

FAITH | SCHOLARSHIP | TRADITION | EMPOWERMENT



ATHLETICS

POMONA CATHOLIC ATHLETIC HANDBOOK

TABLE OF CONTENTS

MESSAGE TO PARENTS AND STUDENT ATHLETES	3
STATEMENT OF POMONA CATHOLIC ATHLETIC PHILOSOPHY	4
PARENT/GUARDIAN EXPECTATIONS.....	4-5
PARENT/GUARDIAN CONSEQUENCES FOR INAPPROPRIATE CONDUCT.....	5-6
REQUIREMENTS FOR PARTICIPATION.....	7
ATHLETIC DEPARTMENT POLICIES	7-13
SCHOLASTIC ELIGIBILITY REQUIREMENTS.....	7
NCAA ELIGIBILITY CENTER	8
CODE OF CONDUCT – 12 MONTH RULE.....	8
BULLYING AND HAZING	8
ILLEGAL DRUGS & ALCOHOL	8-9
ATTENDANCE	10
INDIVIDUAL SPORT RULE.....	10
DUAL SPORT ATHLETES (SAME SEASON)	10
MULTIPLE SPORT ATHLETES (DIFFERENT SEASONS).....	10
FINANCIAL OBLIGATIONS & EQUIPMENT	10
VACATION POLICY	10
TRAVEL	11
TRAVEL RELEASES.....	11
SCHOOL-SPONSORED EXTRACURRICULAR ACTIVITIES	12
RISK OF INJURY	12
INSURANCE	12
TRYOUTS	12
VARSITY LETTER.....	13



This athletic 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. We believe that a comprehensive program of student activities is vital to the educational development of our student athletes.

Participating in an athletic program is a privilege not a right. As an athlete, you are held to higher standards in the classroom, in competition, as well as in the community. Through athletics, you represent not only PC but alumni, your family, the Pomona community, your coaches, and fellow classmates. Your involvement in athletics can be very rewarding.

As an athlete, you must carry yourself with tremendous pride and respect for what PC is about. You must wear the uniform proudly and remember that your actions constantly reflect your brothers and sisters. You must realize that you are a role model for the younger members of the community. As an 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 students 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.

Sincerely,

DANIEL THREADGILL
POMONA CATHOLIC ATHLETIC DIRECTOR



POMONA CATHOLIC ATHLETIC PHILOSOPHY

The Pomona Catholic Athletic Program, 6-12, should provide a variety of experiences to aid in the development of favorable attitudes in students that will prepare them for life beyond athletics.

The PC athletic department philosophy is rooted with a Catholic foundation and concept of education through athletics. Those engaging in athletics will develop valuable skills to grow first as people, then as students, and finally as student athletes.

PARENT/GUARDIAN EXPECTATIONS

PARENTS WILL BE EXPECTED TO:

- + Communicate openly and freely, but respectfully, with coaches and administrators.
- + Schedule meetings or calls that works for both them and the coach.
- + Refrain from disparaging remarks about the coach or school in front of the team.
- + Be encouraging and honest.
- + Communicate issues and concerns in a timely manner, including those of student's physical and emotional well-being.
- + Attend meetings and read all information disseminated by coaches and the athletic department.
- + Understand that playing time is not guaranteed by paying the participation fee and may only be discussed with the coaches. PC encourages playing time issues to first be attempted with a player/coach meeting. We are trying to help these athletes communicate their feelings as well as take accountability for actions that may have led to decisions by the coaching staff.

PARENTS WILL DISPLAY GOOD SPORTSMANSHIP AND BEHAVIOR BY DOING THE FOLLOWING:

- + Understanding the game is for the students, not the adults.
- + Recognizing that student participation is a privilege and not a right.
- + Displaying good sportsmanship as a spectator, and conducting yourself in a manner that reflects positively on both the team and Pomona Catholic.
- + Promoting the team by being supportive and positive when helping the program.
- + Respecting the officials, opponents, coaches, and players.
- + Refraining from coaching from the stands.
- + Understanding that the student has an obligation to attend all practices and games.

PARENT/GUARDIAN EXPECTATIONS

PARENTS WILL CREATE A POSITIVE AND SUPPORTIVE ENVIRONMENT BY:

- + Supporting good conditioning and a healthy lifestyle.
- + Placing the emotional and physical well-being of your student ahead of any personal desire to win.
- + Supporting your student to be successful in the classroom given the demands of training and practices.
- + Being a role model for other parents by remaining positive at sporting events.
- + Getting involved and staying involved in a positive manner as you support your student is critical to the success of the team (concessions, game support, fundraisers, banquets).

