

Bellarmino College Preparatory



Student Athlete – Parent Handbook

2024-2025

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<https://www.bcp.org/athletics>

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For current sport schedules and information visit:

<https://www.bcp.org/athletics>



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Preface

This handbook is designed to support student athletes in their athletic seasons while at Bellarmine. While the Student Handbook outlines the policies, practices, and processes that govern the general student population at Bellarmine, this document provides guidance to student athletes involved in athletic activities.

This Handbook is comprehensive, but we acknowledge that spaces emerge within the daily life of the school and athletic competition that can be unanticipated and perhaps previously unimagined. To that end, and as always, please reach out to a member of the Athletic Administration with any questions that may arise during the school year.

Mission Statement

Bellarmino College Preparatory is a community of men and women gathered together by God for the purpose of educating the student to seek justice and truth throughout his life. We are a Catholic school in the tradition of St. Ignatius of Loyola, the Founder of the Society of Jesus. As such, our entire school program is dedicated to forming "men for and with others" -- persons whose lives will be dedicated to bringing all their God-given talents to fullness and to live according to the pattern of service inaugurated by Jesus Christ.

Philosophy

Bellarmino College Preparatory, a Catholic school in the Jesuit tradition, is a diverse and inclusive community of students, Jesuits, faculty, staff, parents, alumni, and friends, drawn together by God's grace to form men for and with others who possess a faith that does justice.

We challenge young men to become contemplatives in action: young men who know they are loved by God and, as a response, discern how best to put their talents at the service of others.

We develop the whole person through a rigorous and holistic curriculum, expansive opportunities beyond the classroom, and a vibrant spiritual formation program. We cherish our diversity as we educate each student to see all people as created in God's image and as unique expressions of the Divine.



Student-Athlete at Graduation

Caring

The student-athlete will have developed a personal responsibility of caring for their team, school and community. The understanding that they are playing for something bigger than themselves and bigger than any singular moment or competition. Bellarmine coaches will enhance this through their team culture and standards.

Responsibility and Accountability

Upon graduation, the student-athlete will have developed a responsibility for themselves and their actions. The Bellarmine athletic staff and coaches will hold our Bells accountable for their actions and it will be realized that all actions have a positive or negative consequence.

Life Skills

After their four-year journey, the Bellarmine student-athlete will have grown academically, emotionally, spiritually, socially, physically and ethically. Bellarmine coaches and staff will challenge our student-athletes and teach them positive life skills that will help them become personally successful and socially responsible.

Leadership

By graduation, the Bellarmine student-athlete will have grown in their leadership ability; both outwardly and inwardly. They will have developed a sense of responsibility for those around them – teammates, classmates, family, community. They will understand that a leader cares for those around them and acts in a respectful and fair way.

Resiliency and Perseverance

The Bellarmine student-athlete will develop an ability to handle many difficult situations in their four years competing in athletics. They will have developed a grit and toughness to persevere through those difficult situations while playing their chosen sport.

Athletic Department Mission Statement

Bellarmino Athletics serves as an extension of the values and philosophies taught in the classroom by providing a nurturing environment while offering quality instruction to equip student-athletes to become independent, well-rounded people that will have a positive impact on the community. Each student-athlete will be challenged by their coaches to try their absolute hardest, to show grace in victory and defeat and to respect all opponents. Bellarmino athletics strives to impart life lessons that our student-athletes will take with them beyond their high school athletic career.

Athletic Department Philosophy 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.

Goals:

- To encourage every student-athlete to participate to the extent of his abilities.
- 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 encourage commitment in the student-athlete by directing him to an acceptance of the goals of the team and an appreciation of the needs of his teammates, coaches, opponents and officials.
- To encourage unselfishness in the student-athlete by requiring that his actions on and off the playing field be consistent with the goals of the team and school as a whole and not be directed towards individual honors.
- To generate in the student-athlete a willingness to commit his time and energy toward 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 limits his athletic, academic and personal potential.

League Affiliation

Bellarmino College Preparatory is a member of the West Catholic Athletic League (WCAL), a league with roots extending back eight decades. For more information on the WCAL, please visit: www.wcalsports.org.

WCAL and Bellarmino College Preparatory are governed by the Central Coast Section (CCS) of the California Interscholastic Federation (CIF). For more information on these governing bodies, please visit: www.cifccs.org or www.cifstate.org.

ATHLETIC PARTICIPATION REQUIREMENTS

Medical Requirements

Prior to participation in tryouts, every student-athlete must complete all required forms on Magnus Health. Magnus Health is a secure, HIPAA approved, online management system that stores all of our required medical forms and records of our student-athletes. These forms MUST be completed prior to tryouts for your son to be eligible for tryouts; NO EXCEPTIONS.

- Pre-Participation Physical Exam Form
- Athletic Emergency Form
- Consent and Agreement Form
- Concussion and Head Injury Management Form
- Sudden Cardiac Arrest Awareness Information Form

The Athletic Department will not allow any student to participate in tryouts, practice or competitions until his medical forms have been completed.

