



Archbishop Carroll High School

Athletic Department Handbook

2026-2027

Vision: Developing Student-Athletes of Character, Excellence, and Faith

Archbishop Carroll High School
Revised July, 2026

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Message to Parents and Student-Athletes

This handbook is made available to you because your son or daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. Your family's interest in this phase of our school is gratifying. We believe that a comprehensive program of student activities is vital to the educational development of our students.

The Archbishop Carroll High School Athletic Department is interested in the development of young people through educational athletics. However, participating in an athletic program is a privilege, not a right. As a student-athlete, you are held to higher standards in the classroom, on the field/court, and in the community. You are representing many people, including past athletes, your family, the community, the school, your coaches, and fellow athletes. Your involvement in athletics can be very rewarding.

As a student-athlete, you have to carry yourself with tremendous pride. You must wear the uniform proudly. Your actions constantly reflect on others. You must realize that you are a role model for the younger members of the community. As a student-athlete, you have an opportunity to set a good example for those who follow you.

As students elect to participate, there are many questions that both you and your son/daughter may have regarding the athletic program. The purpose of this handbook is to answer as many questions about the policies of the program as possible (i.e., keep student-athletes and parents as informed as possible in order to assist in making the athletic experience a positive one for our student-athletes). We are hopeful that this handbook will be of assistance to you as your child participates in the athletic program.

Respectfully,

Scott Molfenter

Athletic Director

Archbishop Carroll High School

I. Statement of Archbishop Carroll High School Athletic Philosophy

The Archbishop Carroll High School Athletic Program is an extension of our mission to form people of faith, learning, and service. Athletics provide opportunities for student-athletes to develop spiritually, intellectually, physically, emotionally, and socially while striving for excellence in competition.

The purpose of the Archbishop Carroll High School Athletic Program is to:

- Develop the whole student-athlete through competitive athletic experiences.
- Build upon the faith, values, and character instilled by parents and families.
- Foster sportsmanship, integrity, respect, teamwork, and servant leadership.
- Encourage academic excellence, personal responsibility, and perseverance.
- Prepare student-athletes to become compassionate leaders who positively serve their Church, community, and world.

The Archbishop Carroll High School Athletic Program operates in accordance with school policies and OHSA regulations. While we pursue excellence and celebrate success, winning is never more important than living our Catholic values. Athletics are an educational experience where character, faith, and sportsmanship are the true measures of success.

II. Archbishop Carroll Mission Statement

Archbishop Carroll High School is a welcoming Catholic community intentional in the holistic formation of its students for a life of virtue, academic excellence and service to the common good.

III. Athletic Program Objectives

ATHLETIC PROGRAM SPECIFIC OBJECTIVES: The student-athlete shall learn:

- To work with others: a person must develop self-discipline, respect for authority, and the spirit of hard work, sacrifice, and commitment. The team and its objectives must be placed higher than personal desires.
- To be successful: Our society is very competitive. We do not always win, but we succeed when we continually strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
- To develop sportsmanship: To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others as we would have others treat us. We need to develop social traits, including emotional control, honesty, cooperation and dependability.
- To continually improve: Continual improvement is essential to good citizenship. As a student-athlete, you must establish a goal and you must constantly try to reach that goal. Try to better yourself in the skills involved and characteristics set forth as being desirable.
- To enjoy interscholastic athletics: It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to preserve and improve the program.
- To develop personal health habits: To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.
- To have fun: The main reason people participate in sports, games, and activities

IV. Responsibilities of an Archbishop Carroll High School Student-Athlete

Being a member of an Archbishop Carroll High School athletic team is the fulfillment of an early ambition for many student-athletes. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight. It takes the hard work of many people over many years. As a member of an interscholastic squad, you have inherited a wonderful tradition; a tradition you are challenged to uphold.

Our tradition has been to win with honor. We desire to win, but only with honor to our Lord, our athletes, our school, and our community. Such a tradition is worthy of the best efforts of all concerned. Over the years, our squads have achieved numerous league/conference and tournament championships. Many individuals have set records and won All-League, All-District, and All-State honors.

