

ELYRIA CATHOLIC
Student-Athlete Handbook
2019-2020



“Loyalty That Never Dies”

Welcome to the 2019-2020 seasons of **PANTHER ATHLETICS!** We are happy to have you as part of our **Elyria Catholic Family**. We hope that your experience here will be a rewarding one spiritually, academically, athletically and socially. This athletic handbook is intended to explain to you the policies and procedures of EC athletics. If you have any questions, please call the athletic office. Good luck this year!

THERE'S NOTHING BETTER THAN BEING A PANTHER!

Founded in 1948, Elyria Catholic High School thrives under the protection of its Patroness Our Lady of Grace. The school mascot is the PANTHER and its colors are Green and White. Our motto states: *“Wisdom is the crown of learning.”*

Included in this handbook are the policies and procedures of EC's interscholastic sports program.

PHILOSOPHY

The purpose of Elyria Catholic's interscholastic sports program is to:

- Provide a place of nurturing and growth for student-athletes in a competitive setting where they can mature and further develop their God-given talents.
- Build on the Christian values of sportsmanship, respect and dignity instilled by parents and families.
- Create solid citizens who contribute positively to their communities and their world.
- Develop the whole student athlete – physically, emotionally, spiritually and socially.

MISSION STATEMENT

Committed to excellence and compassion, Elyria Catholic is a Christian community within the Catholic tradition that calls young men and women to embrace their faith, recognize their full potential and establish life-long relationships with Jesus Christ. Through worship, academics, extracurricular activities and service, the Elyria Catholic community educates students to use vision and courage to act as caring, just and responsible citizens of the world.

In addition to our mission statement, EC athletics uses the *Pillars of Elyria Catholic High School* as a guideline in all things:

CORE VALUES (PILLARS) OF ELYRIA CATHOLIC

- Excellence in all things.
- Compassion for all things.
- Faith in our Lord and Savior, Jesus Christ, expressed through a dynamic orthodoxy and nurtured by a vibrant spirituality embracing a special devotion to our school's patroness, Our Lady of Grace.
- Tradition to the legacy of a "Loyalty that never dies!"
- Community.

PANTHER INTERSCHOLASTIC ATHLETICS

- **Elyria Catholic offers the following interscholastic sports and cheerleading:**

Fall

Cheerleading
Cross Country
Football
Golf
Soccer
Girls Tennis
Volleyball

Winter

Cheerleading
Basketball
Ice Hockey
Swimming
Wrestling
Bowling
Dance

Spring

Baseball
Softball
Track and Field

*JV Programs are offered in baseball, basketball, cheerleading, football and volleyball.

*Freshmen programs are offered in boys basketball, cheerleading and volleyball.

Elyria Catholic (EC) is a member of the Ohio High School Athletic Association (OHSAA), which allows us to conduct interscholastic sports under the direction of the State Association and to participate in state-sponsored postseason tournaments.

Elyria Catholic is a member of the Great Lakes Conference (GLC).

The conference includes: Bay Village, Elyria Catholic, Holy Name, Normandy, Parma Senior, Rocky River, Valley Forge, Buckeye and Fairview

The GLC sponsors schedules in baseball, basketball, football, boys golf, soccer, softball, swimming and diving, girls tennis, track and field, volleyball and wrestling.

Additionally, the GLC sponsors league meets in cross country, golf, swimming and diving, girls tennis, track and field and finally in wrestling.

- The organization and administration of the programs are the responsibility of the athletic director and coaches with the approval and support of the principal.
- Panther athletic teams represent their parents, EC and themselves. Team members, coaches and fans are expected to behave in a sportsmanlike manner.
- Student athletes must maintain a 2.0 quarter GPA to be eligible for an interscholastic team. The GPA must be earned the quarter prior to participation. The fourth quarter GPA is used to determine fall sports eligibility.
- Baseball, basketball, cheerleading, and volleyball teams are chosen by tryouts. Tryouts are organized by the coach who conducts the tryouts and practices in accordance with the rules and regulations of the OHSAA.
- We also offer no-cut sports. To be eligible to participate, a student must maintain a 2.0 GPA, follow the guidelines of the OHSAA and EC regarding athletic participation and adhere to the coach's requirements for conduct and practice.
- Student-athletes **MUST** have parental consent forms and medical authorization forms submitted prior to the first contest. The OHSAA required a physical exam to be on file in the athletic office. Physicals are valid for 365 days.