Adherence to these regulations is required of all student-athletes at Bellarmine. Enforcement will be the responsibility of the coaches, the athletic trainer and the athletic director. Students who fail to comply with the regulations are subject to dismissal from the program.

Bellarmino Academic Requirements/Eligibility

The California Interscholastic Federation establishes requirements for athletic eligibility. Bellarmine adheres to these requirements and adds further conditions for the betterment of our programs. Students that Bellarmine determines are ineligible may not participate in interscholastic competition (i.e. games or scrimmages). Eligibility will be determined by the Assistant Principal for Academics, in consultation with the Athletic Director. Eligibility issues fall into four main categories:

1. Age
 - A. A student whose 19th birthday is attained prior to June 15 shall not participate or practice on any team in the following school year. A student whose 19th birthday is on or before June 14 is ineligible.
2. Scholastic
 - A. A student must:
 - i. Have a cumulative G.P.A. of 2.0.
 - ii. Have passed a minimum of 20 units in the grading period immediately preceding his participation.
 - iii. Be enrolled in 20 or more units during the period of his participation.

3. Residential

A. Incoming freshmen from junior high schools are eligible.

B. Students entering as transfers from other high schools:

i. Must file a transfer eligibility form with the Athletic Director. This applies to every transfer regardless of his particular circumstances.

ii. Transfer students who did not have their whole family change their place of residence can choose to apply for eligibility from the following three options:

a. Students may apply for limited eligibility (to play for non-varsity teams).

OR

b. If it is the student's first transfer in high school, they may apply to play on varsity with a mandatory Sit-Out-Period (SOP). The SOP is determined by the State CIF Transfer rule and allows the student to compete during approximately the last six-weeks of the regular season for that sport. If granted by the CCS, the transfer student is allowed to practice with the team, but may not play in any scrimmages or contests until the conclusion of the SOP. Only the CCS office can grant permission for varsity eligibility and the SOP. **OR**

c. A hardship application can be filed with the CCS office by the new school with the information provided by the parents of the transfer student if unrestricted varsity eligibility is desired and a documentable hardship situation solely and directly caused the need for the transfer. The hardship waivers MUST fall into one of the nine documentable categories (i.e. court-ordered transfer, safety incident, etc.).

4. Outside Competition

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

Click [here](#) for the complete list of CIF guidelines and bylaws. However, parents and students are strongly encouraged to ask the Athletic Director regarding any question about CIF, CCS, WCAL or Bellarmine guidelines.

Procedures for Appeal

If a student is declared academically ineligible, he may retain his eligibility, on a probationary basis, if granted by the Assistant Principal for Academics and Athletic Director. To pursue an appeal, a student athlete and his parent(s) must contact the Athletic Director.

SEASON OF SPORT/START DATES

Starting Dates: As determined by the CIF, organized practices for league seasons shall not begin before these dates:

August 12 (5th for
football)

Fall Sports

Cross Country

Football

Water Polo

November 4

Winter Sports

Basketball

Soccer

Wrestling

February 3

Spring Sports

Baseball

Golf

Lacrosse

Swim & Dive

Tennis

Track & Field

Volleyball

CONDUCT AND POLICIES FOR STUDENT-ATHLETES

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

- Student-athletes must treat teammates, coaches, opponents, officials and fans with respect and keep with the highest standards of sportsmanship.
- Taunting, trash talking or any other forms of derisive behavior are unacceptable. Coaches of individual teams in conjunction with the Athletic Director will determine sanctions for such behavior; repeated offenses make a student-athlete subject to dismissal from the program.
- Swearing or abusive language will not be tolerated. Coaches of individual teams, in consultation with the Athletic Director, will determine sanctions for such behavior. Repeated offenses make a student-athlete subject to dismissal from the program.
- Student-athletes who quit a team after first cuts are posted OR prior to the conclusion of the season OR who are removed from a team by the Athletic Department are ineligible for any other team at Bellarmine until the original team's season has been completed. At the discretion of the Athletic Director and Administration, the student-athlete may also be required to sit out 30 days before participation in their next sport/activity.
- Team members may not participate during their season in any open gyms or weight training activities of another Bellarmine 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.
- 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 Bellarmine Student/Parent Handbook. The length of the period of ineligibility will be determined by the Athletic Director in consultation with the Administration.
- Possession of or use of androgenic/anabolic steroids by a student-athlete, unless under the direction of a fully licensed physician to treat a current medical condition, are subject to being declared ineligible. Under CIF Bylaw 503 I, there could be penalties for providing false or fraudulent information. Bellarmine's policy regarding the use of any illegal drugs or substances and the accompanying disciplinary action will be enforced for any violations of these rules.