It will not be easy to contribute to such a great athletic tradition. When you wear our school colors, we assume that you not only understand our traditions, but are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

Responsibilities to Yourself

The most important of these responsibilities is to broaden yourself and develop strength and character. You owe it to yourself to get the greatest possible good from your experiences. Your academic studies, your participation in extracurricular activities, prepare you for your life as an adult.

Responsibilities to Your School / Community

Another responsibility you assume as a squad member is to your school. Archbishop Carroll High School cannot maintain the position of having an outstanding school unless you do your best in whatever activity you wish to engage in. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are an athlete. The student body and citizens of our community know you. You are on a stage with a spotlight on you. The student body, our community, and other communities judge our school by your conduct and attitudes, both on and off the arenas of competition.

Because of this leadership role, you can contribute greatly to our school and community pride. Make Archbishop Carroll High School proud of you, and our community proud of our school, by your faithful exemplification of these ideals.

Responsibilities to Others

As an Archbishop Carroll athlete, you also bear a responsibility to your home. You must measure up to all of the training rules. You should practice to the best of your ability every day. Younger athletes and our community are watching you. Do everything you can to make them proud. Always set good examples for our future student-athletes, on and off the field.

V. Student Code of Conduct

In accordance with the mission and philosophy of Archbishop Carroll High School, the words and actions of all connected with the school should be a living and visible reflection of each one's love of God and neighbor. Positive student conduct is rooted in our Mission, and should reflect a commitment to living in a community of faith, living a virtuous life, pursuing academic excellence, and service to the common good. These guidelines are in effect 24 hours a day, 365 days a year while the student is enrolled at Archbishop Carroll High School.

Community of Faith

I will faithfully model the actions and teachings of Jesus Christ in seeking truth, honor, and justice. I will actively engage in our school mission and traditions; embodied in all we do. I will treat myself and others with the knowledge that we are all made in the image and likeness of God. I will treat everyone regardless of their race, religion, ideology, gender, or sexual orientation with the true Dignity of the Human Person in light of our Catholic social teachings. I will take care to represent myself in a way that honors the Carroll community and myself.

Life of Virtue

I will use words that express love, respect, and concern. I will engage in positive social media activity. I will have respect for my body in ways that only reflect healthy choices and outcomes.

Pursuit of Academic Excellence

I will build and develop positive relationships with teachers and staff members. I will take the learning process seriously; by attending school regularly, being on time, and prepared with needed materials for all my classes and activities. I will dress in proper uniform code reflecting respect for all rules and student expectations. I will respect each teacher's classroom expectations for my conduct and performance. I will remain engaged in the learning process and see all members of the faculty and staff as partners in my development. I will act with integrity in all that I do: homework, classroom activities, tests, and quizzes. I will take ownership for all my activities and be always responsible in the use of technology.

Service to the Common Good

I will, together with my classmates, act in ways that embody a mutual concern. I will maintain positive patterns of conduct on the grounds that these patterns serve the common interests of my community. I will make a tangible difference to the social, emotional, and personal well-being of all those I encounter. I will strive to leave every person, situation, circumstance, and environment better than I found it.

HARRASSMENT and BULLY POLICY

Our Catholic faith reminds us that every person is a gift from God, worthy of love and respect. Therefore, harassment in any form, including but not limited to race, gender, religious belief, nationality, disability or sexual orientation, both verbal and non-verbal, is prohibited. Any unsolicited, offensive behavior such as jokes, insults, innuendos, propositions, threats, gestures, touching, assault, display of pictures, offensive text messages, emails, and/or social media will not be tolerated. All harassment should be reported immediately to a teacher, counselor or the Director of Student Development. The complaint will be investigated. Disciplinary action against a student(s) may include: detention, demerits, Saturday school, suspension, expulsion and/or notification of legal authorities.

OFF-CAMPUS CONDUCT

Students should remember that they are responsible for the positive image of Archbishop Carroll High School at all times. Personal discipline away from school that does not reflect the Profile of Patriot and the Code of Conduct may lead to disciplinary action including possible expulsion. Students involved in pending legal investigations may be suspended or expelled from school for a period of time designated by the school administration. By enrolling in Archbishop Carroll High School, a student and his/her parents (or guardians) understand and agree to observe the disciplinary code of the school. All school policies remain in effect for all students until, and including through graduation.

