMHS, as well as informational items it is important that a participating student and his/her family know.

Individual teams may have policies in addition to those described here.

The participation Regulations have been developed by the administration and coaches of the Department of Athletics and have been approved by the school administration. They have been established to better help the Department offers programs that promote its purpose and goals.

Adherence to the content of the regulations is required of all student-athletes representing AMHS. Enforcement will be the responsibility of the coaches and the Athletic Director. Students who fail to comply with the regulations are subject to being removed from the program.

Department Purpose and Goals

The Department of Athletics is committed to enriching campus life through a program of interscholastic athletics and to promoting the development of qualities in the student-athlete that will serve the participating individual and the community.

Towards that end, the Department offers competition for men and women as part of the educational program of the school. Its goals are...

- to instill in the student-athlete a sense of responsibility by demanding consistently high standards of behavior and making the student-athlete aware and respectful of the needs of others;
- to engender commitment in the student-athlete by directing him/her to an acceptance of the goals of the team and an appreciation of the needs of his/her teammates, coaches, opponents, and officials;
- to nurture unselfishness in the student-athlete by requiring that his/her actions on and off the playing field by consistent with the goals of the team as a whole and not be directed towards individual honors;
- to generate in the student-athlete a willingness to sacrifice his/her time and energy towards the fulfillment of shared goals;
- to further a sense of personal discipline on the part of the student-athlete by demanding abstention from activities that limit his/her athletic, academic, and personal potential.

A complete description of the Department of Athletics is contained in the Student-Parent Handbook. For further information, contact the Department administration:

Athletic Director
Mr. Will Scharrenberg

Assistant Athletic Director
Ms. Sarah Thomas
Ms. Monica Marcuson

Athletic Department Assistant
Ms. Ellen Shaffer

Equipment Manager
Mr. Scott Williams

Athletic Trainer
Mr. Scott Zimmerman

Sports Information Director
Mr. JT Hanley

Participation Regulations

Article I: Eligibility

The California Interscholastic Federation establishes requirements for athletic eligibility. AMHS adheres to these requirements and adds further conditions for the betterment of its programs.

Students that are determined to be ineligible may not participate in interscholastic competition (i.e., games or scrimmages). Eligibility will be determined by the Assistant Principal, in consultation with the Athletic Director. Eligibility issues fall into five categories:

1. Age

No student whose nineteenth (19th) birthday is attained prior to June 15, shall participate or practice on any team in the following school year. A student whose 19th birthday is on June 14, or before, is ineligible.

2. Residential

Incoming freshmen from junior highs are eligible.

Students entering as transfers from other high schools:

- (1) must file a transfer eligibility form with the Athletic Director. This applies to every transfer, regardless of his/her particular circumstances.
- (2) in most cases, transfers will be granted "Restricted Eligibility" by the principal of the previous school. This means the athlete is eligible for all but varsity-level competition in any sport in which he/she participated at the previous school. Restricted Eligibility extends for one calendar year after the date of transfer. After that period, the athlete has "Unrestricted Eligibility" and is eligible for all levels. Principals do not have the authority to grant immediate Unrestricted Eligibility. Only the CIF office can do this, and only after petition by the parents of the transfer student. Such petitions must be initiated by the parents; it is critical that the school not be involved in this process, as it can open the school up to claims of "undue influence" in a student's decision to attend a school.

3. Outside Competition

The CIF prohibits participation in any organized activity of an outside agency in a sport during an athlete's period of participation for AMHS in that same sport. An athlete will be declared ineligible after any such participation; the team for which he/she participates at AMHS may be required to forfeit any contest in which he/she participates after the date of participation for an outside agency.

4. Academic

A student must:

- (1) have a cumulative G.P.A. of 2.0;
- (2) have passed a minimum of 20 units in the grading period immediately preceding his/her participation;
- (3) be enrolled in 25 or more units during the period of his/her participation.

If a student is declared academically ineligible, the following rules govern the student's athletic participation:

- (1) The student-athlete is ineligible to participate for one grading period, one quarter. At the next report card the student's ineligibility status will be reviewed.
- (2) During the ineligibility period the student-athlete may practice and train with the team.
- (3) During the ineligibility period the student-athlete may not participate in any interscholastic game or match.
- (4) During the ineligibility period the student-athlete may not miss any school time for athletic purposes, e.g. travel, practice, etc.
- (5) A student may petition for one quarter of **Athletics Monitoring** during the 9th and 10th grades and may petition for one quarter of athletic Monitoring during the 11th and 12th grades during his or her tenure at Archbishop Mitty. Petitions are reviewed and considered for Monitoring status according to the following criteria:
 - a. there is no evidence of multiple low grades, e.g. one grade lowered the student's G.P.A.
 - b. the student's conduct in class has been above reproach
 - c. the student has improved his or her standing in academic classes
 - d. the student is currently working hard to improve the G.P.A.
 - e. the student has no history of excessive absenteeism or tardiness

During the period of Athletics Monitoring the student may participate fully in all aspects of the athletic program.

