

**Divine Savior Holy Angels  
High School**

**Athletic Policies, Procedures  
and Athletic Code**

**for**

**Student-Athletes and Parents**

**2016-2017**

**DSHA**  
**Dashers**

# Welcome To DSHA Athletics and Club Sports

Dear DSHA Student-Athletes and Parents/Guardians:

Welcome to the athletic and club sports program at Divine Savior Holy Angels High School! By becoming a member of the DSHA athletic and club sports program, you are becoming part of a great tradition! The DSHA experience promotes the development of the whole person and interscholastic athletics helps to foster this growth. We hope that being a part of a team will support your growth, not only in a particular sport, but in your personal development as well. Life-long lessons learned through participation in sports will benefit you well beyond your years at DSHA, and the friendships made will last a lifetime.

Interscholastic competition, however, demands a true commitment. It will not only require many hours of dedication and hard work, but will enable you to learn to work with others to achieve a common goal. This will require you to put the team goals before your own personal goals and will require you to play a particular role on the team to achieve success. There may be failures along the way, but learning how to respond to failure and pick yourself up and move forward is also a very important lesson that will carry over and help you in other areas of your life. Although coaches and student-athletes are motivated to want to win and excel, the principles of good sportsmanship should prevail at all times to enhance the educational values of each contest.

This booklet is intended to give student-athletes and parents/guardians basic athletic and club policies and procedures with regard to the Divine Savior Holy Angels athletic and club sport programs. This information is necessary for every athlete and parent/guardian to understand and abide by if they choose to participate in athletics or club sports at DSHA. If you have any questions with regard to this information, or any other questions, please feel free to contact me for answers.

We thank you for all of your efforts and wish you success as you join the many outstanding student-athletes who have been a part of the athletic program at DSHA. Have a great academic and athletic year!

**GO DASHERS!**

Peggy Seegers-Braun, CMAA  
Athletic Director

## **Mission:**

The Athletic Department will support DSHA's mission to develop the whole person and continue to provide a competitive athletic environment that empowers and inspires student-athletes to use their God-given talents to the fullest in a strong, Catholic environment that promotes competitive success, teamwork, leadership, sportsmanship and service.

## **Vision:**

The vision of the DSHA Athletic Department is to be the best athletic program for girls in the area, the standard of comparison for other schools to strive for. The DSHA Athletic Department is committed to developing student-athletes who are committed to academic success, athletic excellence, teamwork, leadership on and off the court, service to others, and role models of sportsmanship at all times.

## **Qualities/Core Values:**

**Critical Thinker/Academic Success:** Athletes will be held to high standards in both academics and athletics. At all times, their main focus will be first, success in the classroom followed closely by success in athletics. Athletes will develop time management skills to balance success in both academics and athletics and will be held to the same standards as non-athletes. They will be life-long learners who are adaptable and analytical in both academics and athletics.

**Critical Thinker/Athletic Excellence:** Athletes will be able to problem-solve in practice and during games. They will make good decisions during play and think creatively. Athletes will be provided with the resources and opportunities to be successful. This includes quality coaches, competitive schedules, quality equipment and facilities, and off-season opportunities.

**Communicator/Teamwork:** Athletes will improve interpersonal communication skills with their teammates and coaches. They will understand that they can be positive contributors to the team. This includes accepting their role and unselfishly sacrificing for the good of the team's success. Every athlete can contribute by being responsible, accountable and dependable.

**Leader/Leadership:** Athletes, whether captains or not, can take the initiative and lead with positive influence on their team and in school. Athletes can demonstrate leadership through commitment, quality play, a positive attitude and 'team first' mentality. They will motivate and empower teammates to develop their potential.

**Believer/Service:** Athletes in each program will give back to the community in thanks for all they have been given as part of our Catholic identity. Each program will determine a service project that they will give their combined time and talents for the benefit of others. Athletes will also find ways as a team to recognize God's loving presence in all things through team prayers and attending Mass together.

**Believer/Sportsmanship:** Athletes, in their call for justice and integrity, will demonstrate good sportsmanship at all times by respecting their school, coaches, teammates, opponents, officials and the game.

## DSHA PHILOSOPHY OF ATHLETICS AND CLUB SPORTS

The athletic and club sports programs exist to support and advance the overall mission of DSHA. Competitive teams help develop pride and loyalty in the school and each other, as well as self-confidence and a sense of accomplishment as an individual. We believe that making a team is an HONOR that an athlete earns with hard work and dedication, as well as the development and refinement of her God-given talents.