VI. Sportsmanship Philosophy and Guidelines

The Archbishop Carroll High School Athletic Department believes that interscholastic competition involving member schools of the Ohio High School Athletic Association should be governed by the basic principles of good sportsmanship. This document has been prepared to ensure that all participants have a common understanding of those basic principles.

We believe that participation is as important as winning. We believe the student-athletes should be coached to play to the best of their ability and to understand that to play well is to play honorably. The promotion of sportsmanship is the obligation of all school personnel (Administration, Athletic Director, and Coaches) and is directed to the behavior of spectators, coaches, and players.

We believe the development of good sportsmanship through the practice of ethical behavior and moral reasoning is one of the acknowledged objectives of interscholastic athletics. We, therefore, expect school administrators, coaches, athletes, cheerleaders, and spectators to know and embrace the following fundamentals of sportsmanship:

- Respect should be demonstrated for an athletic opponent and for the school at all times. Archbishop Carroll High School should treat visiting teams and their supporters as guests and accord them the consideration all human beings deserve. Visiting schools should respect the property and dignity of their host school and its athletic teams.
- Respect should be demonstrated for the officials at all times. As impartial arbiters who are trained to do their jobs to the best of their ability, officials should be given respect and an attitude of good sportsmanship regardless of the outcome of the contest.
- Knowledge of and a proper respect for the current rules of the contest should guide the behavior of all participants. Rules are essential for a fair contest. Good sportsmanship suggests the importance of conforming to the spirit as well as to the "letter" of the rules.
- All participants (coaches, players, and spectators) should strive to maintain self-control at all times. The desire to win should not be accepted as a reason for abandoning rational behavior. A proper perspective must be maintained by all if the potential educational values of athletic competition are to be realized.
- All participants should learn to recognize and appreciate skill in performance regardless of affiliation. Recognition of the good performance of an opponent is a demonstration of generosity and good will that is encouraged in all member schools.
- Coaches are expected to treat all athletes with fairness, respect and dignity.

STUDENT-ATHLETES

Because student-athletes are admired and respected, they exert a great deal of influence over the actions and behavior of spectators. It is important that they embrace the following behaviors:

- Treat opponents, officials, and game administrators with the respect that is due them as guests and as fellow human beings.
- Shake hands with opponents and officials, wish them a good game when appropriate.
- Exercise self-control at all times, accepting the judgment of the officials as just that, the best judgment they could make given what they know and see. Never argue or make gestures indicating the lack of respect for the officials' judgment.
- Accept both victory and defeat with pride and compassion. Congratulate opponents in a sincere manner following either victory or defeat.
- Accept seriously the responsibility and privilege of representing the school and community.
- Athletes must follow team rules established by coaches as well as the Code of Conduct.

Athletes/Coaches are to refrain from the following inappropriate behaviors:

- Taunting officials, opponents, or spectators.
- Violation of bench rule: If an athlete leaves the bench area and is involved in an altercation on the playing field/area, the student-athlete will be suspended a minimum of two contests.
- Racial, sexist, or abusive comments or actions directed at others will not be tolerated and will result in suspension and additional school consequences.
- Damage and/or destruction of school property.
- Theft of school or personal property.
- Use of foul, vulgar, or inappropriate language.

* Any breach of the above expectations by any coach or athlete will result in disciplinary action even if not specified therein.

VII. Fan Code of Conduct

Archbishop Carroll High School, in association with the Ohio High School Athletic Association (OHSAA) promotes interscholastic events and sportsmanship. Sportsmanship is an essential part of any athletic competition and is expected from athletes, coaches, officials, and fans. As a fan/spectator of Archbishop Carroll High School we implore you to be an example of positive encouragement while supporting our students, coaches, and officials. Our behavior should be positive, respectful and encouraging of the participants, coaches, officials, and the game.