5. Department Requirements

- Prior to participation in any practice or contest, a student must have on file with the Department a completed Medical Screening/Parental Consent Form.
- Prior to participation in any practice or contest, a student must have on file the signature portion of the Department of Athletics Participation Regulations.
- A student owing the Department uniforms or money from a previous season is ineligible until his/her account has been cleared.

Article II: Conduct and Appearance

Participation in interscholastic athletics is a privilege, and student-athletes must represent AMHS in a positive fashion.

1. Student-athletes must treat teammates, coaches, opponents, officials, and fans with respect and in keeping with the highest standards of sportsmanship.
2. Taunting, trash talking, or any other forms of derisive behavior are unacceptable. Coaches of individual teams will determine sanctions for such behavior; repeated offenses make a student-athlete subject to expulsion from the program.
3. Swearing or abusive language will not be tolerated. Coaches of individual teams will determine sanctions for such behavior; repeated offenses make a student-athlete subject to expulsion from the program.
4. Athletes who quit a team after first cuts are posted, and/or after the first game, or that are removed from that team by Department of Athletics, are ineligible for any other AMHS team until the original team's season has been completed.
5. Team members may not participate during their season in any open gyms or weightlifting activities of another AMHS team, unless by prior agreement. Such agreements will be as a result of a meeting between involved coaches, the student-athlete, and the Athletic Director.
6. Student-athletes who are in possession of or use illegal drugs, tobacco, or alcohol are subject to being declared ineligible and are subject to expulsion as defined by the AMHS Parent Student Handbook. The Department, in consultation with the AMHS administration, will determine the length of the period of ineligibility.
7. CIF Bylaw 22.B12 prohibits school personal including athletic directors, sports coaches, school officials or employees or booster/club support groups from distributing supplements. Schools may not accept sponsorships or donations from manufacturers that distribute any dietary supplement banned by the United State Anti-Doping agency as well as synephrine. AMHS student-athletes will compete and reach their full potential, but will do it based on their natural, God-given abilities, without the introduction of foreign substances into their bodies.
8. CIF Bylaw 524 states that as a condition of membership, all schools shall enforce policies prohibiting the use of androgenic or anabolic steroids and dietary supplements banned by the United States Anti-Doping Agency, as well as synephrine, without the written prescription from a licensed health care practitioner to treat a medical condition. Participating students and their parent/caregiver must sign a notification form regarding these restrictions. Under CIF Bylaw 200 D, there could be penalties for providing false or fraudulent information. The AMHS policy regarding the use of any illegal drugs or substances and the accompanying disciplinary action will be enforced for any violations of these rules. By signing that they have read and understand the AMHS Athletic Department Regulations, the participating student-athlete, parents, legal guardians/caregiver agrees that the student shall not use androgenic or anabolic steroids or supplements without the written prescription of a fully licensed physician as recognized by the American Medical Association and licensed in the State of California to practice medicine.

Student-athletes will be disciplined and/or dismissed from an athletic team if they participate in the use of drugs, alcohol, tobacco, or steroids. These substances are illegal and may be harmful to your body and personal well-being

9. Student-athletes must dress in keeping with community standards while representing AMHS. Determination of such standards will be by the coaches and the Athletic Director. Individual teams may require more specific forms of dress.
10. Hair shall be neat, clean, and groomed in keeping with community standards. Determination of such standards will be by the coaches and the Athletic Director. No extreme styles, lengths, or colors will be allowed.
11. Make-up must be used conservatively and in keeping with community standards. Determination of such standards will be by the coaches and the Athletic Director.
12. Student-athletes may not have visible tattoos at any time, including during contests and practices. Whenever possible, tattoos must be covered by clothing. If the required or expected dress for an event makes that impossible (e.g., a contest uniform, a practice uniform, a swimsuit), the tattoo must be covered by the student with as discrete a bandage as is possible. If the student has a tattoo that is too large to be covered by a discrete bandage, or if the student has failed to cover the tattoo by discrete bandage, the student will be excluded from the event. The Athletic Director will determine what will serve as discrete bandage to cover a tattoo.