VARSITY coaches will keep those players who can compete in contests at the varsity level. The ultimate goal of a varsity team is to be as competitive as possible. In MOST game situations, not all players will have the opportunity to play.

JUNIOR VARSITY AND FRESHMAN coaches will make greater efforts than varsity coaches to promote participation in games by all team members. They must balance their wish to build a winning team spirit with the need for giving hard-working young players the opportunity to compete in every contest. Playing time at the high school level is NEVER equal among players each game. A coach need only play those players he/she feels have worked hard in practice and deserve to play.

SPORTSMANSHIP plays a vital role in every contest. Coaches, athletes, parents and fans are expected to act in an appropriate manner. The emphasis should be on positive cheering and support for our teams and athletes, not against the opponent.

### STARTING DATES:

#### WIAA ATHLETIC TEAMS

CROSS COUNTRY: August 15  
\*GOLF: August 8  
SWIMMING AND DIVING: August 9  
\*TENNIS: August 9  
\*VOLLEYBALL: August 15  
\*BASKETBALL: November 7  
GYMNASTICS: November 7  
ICE HOCKEY: November 7  
\*SOCCER: March 20  
\*SOFTBALL: March 13  
TRACK AND FIELD: March 6

#### CLUB SPORT TEAMS

FALL RUGBY: Aug. 10  
FIELD HOCKEY: Aug.8  
DOWNHILL SKI: Nov. 7  
LACROSSE: March 6  
SPRING RUGBY: March 6

\*Please note that tryouts for each sport generally last 3-5 days. You are expected to be at all tryout dates. All cuts from athletic teams are **final**. You may contact the **coach** for an explanation of skills that need to be improved, but no appeal process will be available beyond the coaching staff. Every athlete is expected to abide by the athletic rules of DSHA and the WIAA.

## **Eligibility:**

In order to participate in the athletic and club sport program at DSHA, every athlete must follow the eligibility rules of the WIAA as outlined in the **2016-2017 High School Athletic Eligibility Information Bulletin** provided in your registration materials, as well as the rules of DSHA. The minimum requirements are:

1. **Enrollment:** Student-Athletes must be enrolled as a full-time student at DSHA.
2. **Age:** Student-Athletes must be under 19 years old as of August 1 of the school year.
3. **Semesters:** Student-Athletes participating in high school athletics have only eight (8) total semesters of eligibility that begins upon entering 9<sup>th</sup> grade (at any school).
4. **WIAA Physical:** A current physical exam form, or alternate year card, must be on file. It must include the signature of a licensed physician, or a physician authorized Nurse Practitioner or Physician Assistant can stamp the card with the physician's signature. The Physical exam form must be completed every other year, with April 1<sup>st</sup> as the earliest day of the examination. The alternate year card with parent or guardian signature is used in the second year. DSHA is required to have a current physical examination on file for every athlete **before** the athlete is allowed to tryout or begin practice.
5. **Athletic Code/Athletic Policies and Release and Waiver form:** This form with multiple signatures must be signed and on file **before** the athlete is allowed to tryout or begin practice. This contract obligates the student-athlete and parent/guardian to comply with the rules as set forth in the Athletic Code and the Athletic Policies and Procedures booklet. The Release and Waiver form releases DSHA from liability when your student-athlete chooses to participate in athletics or club team sports at DSHA.
6. **Activities Participation and Emergency Medical Permission Card:** This form allows for the release of medical information to be shared among professionals toward the benefit of the individual student-athlete and allows the student-athlete to be treated in case of emergency. It must be signed and on file **before** the athlete is allowed to tryout or begin practice.
7. **FERPA form:** Allows your daughter's personal information to be shared for the purpose of rosters, All-Conference and other awards. It must be signed and on file **before** the athlete is allowed to tryout or begin practice.
8. **Concussion form and information:** In compliance with State law, prior to the first athletic season of the current school year, you must receive the packet of information on concussions and sign a form that states parent/guardian and student-athlete have received and understand the information on concussions. It must be signed and on file **before** the athlete is allowed to tryout or begin practice.
9. **Sign-up sheet:** This form has basic information and signatures, as well as which sports your daughter is interested in playing this school year. It must be signed and on file **before** the athlete is allowed to tryout or begin practice.