Failure to be an example of these athletic practices and/or ejection from an athletic contest will result in the following procedures to be taken:

FIRST OFFENSE: The spectator is banned from attending the next two (2) Archbishop Carroll High School events, home or away, regardless of regular season or post season schedule.

SECOND OFFENSE: The spectator is banned from attending any Archbishop Carroll High School events, home or away, for the remainder of the school year.

THIRD OFFENSE: The spectator is banned from attending any Archbishop Carroll High School events, home or away, for a period of one (1) calendar year.

APPEALS PROCESS: Any spectator who has been ejected can appeal the decision by meeting with school administration to discuss the decision within 48 hours of the suspension.

VIII. Requirements for Participation in Athletics

Eligibility requirements for participating in athletic programs must conform to regulations of the OHSAA and Archbishop Carroll High School. They include the requirements that a student-athlete have the written permission of his/her parent and/or guardian(s) and shall have been determined as physically fit for the chosen sport by a licensed physician.

A. Academic Eligibility

It is maintained that every athlete is a student first. This belief reflects a greater emphasis on classroom achievements and with participation in athletics viewed as a privilege. Therefore, the athlete must maintain their academic standing in order to participate in interscholastic athletics. Archbishop Carroll High School is a member of the OHSAA and adheres to and enforces the eligibility rules of the OHSAA.

- In the grading period immediately preceding, a student-athlete must receive a passing grade in a minimum of five (5) one-credit courses or the equivalent, which count towards graduation. Any student-athlete with grades that result in two failing marks (F's) will automatically be declared ineligible.
- Incoming freshmen must be passing a minimum of five (5) courses taken during the final grading period of their eighth-grade year to be eligible.
- A grade of "incomplete" will be considered a failing grade until work is completed per the OHSAA by-law 4-4-1, exception 3.
- Summer school and other educational programs may NOT be used to substitute for failure to meet the academic standards during the last grading period of the academic school year.
- A student enrolled in CCP courses must, at the conclusion of the high school's grading period, provide proof of "passing" their CCP course(s) in order for them to be counted towards the five-one credit (or equivalent) courses used to establish athletic eligibility.
- Students who are home-schooled and who desire to participate in athletics and extracurricular activities must fulfill the requirements established by Archbishop Carroll High School related to eligibility, attendance, enrollment, and participation guidelines.
- Year-long on-line courses may not be used to compensate for a lack of courses taken in the preceding grading period.
- Student-athletes who do not meet the minimum eligibility requirements at the end of a quarter will be ineligible to participate for the entire following quarter.
- Individuals declared academically ineligible may not dress or participate in contests during the period of ineligibility.

B. Physical, Emergency Medical Form, and Assumption of Risk/Insurance

- OHSAA rules require student-athletes to have a current and valid physical on file in the athletic department prior to beginning participation in conditioning, practice, scrimmages, or contests. Physicals are valid for thirteen (13) months from the date of the physical as defined in the OHSAA handbook.
- Emergency Medical Forms (EMF) must be completed online via Final Forms prior to beginning participation in conditioning, practice, scrimmages, or contests.

C. Final Forms: List of Forms to be Completed

- Athletic Code of Conduct (Student-Athlete Handbook): Details all rules and regulations as set forth by Archbishop Carroll High School Board of Education pertaining to all aspects of athletic participation.
- Assumption of Risk: Governs the student-athletes and parent/guardians understanding that the potential for injuries is possible given participation in athletics.
- OHSAA Preseason Parent Meeting: Acknowledges that the student-athlete and parent/guardian have gone over the OHSAA rules, regulations, and guidelines for athletic participation.
- OHSAA Acknowledgement and Pledge: Information regarding the COVID-19 responsibilities and measures taken for the safety of the participants.
- OHSAA Student Athlete Eligibility: Covers certain OHSAA requirements necessary for the student-athlete to be eligible to participate in athletics.
- Concussion Acknowledgement: Information sheet concerning head injuries, as well as the ability to report any signs or symptoms of a concussion or head injury to coaches, administrators and the student-athlete's doctor.
- Sudden Cardiac Arrest Awareness: Otherwise known as Lyndsay's Law. Details Sudden Cardiac Arrest in all student-athletes age 19 or younger that are participating in activities sponsored by a school or club.