Conflict Resolution

Student-athletes and/or parents who have a concern with a coach should follow these procedures:

1. Student-athlete approaches the coach and asks for a time to meet to discuss the issue.
2. If a resolution is not reached, the student-athlete should contact the Athletic Director to arrange for a meeting to discuss the issue.
3. In the rare instance that there is still no resolution to the issue, the Athletic Director will arrange a meeting with the student-athlete, the parent, the coach and the Athletic Director.
4. School administrators will only be involved to discuss the Athletic Director's handling of the situation.

Drug, Alcohol, Tobacco and Steroid Policy

Bellarmino is a drug, alcohol, tobacco and steroid free school. As a member of an athletic team, student-athletes will refrain from using alcohol, drugs and tobacco in accordance with school policy. If a coach or parent becomes aware of any situation involving illegal drug or alcohol use, they should immediately bring the information to the Athletic Director, Dean of Students or Principal. 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.

Steroid Policy

As a condition of membership in the California Interscholastic Federation, the Central Coast Section and the West Catholic Athletic League, Bellarmino has adopted policies prohibiting the use of androgenic/anabolic steroids. The participating student-athlete and parents/guardians/caregivers agree that the student-athlete shall not use androgenic/anabolic steroids 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. Under CIF Bylaw 503 I, there could be penalties for providing false or fraudulent information. Bellarmino's policy regarding the use of any illegal drugs or substances and the accompanying disciplinary action will be enforced for any violations of these rules.

Evaluations

At the end of each season of sport, every student-athlete will have an opportunity to evaluate their coaches through the Coaches' Performance Evaluation administered by the athletic department.

Facilities

Student-athletes may use Bellarmino's facilities only with Bellarmino athletic department approval and under the supervision of a Bellarmino faculty or staff member.

Fundraising

We are blessed to have a strong tradition of supportive parents in our athletic program. If you would like to support Bellarmino Athletics, please contact the Athletic Director. No individual fundraising for any team or program is permitted.

Hazing

Hazing is prohibited. Any attempt to hold a "rookie night" or any other type of initiation, even if held privately, will be cause for dismissal from the team. Bellarmino affirms the dignity of every student. Hazing is unacceptable conduct, as well as illegal, and will not be tolerated.

Informed Consent

By its very nature, competitive athletics can put students in situations in which serious, catastrophic and perhaps fatal accidents could occur. Student-athletes and parents/guardian must assess the risks involved in such participation and make their choice to participate in spite of those risks. No amount of instruction, precaution or supervision will totally eliminate all risk of injury. Just as driving an automobile involves risk, participation in athletics is inherently dangerous. By choosing to participate or by granting permission to participate in athletic competition, the student athlete and the parent/guardian acknowledge that playing or practicing a sport can be a dangerous activity involving risk of injury. Both the student-athlete and the parent must understand that the dangers and risks of playing or practicing include, but are not limited to, death, complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments, muscles, tendons and other aspects of the skeletal system and potential impairment to other aspects of the body, general health and well-being.

Intercollegiate Athletics

Bellarmino and our coaching staff seek to encourage student-athletes to set goals and to work diligently to help students reach their goals. When considering participating in intercollegiate athletics, families should expect Bellarmino's coaching staff to provide honest feedback regarding a student-athlete's potential to participate in college athletics and the proper level for competition. The Bellarmino faculty and staff as well as the coaching staff are helpful and knowledgeable regarding intercollegiate athletics and will help in the process of the student-athlete's pursuing of collegiate athletics. Decisions regarding playing time, systems, formatting, scheduling, etc. are not made with college athletics in mind. Instead, our athletic program exists to teach life lessons that can only be learned in an educational athletic forum. Coaches are not expected nor required to ensure that student-athletes have the opportunity to compete at the collegiate level. However, families will find that coaches at Bellarmino consistently work hard to ensure interested students have the opportunity to pursue their passions at the next level. Student-athletes interested in competing as college athletes should make their desires known to coaches and athletic administration early in their high school career in order to have as many options as possible upon graduation.

Absences

Unexcused absences from practices and/or games are not tolerated and are reason for the student-athlete to be removed from the team. Attendance at practices and games are mandatory for every team member. Absences from practice due to Student Council or school retreats will be viewed as excused absences only when the student-athlete has communicated with his head coach that he will be absent from practice at least 48 hours before the absence.

For school retreats and other school sponsored trips/events, the student-athlete needs to make an effort to schedule the event at a time which does not conflict with practice and game schedules (for example, if playing a fall sport, sign up for the spring retreat). Where this is not possible, the student-athlete must see the Coach or Athletic Director for special arrangements as soon as the conflict is known (when signing up for the event or when it is known that the student-athlete made the team and they already have signed up for the event). Arrangements may not always be possible and the student-athlete may need to choose between the event and participation in their sport.

Game Day Attire

On Game Days, student-athletes may wear their team warmups to school. The team must wear the same team warm-up. **If the school has a formal day (i.e. mass), then the team may not wear their team warm-ups, they must wear their school formal uniform.