- Team fees are required for every sport. Fees help defray the cost of travel, officials, rentals, equipment necessary for competition, team awards and other expenses. In addition, each sport will be asked to raise funds to offset the deficit in their budget.
- Generally, students are transported to away games in school-owned vans or rental busses. Parents may transport their own student-athlete from a game after notifying the coach in writing.

STUDENT-ATHLETE ELIGIBILITY

To be a member of an interscholastic sports team, a student-athlete, manager or trainer must:

- Adhere to the rules of the OHSAA
- Have a current physical exam on file in the AD's office
- Abide by all athletic department and team rules
- Participate in the drug/alcohol testing program
- Maintain a favorable standard of conduct
- Follow all rules regarding academic eligibility of the State of Ohio, the OHSAA, and EC
- Submit all paperwork required by coaches/AD
- Pay the team fee before games/meets begin

STUDENT-ATHLETE CONDUCT

Elyria Catholic, its administration, faculty, coaches and staff strongly believe the student-athlete influences the community and student body. A student-athlete has a responsibility to show good leadership and exemplary behavior at all times. Student-athletes are expected to behave appropriately in all situations in which they represent EC. This includes travel to and from contests, in restaurants and hotels. Any inappropriate behavior may result in suspension from athletic participation.

ATHLETIC DISCIPLINE CODE

(Reprinted from the EC Student Handbook)

In setting these rules, the athletic department hopes to stress with parents and athletes the importance of high quality discipline, skill and teamwork characteristics of Elyria Catholic. As a department, we are deeply concerned about preparing young men and women to live in a society which will bind them by laws and rules, and we feel that we can best help them grow by giving them limits and training them for responsibility in living by these guidelines.

We are also dedicated to teaching our students the standards of Christian living and to teaching them to live according to these standards. Finally, we hope to present the importance of good health habits for their own benefit. As a group recognized by the OHSAA, cheerleaders are under the authority of the athletic department; therefore, all rules and regulations apply to them as well.

Punishment for violations:

“IN SEASON”

1. First Offense – The violator will not be able to participate in the next regular season or tournament contest.
2. Second Offense – The violator will not be able to participate for the remainder of that sports season, including tournaments. A conference will be held with the athlete, principal, coach and athletic director after the second offense.
3. Third Offense – the violator will be ineligible to compete in athletics for one calendar year from the date of the third offense. The athlete must petition the principal to be reinstated after the one-year period in which participation was denied.

“OUT OF SEASON”

1. First Offense – The violator will not be able to participate in the first regular season contest of the next sport in which the athlete participates.
2. Second Offense – The violator will not be able to participate in the first two regular season contests of the next sport the athlete participates. A conference will be held with the athlete, principal, coach and athletic director after the second offense.
3. Third Offense – The violator will be ineligible to compete in athletics for one calendar year from the date of the third offense. The athlete must petition to be reinstated after the one-year period in which participation was denied.

Reinstatement

1. In a written petition, the athlete needs to give evidence of participation in counseling or education programs dealing with the area of violation and of healthy living.
2. The athlete's behavior must give witness to strict adherence to the Athletic Discipline Code.
3. The athlete must petition in writing and defend the petition in person before the principal, assistant principal, athletic director and coach. The decision of the principal is final.

Probation

1. If a student is guilty of any conduct that is detrimental to the school or violates one of the serious discipline regulations of Elyria Catholic, the athlete will be placed on strict athletic probation for one year. (This term is one year from the date of violation.)

2. Terms of Probation

a. During the probation period, the violator must refrain from any other offense that is detrimental to the school or that violates the basic discipline regulations of the school.

b. Any matter brought to the athletic office or the principal's office while that student is on probation could result in the athlete being denied participation from sports for one year.

c. Punishment for a violation while a student is on probation can range from a warning to being denied the privilege to participate in a particular sport for one year. The maximum punishment for an offense will be the denial of the privilege to participate in all athletics for the rest of the student's stay at Elyria Catholic.

d. The matter is presented to the principal for approval.