- OHSAA Authorization: authorization to release and disclose the personal health information of the student-athlete as described to Archbishop Carroll High School and medical care professionals retained by Archbishop Carroll High School.
- OHSAA PPE Physical (for physicians): Acknowledgment of completed Health History / Medical Profile, along with a hard copy physical, that will be kept on file in the Athletic Department.

D. Registration

- Student-athletes must register for each sport in which they intend to participate. Registration is done electronically online via Final Forms.
- Parents and/or Guardians must complete and electronically sign all forms.
- Student-athletes must electronically sign all forms prior to beginning participation in any sport.

E. Transfers

Student-athletes in grades 9 - 12 that have transferred into Archbishop Carroll High School after attending another high school (no matter the length of time) are subject to OHSAA transfer rules for athletics and may be deemed ineligible for the last 50% of the maximum allowable regular season contests and all OHSAA tournaments in each sport the student-athlete participates in the 12-month period immediately after the date of the transfer.

All transfer students must work with the Director of Enrollment and the Director of Athletics to determine eligibility status. Coaches that encounter a potential transfer student must contact the Director of Enrollment before engaging with the student and/or their family.

IX. Athletic Policies

A. Privilege versus Right

- Participating in extracurricular activities with Archbishop Carroll High School is not a right but a privilege that is regulated by Archbishop Carroll High School.
- It is required that student-athletes participating in athletic activities become familiar with and understand the rules and regulations required of student-athletes participating in athletic activities within Archbishop Carroll High School.
- Student-athletes participating in athletic programs are required to abide by the rules and policies as set forth in the policy at all times regardless of whether or not the student is on school grounds, attending a school function or activity, on private property, or at a private party.
- It must be understood by all student-athletes and their parents/guardians that a condition to participating in the athletic program at Archbishop Carroll High School requires a commitment to follow the rules, regulations, policies, and procedures established by the district for the implementation of its athletic program(s).
- It should also be understood that a student-athlete who violates these rules, regulations, policies, and procedures, shall face disciplinary action. Disciplinary action may include removal from participation in athletic activities and possible suspension, expulsion, or removal from school pursuant to the student code of conduct and policies established by Archbishop Carroll High School and the Archdiocese of Cincinnati.

B. Attendance

It is important that student-athletes regularly attend class, conditioning, practice, and contests.

- A student-athlete must attend school or school related assignments (field trips, internship, etc.) for a minimum of ½ of the school day in order to participate in a practice or contest that same day.

- Student-athletes cannot exceed the unexcused absence limit stated in the student handbook.
- Team attendance rules are addressed, set, and monitored at the team level.

C. Commitment

It is expected that the student-athlete finish the season he/she started.

- A student-athlete leaving a team after the first regular season contest will not be able to participate in another sport for one calendar year, unless consent of administration is given.
- If a student-athlete chooses to leave a sport or is denied participation from a sport because of a violation, he/she is not eligible to join an organized conditioning/weight training program, try out for or participate in another sport until all members of the sport from which he/she is denied participation are also eligible or until such time as the denial of participation is over.
- Any student-athlete suspended or expelled from school is also suspended from athletic activities including, but not limited to, conditioning/weight training, practices, scrimmages, team activities, and games.

D. Dual Sports Policy

All students at Archbishop Carroll High School are encouraged to participate in multiple sports throughout the year. All coaches are expected to not only allow, but encourage and support students who choose to play multiple sports.

It is recommended that a student-athlete be a member of no more than one interscholastic team during the same season. However, dual sports requests may be approved by the Athletic Department, the student-athlete, their parents, and the respective coaches for which the student-athlete wishes to participate.