**Please see individual sections for more information about the general expectations for every student-athlete. Note: No student-athlete will be allowed to tryout, practice or participate without satisfying all of the above expectations.**

## **WIAA Guidelines for Athletic Participation:**

1. An athlete must be an amateur in all recognized sports of the WIAA in order to compete in any sport.
2. An athlete may not receive reimbursement for play in the form of salary, cash or merchandise.
3. An athlete may not accept merchandise awards such as jackets, sweaters, watches, rings, balls, etc.
4. An athlete may not permit the use of her name, picture, or personal appearance, as an athlete, in the promoting of any commercial endeavor.
5. An athlete may not play in a contest under a name other than her own.
6. An athlete may not play in a non-school contest at the same time that she is a member of a school team in that sport.

## **Responsibilities**

Being a member of a DSHA athletic or club sport team carries with it certain responsibilities. A great athletic tradition is not built overnight; it takes the hard work of many people over many years. It is important to understand that participating in athletic and club sports is a privilege and not a right.

**Responsibility to your school:** DSHA cannot maintain its position as an excellent school unless you participate in your athletic or club sport team to the best of your ability and are a good role model. You assume a leadership role when you are on an athletic team. Your peers, neighbors, friends, faculty and other students are watching you. Make them proud and don't do anything that will disappoint them. This includes your actions in and out of season. Make good choices at all times.

**Responsibility to yourself:** The most important responsibility you have is to grow as a person of character. As a student-athlete, you have a choice every day regarding the attitude that you will embrace for that day. Choose wisely and get the most out of your high school athletic experience. Do everything you can to be spiritually, physically, and mentally healthy. Strive for balance in your life.

**Responsibility to your Academics:** Academic success must always come first, with athletic success a close second.

## **Responsibilities of Parents/Guardians of DSHA Athletes:**

1. Be positive with your daughter. Let her know that she is accomplishing something simply by being a part of the team and that every role on the team is important and contributes to the success of the team.
2. Encourage your daughter to work hard to reach her potential and contribute to the team's efforts.
3. Be supportive of the coach rather than being critical. If you criticize the coach in front of your daughter, she has a difficult choice to make between her loyalty to you and her loyalty to the team and her coach. This can only negatively affect her ability to do her best.
4. Cheer in a positive manner for all members of the team. Everyone is trying their best.
5. Emphasize being a good sport with your daughter. Win or lose, you and your daughter must show respect for the opponents and the officials, in addition to her teammates and coaches.

## **Sportsmanship**

*“The ideals of good sportsmanship, ethical behavior and integrity permeate our culture. In perception and practice, good sportsmanship should be defined as those qualities of behavior which are characterized by generosity and concern for others. Good sportsmanship is a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.”*

*-National Federation Sportsmanship Committee*

DSHA believes:

- The ideals of good sportsmanship, ethical behavior and integrity are the essence of interscholastic activities.
- The concept of “sportsmanship” must be taught, modeled, expected and reinforced by all those involved in competitive activities.
- Interscholastic activities provide an arena for participants to grow, excel, understand and value the concepts of sportsmanship and teamwork.
- All administrators, coaches, athletes, officials and spectators should demonstrate and promote good sportsmanship as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

General Sportsmanship Guidelines:

- Stand and applaud during the introduction of our players and coaches.
- Applaud during the introduction of the opposing team.
- Accept the decisions of the officials as final.
- Be supportive and positive at all times. Cheer for our team, not against the other team.
- At the end of the contest, applaud the efforts of both teams.
- Foul language is never appropriate.
- Taunting or trash talking the other team or other school’s fans is never appropriate.

## **Hazing**

The National Federation defines hazing as any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate.

Wisconsin State Statute 948.51

1. In this section “forced activity” means any activity which is a condition of initiation or admission into or affiliation with an organization, regardless of a student’s willingness to participate in the activity.
2. No person may intentionally or recklessly engage in acts which endanger the physical health or safety of a student for the purpose of initiation or admission into or affiliation with any organization operating in connection with a school, college or university. Under those circumstances, prohibited acts may include any brutality of a physical nature, such as whipping, beating, branding, forced consumption of any food, liquor, drug or other substance, forced confinement of any other forced activity which endangers the physical.
3. Whoever violates sub. (2) is guilty of a Class A misdemeanor if the act results in or is likely to result in bodily harm to another or a Class E felony if the act results in great bodily harm or death of another.

DSHA does not condone hazing in any form. Please contact a coach or Athletic Director immediately if you feel like hazing is taking place on your team.