Suspension

If a student is suspended from school for disciplinary reasons, he/she may not participate in athlete practices or events during the days of suspension.

Eligibility

Elyria Catholic, although recognizing the OHSAA eligibility standard for athletics (which each family receives at the beginning of the year), feels the need to establish its own standard beyond that of the OHSAA.

Athletic eligibility is determined by the grades received the preceding grading period that is quarterly, as mandated by the OHSAA. Therefore, an EC student athlete's grades will be monitored each QUARTER to determine athletic eligibility.

In determining athletic eligibility at EC, the standards of having above a 2.0 GPA and not having 2 F's in any subjects still applies, but QUARTERLY. At the conclusion of each quarter grading period (the first, second, third and fourth quarters), an athlete's grades will be monitored, as are all students. If an athlete earns a GPA below 2.0 GPA or has 2 F's in a quarter, the athlete shall be declared athletically ineligible. The following procedure will follow:

A student-athlete's eligibility or ineligibility takes effect five (5) school days after the present grading period, with the one exception:

OHSAA Bylaw 4-4-2 which states "eligibility or ineligibility for the first grading period commences with the start of the fall sports season."

The student-athlete may not participate in any interscholastic contests/scrimmages during the period of ineligibility. The student-athlete cannot become eligible until the first progress reports come out for the next quarter at the three (3) week interval used for all probationary students at EC. At such time, the student-athlete must have above a 2.0 GPA and cannot have two (2) F's on the progress reports.

If at the third week progress report the student-athlete has not progressed beyond a 2.0 GPA or still has two (2) F's, the student-athlete shall be rendered athletically ineligible for the remainder of the season of the sport currently involved in and may not participate in the sport or try out for another sport until the next quarter and must also attain the 2.0 GPA and/or not have two (2) F's. (The same criteria will be applied at the conclusion of the sixth (6th) week probationary report).

If a student does not achieve above a 2.0 GPA or earns two (2) F's in a quarter and a new sport season is beginning, the student may try out for the team with the coach's knowledge that the student may be ineligible permanently at the next progress reporting for probation students.

The Athletic Director, via the Guidance Department, is responsible for monitoring all athletic eligibility and reporting.

G. Ejection for Unsportsmanlike Conduct

According to the OHSAA regulations: Any student ejected for unsportsmanlike conduct or flagrant foul shall be ineligible for contests for the remainder of that day as well as for all contests in that sport until two regular season/tournament contest are played at the same level as the ejection (one contest in football). If the ejection occurs in the last contest of the season, the student shall be ineligible for the same period of time as stated above in the next sport in which the student participates.

A student who is ejected a second time shall be suspended for the remainder of the season in that sport. A student who has been ejected for unsportsmanlike conduct for the second time in the season during the last contest shall be ineligible for a period of time/number of contests subject to the discretion of the Commissioner. The period of ineligibility shall commence during the next sport in which the student participates.

It is the responsibility of the local school authorities to ensure this regulation is enforced. When an ineligible student is allowed to participate, forfeiture of the contest is mandatory. This regulation shall apply to all regular season and tournament contests and shall in no way limit the discretionary authority of the Commissioner as specified in the OHSAA Tournament Regulations. In accordance with Bylaw 8-3-1, the decisions of contest officials are final.

ATTENDANCE

Attendance is required at all games and practices. School attendance policies will be followed regarding excuses for illness or emergency. **Student athletes must report to school no later than 9:56 a.m. (the start of third period) in order to be eligible to participate in athletics for the day.** See the School Handbook for detailed discussion.

PHYSICALS

The OHSAA requires all student-athletes of any interscholastic sport to have a physical form on file with the school. Physicals are valid for one year. **Student-athletes are encouraged to get physical exams by July 1st.** No student-athlete will be permitted to try out or play in a scheduled practice or game unless a physical is on file in the athletic department office.