Social Media

Student-athletes are representatives of Bellarmino and Bellarmino Athletics at all times and their online behavior must positively represent themselves, their team, the athletic program and the school. Student-athletes must refrain from using social media (Twitter, Facebook, Instagram, SnapChat, etc.) to harass, threaten, annoy, intimidate or make fun of others in any manner. Student-athletes must refrain from using social media to speak negatively about Bellarmino Athletics, Bellarmino coaches, teammates, opponents, officials and spectators. Negative posts on social media sites will not be tolerated and are grounds for removal of the student-athlete from the team.

Outside Competition & Summer Leagues

According to CIF rules, no student-athlete may participate on a non-school team of the same sport during the same season. This includes leagues, tournaments, charity games, all star games, 3 vs. 3 tournaments, college ID camps, etc. Since participation in a non-school event of the same sport will render a student-athlete ineligible and force the forfeiture of Bellarmine games, student-athletes must check with the Athletic Director if there is any doubt as to whether a competition is permissible according to CCS and CIF bylaws. Bellarmine, WCAL, CCS and CIF do not sponsor summer league teams. Although participation is allowed, they are not officially associated with the above-mentioned groups. The parent assumes full responsibility for medical expenses and any liability that may occur as a result of participation on a summer league team.

Practice Sessions

Practice sessions are closed to parents/guardians and spectators. Often the presence of parents puts undue pressure on student-athletes and serves as a distraction to the team members. When arranged in advance, college coaches are permitted to watch practices for recruitment purposes; this must be arranged by the head coach and communicated with the Athletic Director. There are no Sunday practice sessions.

Sportsmanship

Beyond the guidelines and regulations that Bellarmine is obligated to follow, it is the hope that everyone associated with our athletic program recognize the purpose of our sportsmanship policies. Anyone associated with an athletic contest has a responsibility to uphold the highest standards of sportsmanship before, during and after a contest. Sportsmanship includes, but is not limited, to the following:

- Show respect for teammates, coaches, opponents, officials and fans.
- Treat opponents as guests while they are on campus.
- Accept both victory and defeat with grace and dignity.
- Refrain from heckling, jeering or using profane language.
- Be positive in words and actions.

CONDUCT AND POLICIES FOR PARENTS

Parent/Spectator Guidelines

We are blessed to have a strong tradition of supportive parents in our athletic program. Often, parents are eager to get involved and help but sometimes do not know how to proceed. As a parent of a Bellarmine student-athlete, there are multiple volunteer opportunities available. Please contact the athletic department for further information.

Expectations of parents

- Attend the seasonal Parent Meeting and the team end of year awards night.
- Work closely with school personnel to ensure proper academic progress.
- Ensure that your son attends all scheduled practices and athletic contests.
- Acknowledge the authority of the coach to determine strategy, player selection and playing time.
- Exhibit and promote sportsmanship from students and other parents.
- Support your son by attending contests and encouraging him and his teammates.
- Be an active member of the parent volunteer groups.

Spectator Guidelines

Bellarmino believes that the student-athlete's athletic competition is a significant part of his entire educational experience. Everyone involved in our athletic program has a duty to ensure that our programs impart important life skills and promote the development of good character. Essential elements of character building are embodied in the concept of sportsmanship and six core ethical values: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is realized when all involved intentionally Teach, Enforce, Advocate, and Model these values and are committed to the ideal of pursuing Victory with Honor. The parents/guardians of our student-athletes must play an important role in this commitment. Our good-faith efforts to honor the words and the spirit of these ideals can dramatically improve the quality of the student-athlete's sports experience. Parents and spectators at all Bellarmine athletic contests are expected to support these values at all times by displaying good sportsmanship. The following are some of the ways to ensure you are part of a positive youth sports culture:

- Offer encouragement to all the players and coaches on our teams.
- Show respect for the decisions made by the contest officials. Refrain from booing, hissing or making derogatory remarks towards game officials.
- Respect the fans, coaches and participants from opposing schools.
- Follow all the rules of the host site and follow the directions and rules set by administrators or designees from both schools.
- Avoid criticizing the decisions of student-athletes, coaches and officials at events or in your home.

The administration and staff at Bellarmine will hold all spectators at our athletic events to the highest ideals of good sportsmanship. Spectators who are unable to exhibit the necessary sportsmanship to attend our athletic events may be subject to some or all of the following disciplinary action:

- Verbal reminder.
- Removal from the site for the remainder of the contest.
- Meeting with the Bellarmine administration.
- Permanent banning from Bellarmine athletic contests.

- Child being removed from the team.
- Child being removed from the school.

Should you ever become aware of or concerned about issues of poor sportsmanship on the part of our students, student-athletes, coaches or parents contact the supervisory personnel on duty at the game or the Athletic Director.

