Bellarmine College Preparatory
Student- Parent Athletic Handbook

2017 - 2018

Teach us, Lord, to serve you as you deserve:
  to give, and not to count the cost,
  to fight, and not to heed the wounds,
  to toil, and not to seek for rest,
  to labor, and not to ask for any reward,
  save that of knowing that we do your will.

  ~ Ignatius of Loyola

960 West Hedding Street • San Jose, CA 95126
(408) 294-9224
Contents

General Information ................................................................................................................. 3
Bellarmine College Preparatory Athletics Mission and Philosophy ........................................ 3
Bellarmine Student School-Wide Outcomes .............................................................................. 3
Bellarmine College Preparatory Athletic Program Goals ......................................................... 4
Expectations of the Athletics Department ................................................................................... 5
   Athletic Director and Assistant Athletic Directors ............................................................. 5
   Coaches .................................................................................................................................. 5
   Student-Athletes ................................................................................................................... 5
   Parents .................................................................................................................................. 5
   Students ................................................................................................................................. 5
Athletic Department Contacts and League Affiliation .............................................................. 7
   Athletic Department Directory ............................................................................................ 7
   League Affiliation ................................................................................................................. 7
General Policies and Procedures ................................................................................................ 8
   Academic Eligibility .............................................................................................................. 8
   Procedures for Appeal .......................................................................................................... 8
   Conduct – Code of Ethics .................................................................................................... 8
   Conflict Resolution ............................................................................................................ 8
   Evaluations ........................................................................................................................... 8
   Facilities ................................................................................................................................ 9
   Hazing ................................................................................................................................... 9
   Intercollegiate Athletics ...................................................................................................... 9
   Participation in Multiple Sports ............................................................................................ 9
   Sportsmanship ...................................................................................................................... 9
   Transportation ...................................................................................................................... 9
   Retreats and Immersion Trips .............................................................................................. 10
   Drug, Alcohol, Tobacco and Steroid Policy ......................................................................... 10
Regulations Governing the Season ............................................................................................ 10
   Signups and Try-Outs .......................................................................................................... 10
   Transfer Student-Athletes .................................................................................................. 10
   Quitting a Team .................................................................................................................. 11
   Participation in a Non-Cut Program .................................................................................... 11
   Sanctioned Starting Dates .................................................................................................. 11
   Practice ................................................................................................................................ 11
   Outside Competition .......................................................................................................... 12
Sports Medicine Department Policies and Procedures .......................................................... 13
   Magnus Health Management System ............................................................................... 13
   Pre-Participation Physicals ................................................................................................. 13
   Injury Management ........................................................................................................... 13
   Concussion Management Plan .......................................................................................... 13
   Return to Play and Medical Clearance .............................................................................. 13
   Medical Team ..................................................................................................................... 13
Awards .................................................................................................................................... 14
   Varsity Letter Awards (Block Bs) ...................................................................................... 14
   Billy Schmidt Award ........................................................................................................... 14
   John Hannah Award (Senior Award) ................................................................................ 14
   Robert Fatjo Sportsmanship Award (Senior Award) ......................................................... 14
   The Scholar Athlete Award (Senior Award) ....................................................................... 14
   Bellarmine Student-Athlete’s Pledge .................................................................................. 15
   Honoring the Game - What Parents Can Do .................................................................... 16
General Information

Bellarmine College Preparatory Athletics Mission and Philosophy

It is the overachieving mission of Bellarmine College Preparatory as a Catholic school in the tradition of St. Ignatius of Loyola, the Founder of the Society of Jesus, to provide opportunities for the student body that lead to growth spiritually, intellectually, and physically in the context of our Christian culture, the culture of our nation, and the greater global world. As a Jesuit institution, Bellarmine Athletics affirms and promotes the Ignatian values by engaging student-athletes fully in mind, body and spirit. Student-athletes, coaches and parents are called upon to assist in creating an education-based athletic program that challenges all to grow in understanding themselves and the world around them. To this end, Bellarmine College Preparatory provides programs that cultivate formation and transformation during the students’ time at school. The student athlete should leave his experience in Athletics with an appreciation for his God-given talents, the opportunity to learn from others, the insight gleaned from competition, and awareness that the process is as important as the result/end.