## **Social Media**

It is an expectation of all athletes to refrain from using all forms of social media to represent oneself as a spokesperson for DSHA and the sport she represents. At no time should an athlete demean or threaten DSHA, DSHA representatives, coaches, teammates, officials or the opposing team. Such behavior may be a cause for disciplinary action on the part of the school.

## TRANSPORTATION

DSHA does **not** provide transportation to athletic or club contests or practices within the Milwaukee metropolitan area. We ask that parents help provide transportation for their daughters or help arrange for transportation of their daughters to these events. Parents are responsible for knowing how their daughter is being transported to and from athletic and club events, and who is driving.

DSHA will provide bus transportation to any contest one hour or more travel time away from DSHA, or any destination the Athletic Director and Coach feel the school needs to provide transportation. DSHA complies with the policy of the Archdiocese of Milwaukee that prohibits transporting school team members in 10-15 passenger vans.

**PLEASE NOTE:** when Divine Savior Holy Angels does provide bus transportation, we are responsible for your daughter. Thus, when a bus is provided for a team, EVERY member of the team MUST take the bus to the athletic contest and back to DSHA from the athletic contest. NO EXCEPTION will be granted to this rule unless an extreme emergency occurs and the Athletic Director AND Coach have been contacted PRIOR to the trip and grant permission.

We STRONGLY suggest that you, as parents, know who is driving your daughter. We ENCOURAGE parents to drive, rather than athletes.

## COMMUNICATION

Communication is key to a successful athletic and club program. The Athletic Department at DSHA places great emphasis on communication between coaches, athletes and parents. If questions or problems occur, it is important to discuss them as soon as they happen so misunderstandings and hurt feelings do not occur. The proper order with which to discuss problems or concerns is as follows:

1. Bring your concern to the COACH. Your daughter should be encouraged to sit down and discuss any problem with the coach. This is a skill we need to encourage our athletes to acquire.
2. If your daughter is still not satisfied, a meeting with the coach, parents and athlete should be scheduled.
3. If you feel the problem still exists after meeting with the coach, a meeting with the Athletic Director, coach, parents and athlete will be held.
4. If the problem still has not been resolved, or at the discretion of the Athletic Director, a meeting with the Principal, Athletic Director, coach, parents and athlete will be held.

Please know that we feel most problems can be solved by a meeting with the coach. You should always feel free to discuss with your daughter's coach any concern or question you may have. It is, however, appropriate to set up a meeting with the coach to discuss your concern in a private setting. It is never appropriate to approach a coach during practice, immediately before a game or immediately after a game. This is time the coach needs to concentrate on coaching. **Issues that are inappropriate to discuss with a coach include playing time, team strategy, play calling and other student-athletes.** If for some reason you are unable to contact your daughter's coach to set up a meeting, please contact the Athletic Director.

## **UNIFORMS**

DSHA provides all basic uniforms for athletic teams. Club teams provide their own uniforms through club fees. Every athlete and club team member will be issued a uniform at the beginning of the season and is expected to clean and maintain it during the season according to washing instructions on each uniform. The uniform/warm-ups should only be worn for GAMES. The uniform/warm-up must be returned at the conclusion of the season within five days of the last contest. It should be washed before being returned. If the uniform has been abused or lost, the athlete is responsible for replacement of the article at original cost. Demerits will be issued each day until all uniforms are returned or paid for in full.

## **EQUIPMENT**

Every athlete and club team member is asked to respect the equipment provided for use during each season. Any abuse of this equipment may result in financial reimbursement by the student to the school.

## **TEAM TRAVEL**

Fees may be charged for team travel during the season, in addition to the participation fee charged for each team. In the case where athletic/club travel is subsidized by parents, all tuition, fees and other financial obligations to DSHA must be current in order for the student to participate in athletic/club travel.

## **ATHLETIC AWARDS**

The following awards are given to athletes who participate on athletic teams at various levels.

**NUMERALS:** Awarded to all participants on a freshman team, or any other student who is participating on a JV or Varsity team, but has never received her numerals. Only one set of numerals is awarded to each athlete during her career at DSHA.

**MINOR LETTER:** Awarded to all participants on a JV team. One minor letter will be awarded for the first year on a JV team. All subsequent letters earned on a JV team will receive a “JV” pin to be placed on the minor letter.

**MAJOR LETTER:** AT THE DISCRETION OF EACH VARSITY COACH, a major letter will be presented to those participants who, in the eyes of the coach, have met established criteria, worked hard during practices and games, showed good sportsmanship and helped develop a team concept. A major letter is an HONOR, not an automatic award.