- Students are allowed to participate in two co-curricular athletic activities during the same season. Students wishing to participate in two sports during the same season will need to obtain a request form from the Athletic Office and follow the guidelines set forth by the athletic department involving dual-sport participation.
- A student involved with dual-participation is not allowed to participate in “open gyms / fields” as well as other non-school competition in another sport on the same day that they are participating in a school sponsored co-curricular athletics activity without permission.
- A student-athlete who wishes to participate in two sports during the same season must designate a primary sport one week prior to the beginning of the official practice start date for each sport involved as determined by the Ohio High School Athletic Association.
- A primary sport is defined as the sport which takes precedence over another sport in the event there is a conflict of schedule or any other matter that could lead to a conflict.
- The student-athlete and parent/legal guardian must sign a contract of dual-sport participation and submit to the Athletic Office one week prior to the first practice session he or she attends.
- The student-athlete must practice, as close as possible to an equal amount of time in both sports regardless of which one is deemed the primary sport.
- Dual-participation approval may be denied at any time during the athletic season due to concerns over academic and health related concerns of the student-athlete involved.
- All coaches must be supportive of the student-athletes and work collaboratively with the other coaches to make the experience a positive one for the student-athlete.

E. Teams

- Coaches have the sole authority and responsibility to construct the team best suited for competition. Player personnel decisions are difficult, always challenging, and sometimes controversial. Many factors contribute to those decisions including, but not limited to, attitude, role acceptance, team orientation, and talent.
- Coaches must establish additional rules and regulations for their respective athletic programs.

F. Transportation

- School rules and policies apply to school bus and van travel. Student-athletes that violate transportation rules are subject to consequences for violating school/team rules.
- When transportation is provided, student-athletes are required to ride the bus, to and from events unless they have written permission from a parent or guardian.

G. Uniforms and Equipment

All student-athletes are responsible for the proper care and security of uniforms and equipment issued to them.

- All equipment issued to a player is to be worn only at practice (if permitted), scheduled contests (scrimmages, games, etc.), and other team functions deemed appropriate by the respective sports coach(es).
- Before any item is attached, added to, removed from or worn with a uniform that is issued to a student-athlete for a specific sport, the student-athlete must secure permission from the coach.
- Each student-athlete is responsible for all equipment issued. Keep it clean and in the best possible condition. Archbishop Carroll High School is not responsible for lost or stolen equipment.
- All athletic equipment is the property of Archbishop Carroll High School and the Athletic Department; therefore, school equipment may not be taken from the school building for the use of any other organization for personal use.
- All equipment issued to a student-athlete must be returned at the end of the school season. Equipment that is not returned for any reason or is damaged beyond normal wear and tear must be paid for at REPLACEMENT cost.

H. Risk of Participation

All student-athletes and parents/guardians must realize the risk of serious injury, permanent disability or death that may be a result of athletic participation. Archbishop Carroll High School will use the following safeguards to make every effort to eliminate injury:

- Maintain a continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport.
- Instruct all student-athletes about the dangers of participation in their respective sport.
- Student-athletes and parents/guardians need to report injuries to the Athletic Trainer. Trainers are to assist and assess all sports-related injuries.
- While parents are the primary caretakers of their children, the athletic department reserves the right to hold a student-athlete out of practice and/or competition if deemed necessary by the athletic trainers and coaching staff.

I. Athletic Participation after Injury / Medical Consent (Non-Concussion)

One of the most critical concerns in student-athlete safety is the avoidance of unnecessary recurrence of injury or illness after return to activity. This requires that the athlete be fully recovered and properly reconditioned before returning to the rigors of practice and competition.

- If the injury or illness is of a minor nature, not requiring advanced medical care, the Athletic Trainer shall be responsible for making the decision whether the athlete is fit for return to activity.
- If the injury or illness has required advanced medical care, written clearance from the treating physician (or team physician, if appropriate) shall be required for the athlete's return to activity.
- Following receipt of the physician's clearance, the athletic trainer shall evaluate the athlete and provide any necessary reconditioning for the athlete's safe return to full participation.
- Following completion of reconditioning, the athletic trainer shall notify the site Athletic Director that the athlete is ready for return to full activity.