Bellarmine Student School-Wide Outcomes

As an extension of the classroom and part of the greater community of Bellarmine College Preparatory, the Athletics Department strives to create opportunities that help the student-athlete become Men for and with Others, which is measured by the following:

I. Open to Growth and Leadership Opportunities: Participation in athletics is one opportunity to address the responsibility for growth. Participation in athletics is a choice made by the student-athlete to better himself and to understand that the ability to compete is a gift from God. This growth occurs by developing an ability to speak persuasively in public, seeking challenges and responsibilities that will further the goals of the team, taking the initiative in being a spokesperson for the team, and demonstrating a work ethic required for a team to accomplish all that it can reasonably achieve. When a student-athlete makes a team, he:

   a. Strives for a commitment to excellence in athletics and perceives that such a commitment is both separate from and unhindered by either victory or defeat.
   b. Supports other student-athletes within the Bellarmine community other than his own.
   c. Accepts self, in physical talents and limitations, and is able to control his emotions in practice and in the athletic arena.
   d. Is receptive to instruction from his coach and is able to learn from his teammates.
   e. Reinforces the Christian values of the school in athletics.
   f. Leads for the betterment of the team and not for the individual.
   g. Approaches a problem with courage in the defense of his position.
   h. Is willing to take appropriate criticism from the coach or teammates without emotion.
   i. Can deal with challenges in his sport in a responsible and caring manner.
   j. Sees athletics in its proper proportion to the education of the whole student and strives to represent the school within and outside the school with grace and humility.

II. Religious, Loving and Committed to Social Justice: Student-Athletes perceive God’s love for him in his work in the athletic experience as he develops his talents. Students learn to trust teammates, coaches, and others associated with his team in addition to communicating more easily with others, be it teammates whose backgrounds are different than his own or students who might participate in different sports or activities on campus. He seeks to be understanding, accepting and generous, not just with teammates, but with anyone he encounters, including opponents. When a student-athlete
makes a team, he is responsible for the following:

a. Understanding teammates who come from different backgrounds.
b. Developing an ability to show gratitude to God for the many gifts inherent in the ability to participate on a team.
c. Fostering a sense of Christian community within his team and experiencing God through personal and team prayer, worship and service.
d. Being aware of God’s love during difficult times.
e. Helping to unify the different races, religions, nationalities and socio-economic backgrounds on the team.
f. Establishing deep and meaningful relationships with members of the team that will continue into adulthood.
g. Becoming involved in all aspects of the school community and realizes the love in all activities at the school.
h. Obtaining a sense of satisfaction through experiences of sacrifice, commitment and dedication to team goals.

III. Intellectually Engaged: Student-athletes develop a mastery of skills and understanding of their sport that is necessary to succeed, while making choices away from competitive situations that are consistent with their academic goals. When a student-athlete makes a team, he is responsible for the following:

a. Applying the skills and situations drilled at practice to competition in the athletic arena.
b. Exercising sound judgment in competition and playing within the rules and spirit of the sport.
c. Approaching practice as a systematic effort to raise his level of competency.
d. Taking pride in what the team does and supporting his team over individual goals.

Bellarmine College Preparatory Athletic Program Goals

The Athletic Department recognizes the competitive nature of athletics. The goal of the athletics program at Bellarmine is to provide opportunities for growth and development that mirror the Jesuit mission of the school. Students will mature physically, emotionally, socially, and spiritually through their participation in Bellarmine athletics. Student-Athletes will have the opportunity to utilize their God-given talents, and through developing loyalty, integrity, pride, and commitment to their team, all student-athletes will gain the most from their participation in Bellarmine athletics. The competitive world of athletics gives context for the student-athlete to practice, improve, and learn about themselves in relation to the school-wide outcomes.

Bellarmine’s athletic programs work to instill in the student-athlete a habit of working on the task at hand, doing his best on any given day, and following through with his commitments. Through his dedication and loyalty to the team, the student-athlete will be able to maintain their core purpose and integrity among unforeseen circumstances and life events. The goal being the student-athlete develops to be the best student, athlete, and citizen he can become through his experience in Bellarmine College Preparatory’s athletic programs. In the end, the student-athlete will come to understand that achievement is a product of effort and God-given talents.