1. First major letter - the athlete will receive a major letter plus a pin signifying the sport in which they participated.
2. Each major letter after the first - the athlete will be awarded a sport pin.
3. Those not receiving a major letter will receive a certificate of participation.

**CAPTAIN PIN:** All captains on a varsity team will be awarded a captain’s pin.

**MANAGERS:** All team managers will be awarded a managers pin for their service.

**CONFERENCE/STATE CHAMPIONS:** Each team member will be awarded a “champs” pin for their accomplishments.

## **CAPTAINS**

Whether elected or appointed, captains must be outstanding role models and team representatives who epitomize the Qualities/Core values of a DSHA athlete both on and off the field. They serve as an important communication link between the coaching staff and the team. They will not condone, or be a part of, any hazing activities or inappropriate behavior that is addressed in the athletic code. They will participate in all leadership training required of them, as well as any meetings.

## **ATHLETIC TRAINER**

The Athletic Trainer is available to all DSHA students Monday-Friday from 2:30-6:30 PM. She is also present for all home volleyball, basketball, most home softball, rugby and home and away soccer games. When you are injured, please see the Athletic Trainer immediately. All concussions, or potential concussions, need to be reported to the Athletic Trainer immediately.

## **STRENGTH AND CONDITIONING**

DSHA does provide a strength and conditioning coach to work with all athletes both in season and out of season. She is available Monday – Friday beginning at 3:15. A schedule will be posted in the Sarah M. Hegarty Fitness Center.

## **MAJOR INJURIES**

Please note that if your daughter sustains a major injury (one for which a doctor takes her out of participation), a doctor must release her back into participation. Before an athlete will be allowed to participate in the athletic or club sport program, she must present her coach and the Athletic Director, IN WRITING, clearance to return to participation.

## **DUAL PARTICIPATION IN ATHLETICS/CLUBS**

An athlete may be involved in only ONE school sponsored athletic team or club sport team each season. At no time may an athlete participate on both an athletic team and a club sport team at the same time, nor quit one to participate on the other during the same season. You may not tryout for an athletic team, make the team and then quit to join another athletic team or club sport in the same season.

## **NON-DSHA CLUB SPORTS**

We understand that student-athletes frequently participate in sports outside of those offered at DSHA. However, DSHA does expect our student-athletes commitment to DSHA teams to be the student-athlete's first priority should a conflict arise. Coaches must be made aware of potential conflicts well in advance and students who choose to participate in non-school team events should expect to face some kind of consequence as decided upon by the coach if they miss a DSHA practice or game.

## **MULTI-SPORT ATHLETES VS SPORT SPECIALIZATION**

DSHA encourages and promotes student-athletes to participate in multiple sports at DSHA. Research has suggested that athletes who participate in multiple sports lower their risk of injury from overuse. If you play more than one sport, you work more muscles which improves balance and symmetry. Playing multi-sports helps prevent mental and emotional burnout and keeps things interesting. In addition, it allows you to work on different teams with different coaches and teammates which will help you grow as a person while representing your school.

## **WIAA GENERAL RULE ON TRANSFERS**

A student entering 9<sup>th</sup> or 10<sup>th</sup> grade at the beginning of the school year and who is within the first four consecutive semesters of high school will be afforded unrestricted eligibility provided all other rules governing student eligibility are met.

A student who transfers from any school into a member school after the fourth consecutive semester following entry into Grade 9 shall be ineligible for competition for one calendar year, unless the transfer is made necessary by a total change in residence by parent(s). The calendar year will be determined from a student's first day of attendance at the new school.

## **NCAA AND COLLEGIATE ELIGIBILITY**

Athletes wishing to participate in intercollegiate athletic activities upon completion of high school should become familiar with the NCAA requirements of core courses and SAT/ACT test scores. For all student-athletes who wish to compete in Division I or II collegiate athletics, you must register with the NCAA Eligibility Center. Information can be obtained from your Guidance Counselor.

## **NATIONAL LETTER OF INTENT SIGNING**

DSHA will provide a ceremony for all DSHA student-athletes who have the opportunity to sign a National Letter of Intent to play college athletics at the Division I, II or III level. Only athletes who currently play for a DSHA team will be recognized. The school will provide three dates when these ceremonies can take place. One will be in November during the designated early signing date, one in February during the soccer signing date, and one in April for the regular signing date for all sports. Only current DSHA athletes playing the sport they are signing their National Letter of Intent for will be allowed to participate in a signing ceremony at DSHA. It is the responsibility of the student-athlete to inform the Athletic Director of their desire to sign at DSHA at least two weeks prior to the signing date.