A parent should be mindful of the special responsibilities that come with being a parent of a student-athlete. A parent is to refrain from abusive language directed at officials, players, or coaches. He/she should also avoid giving instructions to players from the stands or sidelines, as this can place the student-athlete in a most difficult position of trying to please coach and parent.

A parent who directs abusive behavior or language at officials, players, or coaches, or who repeatedly gives instructions to players from the stands or sidelines, may be excluded from a particular contest. A pattern of such behavior may result in a parent being excluded from all contests of a specified team. A student-athlete whose parent does not cooperate with coaches and the Athletic Director in matters of fan language and behavior and the giving of instructions to players may be excluded from participation in the athletic program.

Article III: Absences

Attendance at practices and contests is mandatory for any team member. A coach may establish his/her own sanctions for unexcused absences. Removal from the team is an acceptable sanction.

Absences due to Christian service projects, retreats, Kairos, or detention will normally be viewed as unexcused absences. Students should try and schedule retreat opportunities and service hours around athletics; where this is not possible, the student should see the Athletic Director for special provision.

Article IV: Transportation

Normally, all travel to and from away contests will be by AMHS bus or van.

Occasionally, students will be excused from class early in order to travel to or prepare for contests.

On trips, students are to maintain a level of behavior consistent with being a representative of AMHS. There is to be absolutely no shouting from windows or throwing anything from windows. Litter is to be removed and vehicle windows raised by a team at the conclusion of its trip.

With the consent of the supervising coach, a student-athlete may be excused from riding the bus or van only as a result of a signed request by that student-athlete's parent. Such requests should

be dated and include a description of how the student-athlete will be transported. They should also expressly relieve AMHS from liabilities relative to transportation on the date in question. Coaches will make available to parents forms that will facilitate a student-athlete being released from travel with his/her team.

AMHS student-athletes are not authorized to travel with a student as the driver. Coaches are required to instruct each team member that if he/she drives to a contest or practice site, he/she may take no other students with him/her. AMHS team members may travel with adults as drivers; they may not travel with students as drivers (other than themselves). Thus, if a coach plans to have players meet him/her at the contest or practice site, he/she will tell the team members that (1) they must not travel together with a student as the driver; and (2) that each student-athlete not traveling by AMHS vehicle must have signed release from a parent for that trip.

If an AMHS vehicle is not available and if a team member does not have a signed release from a parent, that team member may not travel to the contest or practice site. If the number of team members thus excluded from the trip makes the contest unplayable, the coach is to postpone (if possible) or cancel the contest.

Article V: Medical/Training

Prior to participation in any practice, an athlete must have on file with the Department a completed Medical Screening/Parental Consent Form. One side of this form must be completed by a physician. Student-athletes may see their own doctor, or they may take advantage of the medical screening offered by the Department. Dates and cost of such screening will be publicized.

A trainer is available to athletes for the rehabilitation of injuries every school day. If an injury requires a doctor's care, a written permit to continue activity must be secured from the doctor prior to an athlete returning to participation.

Athletes are not to congregate in the training room. They should be in the training room only with and at the invitation of the trainer.

Student-athletes with chronic medical conditions should notify the Department of such conditions.

Student Trainer Program

The Department of Athletics provides selected students with the opportunity to work with the AMHS trainer in developing training and injury prevention skills. Student trainers are then assigned to assist AMHS teams with training needs.

The program is coordinated by the AMHS trainer. Classes meet regularly after school hours, and orientation sessions start at the beginning of each new sports season, so that student-athletes may participate in their off-seasons.

Applications are available in the Department office. To be eligible for the Student Trainer Program, a student-athlete must be academically eligible to compete in interscholastic athletics.

Article VI: Equipment, Uniforms, Lockers

Uniforms and equipment issued by the Department remain the property of AMHS. The athlete to which they are issued remains financially responsible for uniform parts and equipment until they are properly returned.

Any additions to the contest uniform must be approved by the Athletic Director.

Many programs require student-athletes to purchase "Sport Packs" which may include practice uniforms, portions of the game uniform, equipment, etc. Items of the "Sport Pack" are the property of the purchasing student-athlete.

Individual teams may require specific items such as team shoes, socks, etc.

Lockers are available in both locker rooms for use by student-Athletes. They are issued by the Equipment Manager, and are leased to the student-athletes for the duration of their sport season. All contents must be removed from the locker at the conclusion of the season. Locks remain the property of the student-athlete and must be removed from their locker. Students should not leave valuable items in lockers. AMHS is not responsible for articles left in the lockers.