*** Failure to follow the standards and expectations of Pomona Catholic and the Athletic Department may cause you to forfeit your right to support your student and the team at future events.**



PARENT/GUARDIAN CONSEQUENCES FOR INAPPROPRIATE CONDUCT

FIRST OFFENSE

Any fan ejected or disqualified from an interscholastic contest for unsporting conduct shall be suspended from all contests for the remainder of that day. In addition, the fan shall be suspended from attending contests at all levels in that sport until two regular season/tournament contests are played at the same level as the ejection. In addition, the fan shall take the National Federation of State High School Association's "Sportsmanship" course, which must be completed before returning to athletic contests and can be taken at www.nfhslearn.com. A letter will be sent by the Athletic Director of the respective school to the spectator in question notifying them of the ejection and the dates of their suspension.

If the ejection or disqualification occurs in the last contest of the season, the fan shall be ineligible for the same period of time as stated above in the same sport during the following season in the next school year.

On the day of the ejection, a fan that has been disqualified shall be ejected from the vicinity of the playing area and is prohibited from further contact, direct or indirect, with team members, managers, coaches, and contest officials during the remainder of the contest. **No refund will be given.**

SECOND OFFENSE

A fan who is ejected or disqualified a second time shall be suspended for the remainder of the season in that sport. A fan who has been ejected or disqualified for unsporting conduct for the second time in the season during the last contest shall be ineligible for a period of time/number of contest subject to the discretion of the Athletic Director. In addition, the fan shall take the National Federation of State High School Association's "Positive Sport Parenting" course, which must be completed before returning to athletic contest and can be taken at www.nfhslearn.com. A letter will be sent by the Director of Student Activities to the spectator in question notifying them of the ejection and the dates of their suspension.

THIRD OFFENSE

A fan who is ejected or disqualified a third time shall be suspended from all athletic contests **for one calendar year from the date of the ejection**. A letter will be sent by the Director of Student Activities notifying the spectator of the ejection.

REQUIREMENTS FOR PARTICIPATION

YOU ARE NOT ELIGIBLE TO PARTICIPATE IN ANY SPORT UNTIL THE FOLLOWING ARE COMPLETED:

- + Prospective student-athletes must meet with the Athletic Administrator and/or designee prior to the first day of participation to cover rules and regulations found in the athletic handbook. Usually a preseason meeting with entire team.
- + Athletic Responsibility Acknowledgment Form/Student Data Sheet must be signed by student-athlete and parent/guardian.
- + A current physical must be on file in athletic office prior to tryouts.
- + Emergency Medical Form needs to be on file.
- + Academic eligibility requirements must be satisfied.
- + All uniform and other fees including "Pay to Participate" fees need to be paid.

ALL OF THIS CAN BE FOUND ON THE SCHOOL WEBSITE AS WELL AS ATHLETICCLEARANCE.COM

ATHLETIC DEPARTMENT POLICIES

PARENT/GUARDIAN ACKNOWLEDGEMENT OF ATHLETIC POLICIES:

At the beginning of each school year, the Athletic Handbook and all necessary forms and information for participating athletes can be found on the Pomona Catholic website.

SCHOLASTIC ELIGIBILITY REQUIREMENTS:

To be eligible to participate in interscholastic athletics, grades 6-12, all student-athletes will be required to meet certain standards established by Pomona Catholic administration. These standards are as follows:

MINIMUM GRADE POINT AVERAGE: 2.0

MAINTAIN A 1.75 GPA OR BETTER PER GRADING PERIOD:

- + Eligibility for each grading period is determined by the grades received the preceding grading period. A student-athlete will be eligible or ineligible for the next grading period beginning with the fifth school day after the end of each grading period. Eligibility or ineligibility would remain until the fifth school day after the end of the next grading period.
- + A student-athlete who fails to earn a 2.0 grade point average per grading period, shall be granted one period of probation, a period of probation is defined as one grading period.
- + If a student is deemed to be ineligible will not be able to participate in practices and/or games during that next grading period. To become eligible again grade check and notification from each teacher will be required. The PC Athletic Department will assist in any way possible to help the student-athlete with becoming eligible for athletic competition.

NCAA ELIGIBILITY CENTER:

Any high school credit class taken prior to the ninth grade will not count toward eligibility for a student athlete's participation in Division I and Division II college athletics. Please see your guidance counselor or the NCAA Eligibility Center website for more information. (www.eligibilitycenter.org)

CODE OF CONDUCT – 12 MONTH RULE:

All student-athletes shall abide by a code of conduct which will earn him/her the honor and respect that participation and competition in the interscholastic program affords.

Any conduct that results in dishonor to the athlete, the team, and/or the school will not be tolerated. Acts of unacceptable conduct, such as, but not limited to, theft, vandalism, hazing, disrespect, immorality, or violations of the law tarnish the reputation of everyone associated with the athletic programs and will not be tolerated. This code shall be in effect for 12 months a year, 24 hours a day, for those who made the team. The code of conduct applies for one calendar year after the conclusion of the last sports season in which the athlete participated.