## **AWARDS BANQUET**

Each team, following their season, should plan an end of the season get together with coaches, parents and athletes. It is during this time that the coach will recognize each athlete individually and bring the season to a close. Parents are encouraged to take the lead in planning this event.

## **PARENTS ATHLETIC ASSOCIATION**

It is suggested that if your daughter is involved in athletics or a club team at DSHA, you become a member of the Parents Athletic Association. This organization provides financial support for the athletic and club programs with such items as team warm-ups, fitness center equipment, athletic trainer, strength and conditioning coach and other items that the school does not provide.

Endorsed/reviewed May 2013, 2014, 2015,2016

**DIVINE SAVIOR HOLY ANGELS**  
**2016-2017 ATHLETIC CODE**

Each athlete attending Divine Savior Holy Angels High School is expected to present herself as a representative of the school and as a member of a particular team. DSHA believes participation on an athletic team is a privilege. Because a student CHOOSES to participate and represent the school as an athlete, DSHA places a greater burden of responsibility on the student-athlete. Not only is the student-athlete expected to adhere to school policy as described in the student handbook, they are also subject to all Administrative penalties set forth in that policy **IN ADDITION TO** those specified by this athletic code.

Being an athlete means more than being a member of a particular team for one season. Since research has shown that the use of tobacco, alcohol, performance enhancing substances, and all other drugs are detrimental to the whole person and optimum athletic performance, DSHA student-athletes are expected to abstain from their use in the best interest of school, team, and self. The athletic code must be followed **THROUGHOUT THE ENTIRE YEAR (365 DAYS)** as an athlete at DSHA.

**TRAINING RULES:** The following training rules are in effect for one year from the signing of this athletic code. Previous violations do carry over from season to season and year to year, as do the need to fulfill the consequences of a violation. **Any violations should be reported immediately to the Athletic Director.**

1. **ALCOHOL/DRUGS/TOBACCO:** Athletes are strictly prohibited from use, possession, preparation of, sale, or distribution of alcohol, tobacco, performance enhancing substances, or drugs (except those physician prescribed specifically for, and taken only by, the athlete), or being under the influence of alcohol, controlled substances, intoxicants, altering substances, or substances which are represented as a drug or intoxicant, as well as in possession of drug paraphernalia.

**FIRST VIOLATION:** \*FOUR CONTEST SUSPENSION to begin immediately upon confirmation of violation. The suspension will carry over into the next season if need be. The suspended athlete is expected to practice with the team and attend all contests during the suspension. The athlete will not be allowed to dress in uniform for the suspended contests. The athlete must obtain a professional AODA assessment by a school approved agency and follow through on all recommendations from that assessment. Proof of the assessment and follow through must be submitted to the Athletic Director in writing before the athlete will be allowed to participate again.

\*\*Please note: an athlete may turn herself in (or her parents may turn her in) immediately to the Athletic Director for violation, out of concern for her health and for the integrity of the school and the sport. If this occurs voluntarily, prior to any knowledge of the violation by the school, and is the first violation for the athlete, there will be a two contest suspension. In addition to the two contest suspension, the athlete must obtain a professional AODA assessment by a school approved agency and follow through on all recommendations from that assessment. Proof of the assessment and follow through must be submitted to the Athletic Director in writing before the athlete will be allowed to participate in competition again. This option does NOT pertain to an athlete "caught" in violation at a particular time or event. It will, however, count as a first violation if future violations do occur.

**SECOND VIOLATION:** Suspension from athletic activities for **one year** from the time of the violation. Professional AODA assessment by a school approved agency and follow through on all recommendations from that assessment. Proof of the assessment and follow through must be submitted to the Athletic Director in writing before the athlete will be allowed to participate again.

**THIRD VIOLATION:** Permanent suspension from the DSHA Athletic program for the remainder of her high school career.

\*Please note: for all violations covered by this code a "contest" is defined as how it is counted toward an individual limit set by the WIAA for each sport, or one full day of competition for club sports or non-WIAA sports. If a team has 12 or less contests scheduled, the penalty will be 25% of the total contests scheduled and all numbers will be rounded up (example: 2.3 would be rounded to 3 contests)

2. **PERSONAL CONDUCT/TRUANCY:** An athlete involved in misconduct (ex. vandalism, theft, insubordination, bullying, hazing, etc.) shall be suspended from athletics. An athlete shall not be unexcused from 3 or more classes in one day (2 or more on extended instruction days) or they will be considered truant and will be suspended from athletics. An athlete, who does not follow the coach's directions or is a detriment to team unity, may be suspended from athletics.