Varsity locker rooms are available within both the men's and women's locker rooms. They are to be used only by varsity athletes during the varsity season and will be checked out by a varsity coach from the Equipment Manager.

Article VII: Fundraising

There will be no fundraising done by any individual team or program. Parents and other members of the community are invited to join the Boosters by contacting the Department.

Article VIII: Financial Aid

The Department is most aware of the financial burdens placed on a family by a commitment to athletic competition. The program is coordinated through the Business Office. Families should contact the Department or the Business Office for information.

Article XIV: Practice

School policy requires that practice sessions are not to exceed two and one-half hours and are to end no later than 9:30 PM.

School policy prohibits campus activities on Sundays without specific, prior permission from the administration. There normally will be no practices, tryout sessions, banquets, or team meetings held on Sundays.

Students are not to congregate in the gymnasiums. Coaches are to instruct students loitering in the gyms that they must leave.

Article XV: Contest Schedules

Schedules of all games are posted online and updated as necessary throughout each sport season through the AMHS website.

Article XVI: Use Of Facilities

Use of any of the facilities of AMHS is by permission of the school only. Students may use AMHS facilities only with the permission of the school and under the supervision of an AMHS employee.

Article XVII: Pictures

The taking of team pictures is scheduled by the Department office. Athletes will have the opportunity to purchase copies of team and individual portraits.

Article XVIII: Awards

Team awards are limited to the following:

- Varsity team: 4 awards + 1 Scholar-Athlete Award
- Junior Varsity Team: 3 awards
- Freshman team: 2 awards

Other Department awards include:

- Varsity Block "AM": given after an athlete's first varsity season.
- Individual sports emblems: given after each season of varsity participation after the receipt of a Varsity Block "AM".
- All-League Selection Certificates: framed and presented to recipient by Department.
- AMHS Participation Certificates: given to all athletes who complete a sports season.
- Senior Medals: given to seniors as they complete each varsity season. After first season: bronze. After second: silver. After third: gold.

Participation Regulations Signature Form

***This form has been electronically signed during the online registration process.
It is not necessary to submit this form.***

"We have read the accompanying statement of Participation Regulations of the Department of Athletics, and we will follow them."

Student's name (please print): _____

Student's signature: *This form has been electronically signed during the online registration process.*

Parent's signature: *This form has been electronically signed during the online registration process.*

Parent's signature: *This form has been electronically signed during the online registration process.*

RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT

***This form has been electronically signed during the online registration process.
It is not necessary to submit this form.***

In consideration of my minor child/ward _____ (xxxxxxx) ("my child") being allowed to participate in (e.g., sport or activity) _____, its related events and activities, I, the undersigned, acknowledge, and agree that:

1. The risk of serious injury from the sports activities involved in this program is always present due to the nature of the sport(s).
2. I, FOR MYSELF AND MY CHILD, KNOWINGLY AND FREELY ASSUME ALL SUCH RISKS, both known and unknown, EVEN IF ARISING FROM THE NEGLIGENCE OF THE RELEASEES (Releasees defined below) or others, and assume full responsibility for my child's participation.
3. I willingly agree to comply with the program's stated and customary terms and conditions for my child's participation. If, however, I observe any unusual significant concern in my child's readiness for participation and/or in the program itself, I will remove my child from participation and bring such to the attention of the nearest official immediately.
4. I, for myself and on behalf of my child and my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS the Diocese of San Jose, The Roman Catholic Welfare Corporation, the Diocesan Department of Catholic Schools and Archbishop Mitty High School and their officers, agents and/or employees ("Releasees"), FROM ANY AND ALL LOSS, LIABILITY OR CLAIMS (all referred to as "CLAIMS") WITH RESPECT TO ANY INJURY, DISABILITY, DEATH, OR DAMAGE TO PERSON OR PROPERTY, regarding my child and/or arising from or related to his/her participation in the subject sport, events or activities including, without limitation those CLAIMS ARISING FROM THE NEGLIGENCE OF THE RELEASEES OR OTHERS, excepting only CLAIMS arising from Releasees' willful misconduct. I expressly agree that the foregoing is intended to be as broad and inclusive as is permitted by the law of the State of California.
5. I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Dated: _____ Parent or Guardian: _____ (xxxxxxx)
Print Name

(xxxxxx)
Signature of Parent or Guardian

(xxxxxxxxx)
Relationship to Child