These overarching goals pertain to all teams under the athletic department at Bellarmine, and each Head of Program will communicate goals that pertain to their specific sport at the parent meeting.

To help us achieve all the above, following is a list of expectations relative to each role within the Bellarmine athletic community.
Expectations of the Athletics Department

Athletic Director and Assistant Athletic Directors
- Model positive sportsmanship and make decisions that are in line with Bellarmine's philosophy and mission.
- Provide athletic programs with the tools and resources to perform at the highest level.
- Oversee the coaching staff.
- Foster positive relationships with all members of the Bellarmine community (athletes, parents, coaches, faculty and staff).
- Foster a positive relationship with opponents and their school communities.
- Communicate with coaches and administrators to keep all members of the Bellarmine staff appropriately informed.
- Provide guidance to Bellarmine community members as issues arise.

Coaches
- Model positive sportsmanship and make decisions that are in line with Bellarmine's philosophy and mission.
- Provide an environment of fairness and respect towards all athletes.
- Create an athletic experience that attracts and retains students to the program.
- Provide ongoing communication to keep community informed and athletes aware of their role on the team. (teachers, staff, coaches, athletes, and parents)

Student-Athletes
- Display positive sportsmanship and make decisions that are in line with Bellarmine's philosophy and mission.
- Be fair and respectful in interactions with opponents, teammates, coaches, spectators, officials, athletic staff, and members of visiting and host communities.
- Understand the importance of team development, and the goal of our programs as team-based.
- Develop rapport with all members of the Bellarmine community. This includes other athletes, parents, coaches, teachers, and staff.
- Communicate with the coach to keep him/her fully informed of any issues.

Parents
- Model positive sportsmanship (cheer for all teams, athletes, officials, and coaches in a positive fashion).
- Provide positive representation of Bellarmine's mission.
- Be fair and respectful to all parents, coaches, athletes, and administrators.
- Understand the importance of team development, and the goal of our programs as team-based.
- Develop rapport with all members of the Bellarmine community (athletes, parents, coaches, teachers, and staff).
- Encourage your son/athlete to communicate with the coach - keeping him/her fully informed of any issues, and if necessary to follow-up with the coach.

Students
- Model positive sportsmanship (cheer for all teams, athletes, officials, and coaches in a positive fashion).
• Be fair and respectful to all athletes, coaches, administrators, officials, and members of visiting and host communities.
• Provide positive representation of Bellarmine's philosophy and mission.
**Athletic Department Contacts and League Affiliation**

**Athletic Department Directory**

<table>
<thead>
<tr>
<th>Athletic Department</th>
<th>Ph: (408) 537-9298</th>
<th>Fax: (408) 278-1048</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic Director</td>
<td>Joe Romano</td>
<td>x280</td>
</tr>
<tr>
<td>Assistant Athletic Director</td>
<td>Louie Agelson</td>
<td>X409</td>
</tr>
<tr>
<td>Assistant Athletic Director</td>
<td>Colin Mello</td>
<td>x243</td>
</tr>
<tr>
<td>Athletic Office Assistant</td>
<td>Cindy Saglimbeni</td>
<td>x298</td>
</tr>
<tr>
<td>Head Athletic Trainer</td>
<td>Mark Moreno</td>
<td>x289</td>
</tr>
<tr>
<td>Assistant Athletic Trainer</td>
<td>Michael O'Shea</td>
<td>x297</td>
</tr>
<tr>
<td>Assistant Athletic Trainer / Equipment Manager</td>
<td>Casey Lester</td>
<td>X229</td>
</tr>
<tr>
<td>Strength &amp; Conditioning Specialist</td>
<td>Michelle Toy</td>
<td>x248</td>
</tr>
</tbody>
</table>