TEAM POLICIES AND PROCEDURES

Tryout Policy

The procedures, practices, and policies of the Bellarmine athletic program, like those of any other department, must reflect the philosophy and mission of the school. Thus, the athletic program is committed to the development of the whole person and to empowering individuals to develop to his full potential as a human being. The welfare of an individual student can never be sacrificed for the sake of a winning program. The following procedures derive from the Bellarmine philosophy:

1. Any student-athlete who intends to try-out for a team must sign-up for that team and attend an informational meeting with the coach.
2. **Students trying out for a team will be allowed at least 3 tryout sessions.** Students are given only one day to try out if their Athletic Participation packet is turned in after tryouts have started (but is still within the first week of tryouts) or if a student is cut from another sport in that same season.
3. Only in rare cases and for good cause will a student be allowed to make up a missed tryout session. This will be at the discretion of the Athletic Director.
4. At the first tryout session, the coach will evaluate the physical abilities and general skill level required to make the team. It is appropriate that coaches evaluate an athlete's skill, ability, fitness, work ethic, attitude, sportsmanship and team spirit when making decisions regarding team rosters, position and playing time just as teachers evaluate student work and participation when assigning grades. A written tryout evaluation is required.
5. Coaches must establish clear, specific and objective criteria for evaluating an athlete's performance and communicate this to the athlete, similar to how teachers must state objective criteria for assessing student achievement in the classroom.
6. Coaches will evaluate the athlete's skill level, ability, fitness, work ethic, attitude, sportsmanship and team spirit when making decisions regarding team rosters, positions and playing time. Athletes contending for a spot on a team or place in the lineup should be provided with a clear assessment of their strengths and weaknesses and the performance levels needed to attain their goal as well as the time frame in which they ought to accomplish it.
7. Coaches will make themselves available to talk with any student who is cut from the team.
8. Students cut from a sport may try out for another sport during the same season. They must tryout the following day and will only be guaranteed one day to tryout in the new sport.
9. The longer the student has been a participant in the Bellarmine athletic program, the greater our commitment must be to the growth of that student. If the prospects of a returning varsity player are marginal, it is essential that the student be given specific areas for improvement and the opportunity to do so. It is the prerogative of the coach to determine his role, and it is the responsibility of the coach to clearly define and communicate it to him.
 - a. Special consideration and attention should be provided to seniors who have been committed to a sport during their time at Bellarmine. If you determine that a senior is at risk of being cut from the team, you must consult with the Athletic Director or Assistant Athletic Director as soon as possible during tryouts and communicate the concerns/deficiencies you have identified. All Senior cuts will be reviewed by the Athletic Department prior to any announcement of the final roster.
10. Particular care should be used when bringing up players for the post season. Although coaches often view this as merely a test of the athlete's readiness for varsity competition, it is usually interpreted by students and parents as a definite indication that the student will

play on the following year's varsity team. Consequently, when bringing up a player, the coach must clearly communicate to the athlete and to the parents their intent of bringing him up to varsity for the post season.

11. Any meeting with students and/or parents must have two adults from the school present.

Participation in a Non-Cut Program

During each season of sport, Bellarmine offers at least one non-cut sport. While our non-cut sports do offer an opportunity for all to participate, the same attendance, level of dedication and work ethic are expected. To that end, for athletes to gain the same experience in our non-cut programs the following guidelines are in-place:

- All student-athletes intending to participate in a non-cut sport must start on the first day announced at the informational meeting. Failure to do so may impact the student-athletes' participation in the program. Those coming from another sport, or who have permission from the Head of Program, may be excused from this expectation. In that case, the student-athlete is expected to start working out with the team within two (2) weeks of the start date for that sport.
- Non-cut sports are an opportunity for students to engage themselves in a team setting and meet the participation standards that exist across all our programs.
- If an athlete misses practice due to an unexcused absence or without communicating in advance with a coach, he may be held out of competition.
- If an athlete has continual absentee issues (10% of practices or more), then the athlete may be dismissed from the team.
- Participation in practice is not simply just being present, but performing the tasks demanded by the coaches in the spirit of the workout.
- Credit will be given to all athletes who complete the season.
- Any sub-par commitment in attendance or effort may result in the student-athlete receiving no credit (NC).

Tryout Calendar and Roster Additions

Athletes will not be able to try out OR participate in a non-cut program after the stated dates below for each season. Athletic eligibility and/or injury are not exceptions to the below dates.

Fall: August 16, 2024

Winter: November 8, 2024

Spring: February 7, 2025

Playing Time

Due to the competitive nature of high school sports, playing time is not guaranteed at any level.

Participation in multiple sports

The Bellarmine athletic department seeks to promote the concept of well-rounded and multi-sport student-athletes. We will work cooperatively with student-athletes to allow them to pursue interests in as many areas as possible during their time at Bellarmine. All student-athletes who compete for a Bellarmine team are allowed to try out for a team in the next season of sport upon the conclusion of the previous season. Coaches and teachers will try to work cooperatively with families to allow participation in multiple activities when possible. However, coaches have the ability to set the minimum requirements for team membership.