**FIRST VIOLATION:** \*FOUR CONTEST suspension. The suspension will carry over into the next season if need be. The suspended athlete is expected to practice with the team and attend all contests during the suspension. The athlete will not be allowed to dress in uniform for the suspended contests.

**SECOND VIOLATION:** Suspension from athletic activities for **one year** from the time of the violation.

**THIRD VIOLATION:** Permanent suspension from the DSHA Athletic program for the remainder of her high school career.

3. **MINIMUM GRADE POINT AVERAGE:** The athlete must maintain a minimum 1.67 grade point average at each grading period during which she is participating AND may not have more than one failing grade. The athlete will be suspended from participation at any time she does not meet the minimum requirements at the most recent grading period and will not regain eligibility for that season. No athlete will be allowed to participate with an incomplete grade for the grading period. As soon as the student receives a grade for the incomplete, she will be allowed to participate if she meets all the above criteria. Fall eligibility is based on the fourth grading period from the previous year and again at the end of first grading period of the competing year. Winter eligibility to tryout/participate is based on the first grading period of the current year, and second grading period to complete the season. Spring eligibility is based on second grading period and third grading period of the current year.
4. **UNEXCUSED ABSENCES:** An athlete is expected to attend **all practices and contests**. Only illness or injury may excuse a player. An athlete is also expected to be on time for all practices and contests.

- A. Athletes must be in class the ENTIRE day to participate in an after school event, and must be in class by 10:30 AM each day to practice. Any exception to this rule (excused absence) must be cleared with the Athletic Director PRIOR to missing class time.
- B. Permission to miss a practice or contest for any reason besides illness or injury may be granted at the discretion of the Coach and Athletic Director PRIOR to the practice or contest.
- C. Athletes and parents are advised to plan ALL appointments, **vacations**, or events at times that do not interfere with their athletic schedules. Absences from athletics contests, meetings, or practices are considered **unexcused**.
- D. Students who are removed from a team for disciplinary reasons, or who "quit" will not be eligible to compete in another sport, or club sport, during the same season.

**VIOLATION OF UNEXCUSED ABSENCE:** ONE CONTEST SUSPENSION for the most immediate contest following the unexcused absence. The Coach and Athletic Director reserve the right to dismiss athletes who chronically abuse the rules stated above.

NOTICE: The listed penalties for violation of the athletic code serve as minimum guidelines. The Administration reserves the right to adjust penalties as deemed appropriate.

**RIGHT TO BE HEARD:** Any student wishing to discuss her disciplinary action may do so by informing the Athletic Director in writing within 5 days of notice. During the right to be heard process, the athlete may NOT participate until a decision has been made. The discussion will be heard by an Athletic appeal board chaired by the Athletic Director and will include the Principal, Dean of Student Affairs, Coach and one named non-coaching faculty member.

Since no list of norms covers every situation, including the norms of behavior listed in this athletic code, the Administration presumes that common sense, mature judgment and Christian Charity are the guides by which every DSHA student measures her actions. The school Administration reserves the right to determine when behavior does not meet these criteria and to act accordingly.

Endorsed/reviewed May 2013, 2014, 2015,2016

**DIVINE SAVIOR HOLY ANGELS**  
**(This copy is for your records – do NOT turn in)**

NAME OF ATHLETE: \_\_\_\_\_ GRADE \_\_\_\_\_  
(PLEASE PRINT)

2016-2017 ATHLETIC CODE/ ATHLETIC POLICIES AND  
RELEASE & WAIVER OF LIABILITY

We as parent/guardian and athlete, have received and carefully read the Divine Savior Holy Angels Athletic Policies, Procedures and Athletic Code. We have also received and are aware of the WIAA Rules of Eligibility. We are fully aware of the penalties for violation of the Athletic Code and WIAA Rules of Eligibility.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
ATHLETE SIGNATURE

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

In the case where athletic travel is subsidized by parents, all tuition, fees and other financial obligations to DSHA must be current in order for the student to participate in athletic travel.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

As parent or guardian, I will not cover up or provide alibis if training rules outlined in the athletic code are broken. I will hold my daughter responsible for her actions and will inform the Athletic Director as soon as a violation becomes known. I will communicate my intentions to my daughter at the beginning of the school year so she is aware of what the consequences will be if she chooses to break any rules described in the athletic code.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