**Programs and Head Coaching Staff**

<table>
<thead>
<tr>
<th>Program</th>
<th>Head Coach</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baseball</td>
<td>Mike Rodriguez</td>
<td>x298</td>
</tr>
<tr>
<td>Basketball</td>
<td>Patrick Schneider</td>
<td>x292</td>
</tr>
<tr>
<td>Cross-Country</td>
<td>Patrick McCrystle</td>
<td>x428</td>
</tr>
<tr>
<td>Football</td>
<td>Mike Janda</td>
<td>x417</td>
</tr>
<tr>
<td>Golf</td>
<td>Louie Agelson</td>
<td>X409</td>
</tr>
<tr>
<td>Lacrosse</td>
<td>John Alpizar</td>
<td>Contact x298</td>
</tr>
<tr>
<td>Soccer</td>
<td>Conor Salcido</td>
<td>Contact x298</td>
</tr>
<tr>
<td>Swimming</td>
<td>Meghan Cotugno</td>
<td>Contact x298</td>
</tr>
<tr>
<td>Tennis</td>
<td>Oliver Leopold</td>
<td>Contact x298</td>
</tr>
<tr>
<td>Track &amp; Field</td>
<td>Patrick McCrystle</td>
<td>x428</td>
</tr>
<tr>
<td>Volleyball</td>
<td>Tyler Hinz</td>
<td>Contact x298</td>
</tr>
<tr>
<td>Water Polo</td>
<td>Colin Mello</td>
<td>x243</td>
</tr>
<tr>
<td>Wrestling</td>
<td>Ricky Palomino</td>
<td>Contact x298</td>
</tr>
</tbody>
</table>

Please visit [http://www.bcp.org/athletics](http://www.bcp.org/athletics) for up-to-date information.

**League Affiliation**

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

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

In addition to the below, each team will publish a particular set of rules and/or policies that are an addendum to and governed under the Athletic department.

Academic Eligibility

In accordance with the State of California and the California Interscholastic Federation, the following are provisions for participating in a school sports team:

- The student-athlete must have passed 20 semester units of school work in the previous grading period.
- The student-athlete must be currently enrolled full-time (minimum of 20 semester units) at the school for which they are competing.
- The student-athlete must have attained a 2.00 grade point average on a 4.0 point scale the previous grading period. Each quarter when rosters are published, the Principal’s Office will provide to the Athletic Department a list of students who fall below a 2.00 grade point average. The Athletic Department will communicate to head coaches the names of any athlete who is ineligible for that quarter.

Procedures for Appeal

If a student-athlete falls below a 2.00 grade point average, he may retain his eligibility, on a probationary basis, if granted by the Assistant Principal for Academics. To pursue an appeal, a student athlete and his parent(s) must contact the Assistant Principal for Academics.

Conduct – Code of Ethics

Student-athletes are expected to represent the highest ideals of the school, both on and off the campus. It is the duty of all concerned to:

- Emphasize the proper ideals of sportsmanship, ethical conduct, and fair play.
- Show courtesy to visiting teams, officials, and host communities.
- Respect the integrity and judgment of sport officials.
- Achieve a thorough understanding and acceptance of guidelines put forth in this handbook and discussed or distributed by team leaders.
- Recognize that the purpose of athletics is to promote the physical, moral, social and emotional well-being of the individual players in the context of the team.
- Recognize that athletics at Bellarmine College Preparatory is a team activity. Thus, the student-athlete realizes his actions while participating as a team member represents not only his team but the larger school community.
- Remember that an athletic contest is a game, and to that end should be kept in perspective by the player, coach, school, officials, fans, and greater community.

Conflict Resolution

Students and/or parents who have a complaint or grievance must follow these procedures in this order:

1. Schedule a meeting with the coach and address the issue.
2. If the first step does not resolve the issue, set-up a meeting with the Head of Program.
3. If the issue remains unresolved, a parent may request a meeting with the Athletic Director.
4. In the rare event that a complaint has not been handled, the Principal should be notified via email with the Athletic Director copied on the communication. The Principal will then decide on a course of action.

Evaluations

By the end of each season, every student-athlete will have an opportunity to evaluate his
coaching staff through the Athlete Perception Survey that is administered by the Athletic Department.