J. Athletic Participation after Injury (Concussion Only)

Any athlete who receives a traumatic brain injury/concussion should be removed from the practice/contest immediately and not return to that game/practice. According to the Ohio High School Association guidelines, only a Medical Doctor (MD), Doctor of Osteopathic Medicine (DO), or Athletic Trainer (AT) licensed in Ohio can return an athlete to play following a TBI/concussion.

It is important to note that studies show that adolescents' brains may take several weeks to heal following a concussion, with as many as 20% of all high school concussions taking more than 3 weeks to return to baseline.

TBI/Concussion Symptoms: Every concussion presents differently so it is important to report symptoms and begin return to play guidance from an approved healthcare provider listed above.

Physical Symptoms:

- Headache (severity doesn't matter), Nausea/vomiting, Fatigue
- Visual problems (blurred vision, double vision, trouble focusing, etc.)
- Balance problems, Sensitivity to light/sound, Numbness or tingling, Dizziness

Thinking/Cognitive Symptoms:

- Feeling mentally foggy, Problems concentrating, Problems remembering

Emotional Symptoms:

- Irritability, Sadness, Feeling more emotional, Nervousness

6 Step Return to Play Progression:

- Step 1: Light aerobic activity, low intensity, low risk (walking/biking)
- Step 2: Moderate Activity, low risk (body weight exercise)
- Step 3: Sport-Specific Activities – running/cutting, light weight training (70% effort)
- Step 4: Non-Contact Practice, high intensity, full effort
- Step 5: Full Contact Practice (Cannot be a Game or event versus an opposing team)
- Step 6: Cleared for Game/Competition

K. Participation on Independent (Club) Teams / Off Season Workouts

Participation by a student-athlete in a non-interscholastic program (tryouts, practice, contest) while he/she is a member of the school squad in the same sport during the same season is prohibited. Penalty for violations is ineligibility for the remainder of that season.

L. Calamity Day Policy

- The decision on any High School games / events scheduled on said calamity day will be made at the discretion of the Administration and Athletic Department.
- The decision on any High School practices on said calamity days will be made at the discretion of the Administration and Athletic Department.
- Athletes will not be penalized for missing practice due to weather.

M. Parents and Staff Communication

We are continually attempting to improve communication with the student-athletes and parents/guardians. For our programs to be truly successful, it is necessary that everyone involved understand the direction of the program. Effective communication requires a commitment from student-athletes, parents, coaches, and advisors.

Communication coaches expect from parents/guardians:

- Concerns expressed directly to the coach.
- Notification of any schedule conflicts in advance.
- Support towards the commitment of the program.

Communication parents/guardians should expect from your student-athlete's coach:

- When and where are practices, scrimmages, contests, and other team related events.
- The coach's philosophy and expectations for all players on the squad.
- Requirements to be part of the team (i.e., equipment, conditioning/training, etc.)
- When and how your child is injured during any team activity.
- Any discipline action of your child that results in removal from participation.

Appropriate concerns for parents/guardians to discuss with coaches:

- The treatment of your child; mentally and physically.
- Skill improvement and development.
- Concerns about your student's behavior.

Items not appropriate to discuss with coaches:

- Playing time.
- Team strategy.
- Play calling.
- Other student-athletes.

Procedure to follow when a parent/guardian has a concern to discuss:

- Have your son/daughter request a meeting with the coach to discuss concerns.
- Call and set up an appointment with the coach(s). The student-athlete meeting must happen in order for this meeting to occur.
- Call and set up an appointment with the Athletic Director. Steps 1 and 2 must happen in order for this meeting to occur.
- Call and set up an appointment with the Principal. Steps 1, 2 and 3 must happen in order for this to occur.

N. End of Year Awards / Banquet

- At the conclusion of each season, teams will gather to celebrate the accomplishments of the team and individual players. Attendance at this event is strongly encouraged.
- Special awards for performance, character, leadership, sportsmanship and teamwork will be given at the discretion of the head coach in consultation with the Director of Athletics.
- Individual awards for participation at the freshman, junior varsity and varsity level will be given out at the event. Coaches must establish criteria for earning varsity letters before the season starts and communicate that criteria to athletes and parents.

Archbishop Carroll High School • Go Patriots!