I am aware that DSHA does NOT provide transportation to athletic practices and events. I accept responsibility for transporting my daughter or making sure she has transportation to practices and events. It is my responsibility to know who is transporting my daughter. When DSHA does provide transportation, I am aware that my daughter MUST ride the bus to the event and back to DSHA after the event. Any exception to this must be cleared in writing with the Athletic Director PRIOR to leaving DSHA.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

We, the undersigned, feel we have adequate insurance protection for our daughter and will assume all responsibility for injuries incurred while practicing for/or participating in interscholastic athletic or club sport teams at Divine Savior Holy Angels.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

I grant permission to school personnel to provide immediate emergency care or secure ambulance service in case of illness or injury that may occur during practice or competition.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

(OVER)

**RELEASE AND WAIVER OF LIABILITY**

IN CONSIDERATION of being permitted to attend and/or participate in athletic practices and events through Divine Savior Holy Angels (DSHA), WE THE UNDERSIGNED, for ourselves, our personal representatives, heirs and next of kin, **HEREBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE** DSHA, their directors, officers, agents and employees, FROM ANY AND ALL LIABILITY, TO THE UNDERSIGNED, FOR ANY AND ALL LOSS OR DAMAGE, AND ANY CLAIM OR DEMAND THEREFORE ON ACCOUNT OF INJURY TO THE PERSON OR PROPERTY OR RESULTING IN DEATH OF THE UNDERSIGNED, ARISING OUT OF OR RELATED TO ATTENDANCE AND/OR PARTICIPATION IN ATHLETIC PRACTICES AND/OR EVENTS THROUGH DSHA, CAUSED BY THE NEGLIGENCE OF DSHA.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
Parent/Guardian signature

THE UNDERSIGNED hereby acknowledges that participation in athletics may be dangerous and that there is a RISK OF BEING INJURED THAT IS INHERENT IN ALL ATHLETICS. We acknowledge that the RISK OF INJURY MAY BE SEVERE, INCLUDING THE RISK OF FRACTURES, BRAIN INJURIES, PARALYSIS OR EVEN DEATH. HAVING BEEN SO WARNED, we hereby give our CONSENT FOR PARTICIPATION IN ATHLETIC AND CLUB SPORT ACTIVITIES with full knowledge and understanding of the RISK OF SERIOUS INJURY that may result.

THE UNDERSIGNED HEREBY AGREES that this RELEASE AND WAIVER OF LIABILITY extends to all acts of NEGLIGENCE by DSHA, INCLUDING NEGLIGENT MEDICAL CARE OR TREATMENT RENDERED BY DSHA IN THE EVENT OF AN ACCIDENTAL INJURY, and is intended to be as broad and inclusive as is permitted by the laws of the State of Wisconsin and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

**I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE OR GUARANTY BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE AND UNCONDITIONAL RELEASE AND WAIVER OF ALL LIABILITY AGAINST DSHA TO THE GREATEST EXTENT ALLOWED BY THE LAWS OF THE STATE OF WISCONSIN.**

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF PARENT OR LEGAL GUARDIAN

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF WITNESS

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF MINOR

\_\_\_\_\_  
DATE

\_\_\_\_\_  
SIGNATURE OF WITNESS

This form MUST be on file in the Athletic Director's office by August 5, 2016. Failure to do so allows DSHA to deny participation in athletics for the 2016-2017 athletic seasons.

## **What It Takes To Be A Champion**

### **Commitment:**

The degree of success you will experience is in direct proportion to your level of commitment. Once you have made a commitment to being a champion you will not allow anything to get in your way.

### **Heart:**

To become a champion you must be willing to pay the price. The willingness to pay this price is what separates a contender from a pretender.

### **Attitude:**

The main difference between those who become successful and others is not a lack of ability or knowledge, but rather a lack of will.

### **Mental Toughness:**

Mental toughness is a will that refuses to give up. It is character in action. It is not whether you get knocked down; it is whether you get back up.

### **Preparation:**

Mental – winning is a byproduct of knowing what to do in every circumstance.

Physical – the player and team that are better conditioned will have the advantage.

### **Team First:**

Each player must have the commitment toward supporting the team goals and must accept and play to the best of their ability the role they have been given on the team.

### **No Excuses:**

A champion does not make excuses and does not blame others. Champions make a greater effort to improve with each practice and game.

**Do you have what it takes to be a champion this year?**