TEAM RULES

Team rules for specific sports are an integral part of the program. Student-athletes are expected to adhere to the rules specific to their sport and designed by their coach. Each head coach submits a copy of team rules and expected behaviors to the Athletic Director.

MEDICAL INFORMATION

TEAM DOCTOR/TRAINER

The goal of any sports program is to have an injury free and safe program. We all have the responsibility to provide the safe administration of our sports program.

Elyria Catholic has contracted with Cleveland Clinic Sports Health to provide the services of an athletic trainer. This trainer will provide initial assessment and treatment of athletic injuries, instruction regarding injury prevention, guidance and recommendation regarding obtaining and maintaining appropriate equipment and supplies:

- Cover athletic competitions and practice sessions to provide first aid, appropriate fitting of personal protective equipment, minimization of playing field hazards and advice on athletes' biomechanical performance.
- Serve as medical liaison between EC and Cleveland Clinic Sports Health regarding emergency medical treatment, medical referrals and assistance with initiating physical rehab services.
- Assist with the development/implementation of a high school student assistant program.
- Supervise training room.
- Document all student contacts to contribute to the continuity of care and management of rehab compliance.
- Offer on-site injury assessments/check in with athletes and coaches.

GAMES

- Football -- all varsity home and away games and all junior varsity and freshmen home games will be covered by an athletic trainer.
- Soccer, Volleyball, Hockey, Basketball, Wrestling, Baseball, Softball -- all varsity, junior varsity, and freshmen home games will be covered by an athletic trainer.
- All student-athletes must complete a Medical Authorization Form which coaches must carry with them at all times. This form is a consent to treat form and also contains insurance information. Please note that Elyria Catholic, in conjunction with the Cleveland Diocese, has a supplemental insurance plan in place. As a general rule, expenses not covered by a parent's insurance plan will be paid under this plan. Athletes must request a form after treatment has been given and then submit the completed form to the supplemental carrier to qualify for this coverage.

QUITTING A TEAM

EC strongly discourages student-athletes from quitting teams. If, for some reason, a student-athlete must quit a team, he/she must notify the coach and return all equipment. After notifying the coach, the student-athlete must schedule a meeting with the Athletic Director. No student-athletes may try out for another team after quitting a team in the same season. If an athlete quits a team, **no team fees will be refunded.**

PARTICIPATION ON MORE THAN ONE TEAM

In most cases, students will be limited to participation on one team per season. **Any student-athlete who wishes to participate on more than one team per season must have the permission of the Athletic Director.** Participation on sports teams outside the jurisdiction of the OHSAA is strongly discouraged. Student-athletes may not (by OHSAA rule) participate on an interscholastic (EC) team and an independent team of the same sport simultaneously.

PRACTICE AND PICK UP

Student-athletes are expected to attend all practices. Most practices are from an hour and a half to two and a half hours in length. Exceptions are made for early season conditioning, two-a-day practices, and postseason practices. Injured players should attend practices. Coaches make every effort to complete their practices on time. Student-athletes may need time following practice to shower and get their belongings together. Please be considerate of the coaches and arrange for timely

pickup of student athletes. Coaches will remain at game/practice sites until all student-athletes are on their way home.

UNIFORMS

Athletic uniforms are the property of EC and may be worn only when in competition representing the school. Team uniforms are assigned by coaches prior to the first contest. Student-athletes are responsible for the care of their uniforms and are not to alter the uniforms in any way. All uniforms must be returned after the last contest of the season. If uniforms are not returned in good condition or not returned at all, student-athletes will be charged the cost of replacing the uniform. Replacement costs are generally twice the original cost of the uniform. Because of the nature of some sports, some student-athletes must purchase their own uniforms. Only official EC uniforms are permitted to be worn.

COMMUNICATION

- Coaches will inform parents and athletes how to contact them on Pride Night. If the coach is also an EC teacher, he/she can be contacted through the school.
- To contact Athletic Director Jack Duffy, call 440-230-8608
- Please follow us on [Twitter](#) (@ECHSAthletics) and like us on [Facebook](#) (Elyria Catholic Panthers).