Quitting a Team

A high level of commitment is expected from our student-athletes. Student-athletes who quit a team after first cuts are posted OR prior to the conclusion of the season OR who are removed from a team by the Athletic Department are ineligible for any other team at Bellarmine until the original team's season has been completed. At the discretion of the Athletic Director and Administration, the student-athlete may

also be required to sit out 30 days before participation in their next sport/activity.

Financial Aid

The Athletic Department is aware of the financial burdens placed on a family by a commitment to athletic competition. Bellarmine guarantees that no student will be denied participation in any aspect of the Athletic programs for financial reasons. It therefore makes available financial assistance to those families in need. Student-athletes who need financial assistance need to email the Athletic Director.

*Financial assistance is dependent on whether the family receives assistance from the school. *

Awards

The Athletic Department presents five major awards:

Varsity Letter Awards (Block Bs)

All student-athletes that compete in a full season at the varsity level will earn a Block B. Student-Athletes will receive only one Block B per sport throughout their time at Bellarmine.

Billy Schmidt Award

This award is named after a 1962 graduate of Bellarmine who lettered in football and baseball and was selected to be the most valuable player on the football team in his junior year. Billy was a fierce competitor, unselfish leader, a loyal friend and a committed Christian. He was a proud loser and humble winner who won the love and respect of all who knew him. He was a great athlete and an outstanding human being. This award is presented to that athlete in each sport who has given solid evidence of good sportsmanship throughout the season, who's conduct on and off the field is exemplary, whose loyalty to his team is unquestioned, and whose leadership and inspiration as a team member is proven.

John Hannah Award (Senior Award)

This award is presented to the student who has contributed most significantly to Bellarmine in more than one sport. This award is also known as the "Most Valuable Senior Athlete Award."

Robert Fatjo Sportsmanship Award (Senior Award)

This award is presented to that student who has contributed significantly to Bellarmine athletics through his leadership, sportsmanship and character. His leadership must be evident on the field of competition as well as in the Bellarmine community at large. He is also honored for the ideals of service and cooperation that Bellarmine hopes to inculcate in all its athletes.

The Scholar Athlete Award (Senior Award)

This award is presented to that student who has participated with marked success in athletics and who has maintained a grade point average that is towards the top of the class.

Team Pictures

Team pictures are taken by Bacosa Photography and are scheduled by the Athletic Department. Athletes will have the opportunity to purchase copies of team and individual portraits. The student-athlete is responsible for having the correct uniform on picture day or they will not be able to participate in the picture. Bacosa Photography will send an email to the student-athletes with online purchase information.

Team Rules

Each team will publish its particular set of rules and policies. These will be presented to parents at the

mandatory pre-season meeting. The following guidelines apply to all student-athletes at Bellarmine:

- 1** Bellarmine student-athletes are expected to represent the highest ideals of the school, both on and off the playing field.
- 2** Each team may have a set of team rules to be read and signed by both the player and parent.
- 3** With rare exception, all transportation to and from athletic contests is provided by Bellarmine. Transportation by any other means is permissible only with the consent of the supervising staff member and with written permission of the student-athlete's parent/legal guardian.
- 4** Student-athletes may use Bellarmine facilities only under the supervision of a faculty or coaching staff member.
- 5** At the end of each season, every student-athlete will have an opportunity to evaluate his coaches. The Athletic Department will administer the evaluations.
- 6** Parents of all Bellarmine student-athletes are encouraged to be involved in the Bellarmine Athletics community

TEAM TRAVEL AND TRANSPORTATION

Behavioral Expectations Regarding Team Travel

Many Bellarmine programs and classes offer students the opportunity or require them to participate in events held off-campus. Such opportunities include (but are not limited to) field trips, athletic contests, spiritual retreats, community service projects, performing arts events, foreign travel opportunities, Immersion Program trips and club outings. At every such off-campus event, the student remains a representative of Bellarmine, and his behavior must be in accordance with the specifics outlined in the Student/Parent Handbook. A student whose behavior at an off-campus event is in violation of those specifics is subject to the same consequences as are students while on campus, as outlined in the Student/Parent Handbook. The student may also be subject to sanctions from the moderator of the off-campus event.

Further policies relating to off-campus Bellarmine events:

1. Only Bellarmine students, staff members and adults designated as supervisors by the event moderator may attend the event.
2. The event moderator must establish an adequate level of supervision of Bellarmine students during the event.
3. The event moderator must report to the Athletic Director violations of the specifics outlined in the Student/Parent Handbook.
4. Serious violations of the specifics outlined in the Student/Parent Handbook and/or specific requirements of the event may result in a student being sent home prior to the conclusion of the event. The student's parents will pay the cost of transporting the student home.
5. On overnight events the event moderator will establish "bed check" procedures and adequate nighttime supervision.

Overnight Travel

Coaches must get permission from the Athletic Director before their season begins in order to travel overnight with their team. If Overnight Travel is approved, the Athletic Department will pay for the hotel accommodations and travel expenses for the coach(es), but the coach will be responsible to pay for all other travel costs, including food. Each student-athlete will need to pay for his own travel expenses as well as hotel accommodations and food.