BULLYING AND HAZING:

Bullying is an intentional written, verbal, electronic or physical act that a student has exhibited more than once toward a student or students. The behavior causes mental or physical harm to the other student and is sufficiently severe, persistent or pervasive that it creates an intimidating, threatening or abusive educational environment for other.

Hazing is defined as any act of coercing another, including the victim, to do any act of initiation to any student or other organization that causes or creates a substantial risk of causing mental or physical harm to any person. Permission, consent or assumption of risk by an individual subjected to hazing does not lessen the prohibition contained in this policy.

We are all family and should be treated as such. Anything deemed as bullying and/or hazing WILL NOT be tolerated and will be dealt with by the Pomona Catholic Administration immediately. The PC Athletic Department has an open door policy for all student-athletes to have a safe zone that allows them to speak openly and freely about their feelings and/or experiences.

ALCOHOL, DRUGS & VAPING REGULATIONS:

*** Any student using or possessing alcohol or tobacco, or using, possessing, buying or selling counterfeit drugs, look-alike drugs, including E-Cigarettes, illegal drugs or any substance represented to be an illegal drug, shall be prohibited from participating in Pomona Catholic Athletics until reviewed by school administration.**

"Illegal drugs" or "drugs"-Any substance as defined by United States Code which any individual may not sell, offer to sell, exchange, give, possess, use, distribute or purchase under state or federal law. This definition also includes all prescription drugs obtained without authorization, and all prescribed and over-the-counter drugs being used in any way other than for medical purposes, in accordance with the directions for use provided in the prescription or by the manufacturer. This definition includes nicotine and any vaping devices.

PENALTIES:

FIRST VIOLATION:

USE OR POSSESSION OF ALCOHOL, ILLEGAL DRUGS,
OR TOBACCO IN ANY FORM

- ① The penalty for a first violation will be prohibition from athletic participation (contests) for a minimum of 50% of the scheduled contests of that sport. Any remaining percentage of the prohibition of participation not served shall be applied toward the next sport in which the athlete participates. Any student-athlete disciplined for the first violation may practice with his/her team. He/she may travel with the team and sit on the bench. He/she cannot be in uniform. All training rules and requirements of the sport team must be followed by the athlete during the period of prohibited participation.
- ② The Athletic Administrator, upon request of the student-athlete, may reduce the prohibition to a minimum of 20% for violations involving drug, alcohol, e-cigarettes, vaping or the use of other similar devices that are used to inhale or ingest foreign substances and 10% for nicotine, including e-cigarettes, of the student-athlete's current and/or next occurring season's athletic contests, provided:

SECOND VIOLATION:

USE OR POSSESSION OF ALCOHOL, ILLEGAL DRUGS,
OR TOBACCO IN ANY FORM

- ① Removal from all athletic teams and events.
- ② The Athletic Administrator, upon request of the student-athlete, may reduce the prohibition to a minimum of 50% for violation involving drugs, alcohol, e-cigarettes, vaping, juuling or the use of other similar devices that are used to inhale or ingest foreign substances and 25% for nicotine violations, including e-cigarettes, of the student-athlete's current and/or next occurring season's athletic contests, provided:

PENALTIES:

Prior to any penalty in athletics, the student-athlete will be given the opportunity to informally meet with the coach, Athletic Administrator or other school administration to challenge the reasons for the punishment (suspension) and/or to otherwise explain his/her actions. All final decisions will be determined by the Principal or Athletic Administrator. The provision of the informal meeting, or any other due process, is not applicable in the case of normal disciplinary procedures in which a student-athlete is removed from the athletic activity for less than one day of athletic activity.

ATTENDANCE:

Student-athletes must be present at least fifty 50% of their scheduled school day, in order to participate in that day's practice or after school event.

Exemptions will be made for student-athletes who were approved by the building administrators for a prearranged absence.

- + Building Administrators have the discretion to make exceptions to this rule and the final authority for infractions.
- + Student-athletes absent from school on Friday with a contest the following day (Saturday) will be eligible to participate provided the absence is an excused absence.

INDIVIDUAL SPORT RULES:

Coaches will establish additional rules and regulations for their respective sports. Penalties will be designated/handled by the respective coaches.

DUAL SPORTS SEASONS:

A student-athlete may participate in two sports at the high school level during the same season if both coaches agree, and the administration approves, based on whether or not dual participation will result in conflict in the requirements of the two sports.

MULTIPLE SPORT STUDENT-ATHLETES:

Multi-sport student-athletes must complete their current season before any participation is permitted in another school sport.