FINANCIAL INFORMATION

- All student athletes will be assessed a team fee. Team fees vary depending on the nature of the sport. Team fees are used to offset the cost of **transportation, facility rentals, officials' fees and equipment.**
- Each sport also has certain requirements in the areas of equipment/uniforms necessary for participation. Items that remain the property of the student-athlete or are consumed by the student-athlete are the financial responsibility of the student-athlete.
- **ALL TEAM FEES MUST BE PAID IN FULL BY THE FOLLOWING DATES:**

Fall Sports – September 6, 2019

Winter Sports – December 6, 2019

Spring Sports – April 6, 2019

Team fees must be paid in full by due dates listed above.

ADMISSION TO GAMES

Admission for all **home** varsity basketball, football, soccer, swimming and diving, volleyball and wrestling contests:

Adults/High School Students: \$7.00

Grade School Students/Sr. Citizens: \$5.00

EC students do not have to pay admission for regular season home sporting events. Pre-sale football tickets for students can be purchased for \$5.00 in the athletic office. All football tickets at the gate are \$7.

Admission for junior varsity or freshmen contests is typically \$3.00 for adults and \$2.00 for grade school students and seniors.

HOME SITES

- Baseball, basketball, football, soccer, softball, track and field, volleyball and wrestling contests and practices are held at Elyria Catholic High School.
- Tennis matches/practices are held at Lorain County Community College
- Hockey games and practices are held at North Park Ice Arena
- Golf matches/practices are held at Brentwood Golf Course
- Swim meets are held at Oberlin College while practices are held at numerous locations in the area.

PRE-SEASON MEETINGS

The EC Athletic Department hosts a pre-season Pride Night before every sports season. Attendance at Pride Night is expected for student-athletes and at least one parent or guardian. The evening will start with a general meeting before break-off sessions are held by individual teams.

SPORTS AWARDS NIGHT DATES

Each sport will schedule an awards banquet to celebrate the team's season and present all applicable awards. Parents typically play an active role in helping to organize the awards night. The team banquet is typically scheduled at the coach's discretion within one-three weeks of the final contest. A coach can request some financial assistance from the Panther Club by filling out a Panther Club Request Form which is available in the athletic office.

SCHEDULES/DIRECTIONS TO GAMES & MATCHES

Schedules of games will be given to parents and student-athletes at Pride Night and will also be posted on the EC athletics website, www.ecathletics.org. Every effort will be made to post games and sites in a timely fashion, but dates/times are subject to change.

Great Lakes Conference policy requires that if one site is unplayable, every effort should be made to play the varsity game at the playable site. This could cause a home game to become an away game at the last minute.

PANTHER CLUB / BOOSTERS

The Panther Club is a vital and important part of the interscholastic program at EC. All EC parents, fans and alumni are invited to be members of the Panther Club. Without its support, the effectiveness of EC's sports programs would suffer. All parents of student-athletes are encouraged to become **active** members of the Panther Club.

Several fundraising events will be hosted by the Panther Club this year. Monies raised benefit the EC athletic programs in a wide array of ways. Please support these events in any way you can, but especially by your presence. Panther Club membership forms are available on www.ecathletics.org under the 'Boosters' tab.

Volunteers are needed at home events to staff the many jobs necessary for a smoothly run home sporting event. It is through the efforts of our Panther Club and the many EC parents, alumni, and fans, who so generously give of their time and talents, that our team fees can be kept manageable and our programs can succeed.

Good Luck to all Panther sports teams this year!

THERE'S NOTHING BETTER THAN BEING A PANTHER!

ELYRIA CATHOLIC ALMA MATER

Hail, all hail, the Green and White
Guide us always by thy light:
Ever grateful we will be,
For the knowledge gained from thee.
Give us faith and courage too,
United in thy purpose true;
Loyalty that never dies,
Hail, Elyria Catholic High.

PANTHER FIGHT SONG

Fight, Panthers, fight!
Elyria Catholic's proud of you!
Come on and win, Panthers win.
Your might and main will pull you through!
Rah! Rah! Rah!
Fight, green and white,
And send the foes upon their way,
And bring us victory bright,
And make this our big day.