In addition to prior approval for Overnight Travel, the coach must also arrange for chaperones for the team. These chaperones must be cleared through Bellarmine (fingerprinting, background check, TB test, etc.). This must be taken care of in advance and is the responsibility of the coach to organize in conjunction with the Athletic Department.

If the Overnight Travel is approved, the coach must schedule a meeting with the Athletic Director to review rules, itinerary, etc.

These standards of Overnight Travel for CIF events vary slightly. Ask the Athletic Director for details regarding Overnight Travel for CIF competitions.

Transportation

- A coach must be present on any bus that our students are riding in to ensure proper supervision.
- Travel to and from away contests will be provided and arranged by the Bellarmine Athletic Department. Coaches will communicate their preferred dismissal time and bus departure time to the Administrative Assistant - Athletics.
- Only under special circumstances may a student-athlete be excused from riding the bus; the student-athlete must get the consent of the head coach and the Athletic Director.
- Bellarmine student-athletes are **NOT** authorized to travel with a student as the driver to practices or competitions. Students who do not comply with this policy will be suspended from their sport for an amount of time decided by the Athletic Director.
- Coaches may request the use of the school vans after being cleared by the Director of Human Resources and submitting it to the Athletic office for approval. Please allow 2-3 weeks for approval. Coaches wishing to reserve a school van should coordinate with the Administrative Assistant - Athletics. Van usage will be based on availability.
- Occasionally, students will be excused from class early in order to travel to or prepare for contests. The specific time of dismissal from class will be determined by the Athletic Department.

While traveling by bus, students-athletes are to maintain a level of behavior consistent with being a representative of Bellarmine. There is to be absolutely no shouting from windows or throwing anything from windows.

UNIFORMS AND EQUIPMENT

Uniforms/Equipment

Uniforms and Bellarmine-owned equipment issued to the players must be returned in good condition* at the time the coach arranges. Student-athletes who do not turn in equipment/uniforms will not be allowed to participate in the next sport until the uniform/equipment is received or the Bellarmine Athletic Department has been reimbursed for the cost of replacement. Detention will be issued to student-athletes who fail to turn in their uniforms/equipment until the complete set is turned in.

*Good condition is defined as usable for the next sports season. Uniforms should not have any tears, rips, holes, or discoloration from improper washing (wash all uniforms in cold water).

Player Packs

The Head of Program shall determine the items available for the student-athletes to purchase as their player pack (required and non-required items). The items that the coach chooses for their sport will be ordered and paid for by each student-athlete and distributed once available.

WEIGHT ROOM RULES

Weight Room

The Weight Room is available to Bellarmine student-athletes, Bellarmine students, Bellarmine Faculty & Staff and Bellarmine coaches. The weight room schedule, equipment, etc. is managed by Bellarmine's Strength and Conditioning Specialist.

Rules of the Weight Room

1. You may only work out in the Weight Room if you are properly equipped; running shoes are required. Vans, bare feet and slippers are not permitted. School uniform is not proper workout attire.
2. If you are in the Weight Room, then you need to be working out (The Weight Room is not a place to socialize or to study).
3. No bags are allowed in the Weight Room. Backpacks and other bags need to be placed outside the Weight Room.
4. RE-RACK YOUR WEIGHTS!!! If you use something, put it back in the proper place. Spotters must be used for all heavy lifting.
5. No food or drinks are allowed in the Weight Room. Water is allowed.
6. Wipe down the equipment after you use it with the sanitizing wipes that are provided.
7. If a piece of equipment is broken, notify the Strength and Conditioning Specialist immediately.

Make sure you are safe and that you leave the Weight Room better than you found it.

SPORTS MEDICINE PROCEDURES/ATHLETIC TRAINING ROOM INFORMATION

Bellarmino employs full-time certified athletic trainers who assist student athletes during practices and games. The job responsibilities of Bellarmine's athletic trainer include, but are not limited to, injury prevention, injury response and management, injury treatment, injury rehabilitation, provide counseling advice to student-athletes on health-related issues, health care administration (record keeping) and professional development.

Physician's note

All student-athletes that have seen a physician for any reason require a **written medical release in order to participate in practice or contests**. Student-athletes under the care of a physician for an infected wound MAY NOT participate in practices or contests without a written medical release from their attending physician.

Medical Clearance – Pre-Participation Physical Exam

Student-athletes wishing to participate in an interscholastic sport must show evidence of having a physical examination by a licensed California physician that covers their entire sport season. These physicals are valid for 12 months. The Athletic Participation packet must be completed before a student-athlete may tryout.

Athletic Training Room Policies and Procedures

- The Athletic Training Room is a medical facility that provides health services for athletic injuries and illnesses. Loitering in the Athletic Training Room will not be tolerated. All Bellarmine student-athletes are welcome to utilize the athletic training services during the training room hours.