FINANCIAL OBLIGATIONS AND EQUIPMENT:**UNIFORMS:**

- + Are on loan from Pomona Catholic. The uniform is expected to be returned in the same (close to same) condition in which it was distributed. Any lost uniform will be charged to the student-athlete's account. Any unreturned uniform after 2 weeks of the season will be charged to the student-athlete's account.
- + Only uniforms issued and/or approved by the athletic department will be permitted to be worn for contests.
- + Participation fees must be paid in order to receive uniform.

VACATION POLICY:

Vacations during an student-athlete's season are discouraged. However, if a vacation is unavoidable:

- + Contact head coach prior to the vacation.

TRAVEL:

- + Transportation will be provided in most instances. There will be situations that players and/or parents may have to get themselves to the athletic event.
- + Student-athletes will remain with their squad and under the supervision of the coach when attending away contests.
- + Student-athletes who miss the bus/van will not be allowed to participate in the contest. If there are extenuating circumstances involved that caused the student-athlete to miss the bus/van, the coach may allow the student-athlete to play only if the student-athlete's parent/guardian transports him/her to the contest. The final decision is up to the coach.
- + All regular school bus/van rules will be in effect, including rules pertaining to food, noise, remaining in seats, care and respect for equipment.

TRAVEL RELEASES:**ATHLETES WHO PARTICIPATE IN SPORTS RECEIVING ROUND TRIP TRANSPORTATION:**

Under certain circumstances where it creates an inconvenience to the families, student-athletes may be excused from riding either to or from an athletic event in school authorized transportation as determined by board policy for various activities. This privilege is to be kept to a minimum since our philosophy continues to be that a student-athlete is part of a team in all phases of team activity.

TO RIDE ON PRIVATE TRANSPORTATION:

- + A travel release form must be requested by the student-athlete and parent.
- + Parents must make arrangements with the Athletic Administrator in advance of the trip by having the approved travel release form on file in the Athletic Administrator's office on the day of the trip.
- + The student-athlete will be released to the parent(s) or designated adult by the coach upon presentation of a copy of the approved travel release form at the contest.
- + Student-athletes will not be allowed to ride home with a student.
- + In an emergency situation, the head coach may release a student-athlete from school transportation requirements, provided the student-athlete is released to the parent(s) or designated adult for travel purposes.

CONFLICTS IN SCHOOL

SPONSORED EXTRACURRICULAR ACTIVITIES:

An individual who attempts to participate in too many extracurricular activities will, undoubtedly, be in a position to have a conflict of obligations. Students need to be cautious about participating in too many activities where conflicts might occur.

When conflicts do arise, the coach and sponsor of the activity will get together and try to work out a solution so that the student does not feel caught in the middle. If a conflict cannot be resolved, the Athletic Administrator will assist but the student-athlete will make the decision based on the following:

- + The relative importance of each event
- + The relative contribution the student can make
- + How long each event has been scheduled
- + Involve parents in the discussion

Once the decision has been made and the student follows that decision, he/she will not be penalized in any way by the coach or faculty sponsor. If it becomes obvious that a student cannot fulfill the obligations of both school activities, he/she should reassess.

RISK OF INJURY:

All student-athletes and parents must realize the risk of serious injury which may be the result of athletic participation.

INSURANCE:

Pomona Catholic does not provide accident or health insurance coverage for student-athletes participating in interscholastic athletics. It is the responsibility and a requirement of the parents to maintain an active accident and health policy while their child is participating in sports.

TRYOUTS:

- + Once students are enrolled in school, students can try out for the team. However, they will not be permitted to participate in any contest until all enrollment paperwork has been completed, fees have been paid, and all grades and other pertinent records have been received from their previous school.
- + New students that enroll in the Pomona Catholic after tryouts, shall be granted a tryout after meeting with Athletic Administration and all transfer requirements.
- + Should a student be sick or injured prior to or during a tryout period, that student may have a delayed tryout at the discretion of the coach and the Athletic Administrator.

VARSITY LETTER REQUIREMENTS:

- + A student-athlete must complete the season in good standing with the school and coach.
- + A student-athlete who moves from one level of competition to another will letter at the level of highest competition provided meeting combined requirements.
- + A coach will have the prerogative to letter a senior who has not met the seasonal requirements for lettering.
- + **INJURY RULE:**
Any student-athlete who is a starter or plays regularly and was there after injured may be awarded a letter if, in the coach's judgment, he/she would have met the lettering requirements.
- + **STATISTICIANS:**
All students who have been selected to compile statistics for a sports team must do so satisfactorily for the entire season.

MANAGERS:

Any student who manages at both practice and contests satisfactorily for the entire sports season is entitled to the appropriate awards for that sport.

FAITH | SCHOLARSHIP | TRADITION | EMPOWERMENT