- Taping services in the training room are rendered on a first-come-first-serve basis.
- Other treatment services available in the Athletic Training Room include cold therapy (ice, whirlpool), thermotherapy (heat packs), electronic stimulation, ultrasound, intermittent compression, assisted stretching, wound care and some forms of assistance with rehabilitation.
- All injuries that require an evaluation, treatment and/or rehabilitation require a scheduled appointment. Student-athletes must arrange an appointment directly with the athletic trainer. It is the student-athlete's responsibility to allow time for treatments, rehabilitation and taping prior to any practices/games. The athletic training staff will not be responsible for the student athlete being tardy to a practice/game. The athletic training room is never an acceptable excuse to be late. If a student-athlete needs to visit the training room during practice, they must first obtain the coach's permission.

Injury Management

- Student-athletes must report all injuries to their coach and the athletic trainer. The athletic trainer will evaluate each injury and determine the best course of action (rest, MD/DO referral, etc.) for the health and well-being of the student-athlete. The athletic trainer will determine if and when the injured student athlete may return to athletic activity.
- Student-athletes who seek the care of a physician, either by referral of the athletic trainer or at a parent's preference, MUST provide written documentation from the physician stating their injury or illness status. This documentation should state the nature of the injury, recommendations for return to play and a return to participation date. Student-athletes who do not submit documentation, after receiving care by a physician, will not be allowed to participate in any capacity until such note is received by the athletic trainer.
- Injured student-athletes are still part of the team and are expected to attend practices and competitions as an "observer" until they are medically able and cleared to resume athletic activity. The exception to this rule applies to student-athletes who have suffered a concussion—see below for Concussion Policies.
 - If a medical professional removes a student-athlete from an activity, then the student-athlete must have a signed note from a medical professional to return to the sport. If a student-athlete is withheld or limited from athletic participation because of an injury or illness, then the athletic training staff holds ultimate authority on return to play decisions. In the circumstance where a student-athlete seeks medical attention outside of the Bellarmine athletic training staff and is withheld or limited from athletic participation because of an injury or illness, then the following MUST occur:
 - The student-athlete must present a signed physician release form ("physician's note") to the Bellarmine athletic trainer (NOT the coaching staff) stating they can return to athletic participation. Any student-athlete who does not present a physician release to the athletic trainer will not be allowed to resume practice or participate in games.
 - The athletic trainer will then make the decision to return the student-athlete to athletic participation.
 - The coaching staff will be notified that the student-athlete can return to athletic participation.
 - All student-athletes must undergo concussion testing in order to participate, as scheduled by the athletic trainer.

Concussion management policy

A concussion, no matter what degree, is a serious injury. The athletic trainer will work closely with the parents and student-athlete to determine the best course of action. If it is determined that a student-athlete requires a modified school schedule/workload as a part of the recovery process, that student athlete will not be permitted to attend practices or games until the student-athlete provides notification from a physician that they can return to their prior academic workload. However, he is not yet cleared to participate in his sport; he may attend practices and games, but he is not eligible for early dismissal on game days.

Return to play is determined on a case by case basis. The student-athlete must be completely symptom-free and cleared by his attending physician (MD/DO) with written documentation. Per California state law AB 2127 (effective 1/1/15), a student-athlete may not return to full participation or competition sooner than seven days after being diagnosed with a concussion by a physician. Once cleared, he will go through a gradual step-wise progression of physical exertion, sport-specific activities, and exposure to contact. The student-athlete must check in with the athletic trainer daily prior to progressing to the next step. If symptoms return during progression, the student-athlete must cease activity and report his symptoms to the athletic trainer. Once symptom-free for at least 24 hours, he may resume the process at the previous step. Bellarmine policy states that every student-athlete is required to meet the following criteria in order to be allowed to return to play after a concussion:

1. The student-athlete is asymptomatic at rest and with exertion;
2. The post-concussion ImPACT data is within normal range of baseline data (if no baseline data is available then ImPACT national scores will be used for comparison);
3. The student-athlete must have a normal neurological and physical exam and be cleared for full activity by his primary care medical physician.

Baseline ImPACT testing will be administered to the following programs: Basketball, Diving, Football, Lacrosse, Soccer, Baseball, Track & Field (high jump and pole vault), Volleyball and Water Polo. An ImPACT test is a computer-based neurocognitive program that helps the athletic trainer and team physician manage concussion treatment. ImPACT baseline testing will be administered to student-athletes during their freshman and junior year with the exception of those who transfer in during their sophomore or senior year.

ATHLETIC TRAINING ROOM RULES

Student-athletes are expected to follow ALL rules when inside the Training Room.

1. NO Loitering!
 - a. If you are not injured, or assisting someone who is, DO NOT crowd the training room.
2. NO food or drinks allowed.
3. NO cell phone use inside the training room.
4. NO equipment (bags, backpacks) allowed inside the training room.
5. All injuries in need of an evaluation, treatment or rehab require a scheduled appointment; see athletic trainer to arrange an appointment.