Facilities
Student-athletes may use Bellarmine facilities only under the supervision of a faculty or staff member.

Hazing
Bellarmine affirms the dignity of every student. Thus, hazing is prohibited. Any attempt to hold a “rookie night” or any other type of initiation, even if held privately, will be cause for dismissal from the team. Hazing is unacceptable conduct, as well as illegal, and will not be tolerated. Any such behavior could result in dismissal from the team or Bellarmine College Preparatory.

Intercollegiate Athletics
A student-athlete who wants to participate in intercollegiate athletics should approach his coach and college guidance counselor for support in the recruiting process. Bellarmine also hosts a “Student Athletes and the College Recruitment Process” presentation every two years, which offers insight and advice regarding college athletics. Any athlete interested in intercollegiate athletics should also register with the NCAA Eligibility Center at www.eligibilitycenter.org.

Participation in Multiple Sports
Student-athletes are encouraged to play as many sports as possible. By doing so, student-athletes demonstrate the Ignatian spirit and obligation to share generously one’s talents.

Sportsmanship
Beyond the guidelines and regulations that Bellarmine is obligated to follow per league affiliation, section membership, and state bylaws, it is the hope that everyone associated with our athletic program recognizes the purpose of our sportsmanship policies; namely that as a Catholic community we are called to mirror the love that God has for all people, including those against whom we compete. Anyone associated with an athletic contest has the responsibility to uphold the highest standards of sportsmanship before, during and after a contest. Sportsmanship includes, but is not limited, to the following:

- Showing respect for teammates, opponents, and officials.
- Treating opponents as guests in your facility; being a gracious guest when we are traveling.
- Accepting both victory and defeat with humility and grace.
- Refraining from heckling, jeering, or using profane language.
- Being positive in words and actions.

Transportation
In order to travel with a team, student-athletes must be eligible to compete in the contest to which the team is traveling unless prior approval has given by the Athletic Director. Transportation to and from athletic contests will be in Bellarmine vehicles, or vehicles charted by Bellarmine. Transportation by any other non-Bellarmine vehicle is permissible only with the consent of the supervising staff member and written permission of the student-athlete’s parent or guardian. A vehicle permission form must be completed with online enrollment and must be on file before this may occur. This form allows the student-athlete to ride with a parent, family member or with a person named on the form. At minimum, one Bellarmine employee will ride the bus with the team.

Transportation to and from practices is the responsibility of the student-athlete and his parents.
In the case of off-campus practices, Bellarmine will provide transportation whenever feasible. When this is not feasible, it is the responsibility of the student-athlete and his parents to secure transportation. When traveling on over-night trips all school regulations are in effect and will be strictly enforced. When a team is on an overnight trip that falls on a Sunday, provisions will be made to allow the team to attend Mass.

**Retreats and Immersion Trips**

The Athletic Department emphatically supports the retreat and immersion programs that the school offers. The personal and religious growth that results from such rich experiences creates lifelong benefits, and deepens the Bellarmine experience. Equally as important are the core values of commitment and selflessness that come with participation in the Bellarmine athletic program. Regardless of the sport, Bellarmine carries a team philosophy through its entire program. Teammates and coaches alike dedicate themselves to a season, therefore we strongly encourage all immersion and retreat opportunities to occur outside the season of sport for every athlete. If an athlete chooses to participate in a retreat or immersion trip during his season of sport (resulting in missed practice time and/or competition opportunities) that student-athlete’s playing time, position on the depth chart, or level of involvement in practice may be affected. By choosing to participate in a retreat or immersion during his season of sport, an athlete is not fulfilling his commitment to the team, and the activities that are taking place while he is away. The impact on the athlete’s participation on the team will be determined by the head coach in conjunction with the athletic director.

**Drug, Alcohol, Tobacco and Steroid Policy**

Bellarmine is a drug, alcohol, tobacco and steroid free school. As a member of an athletic team, student-athletes will refrain from using alcohol, drugs, and tobacco in accordance with school policy. In addition, student-athletes will not use androgenic/anabolic steroids without the written permission of a fully licensed physician (as recognized by the American Medical Association) to treat a medical condition (CIF Bylaw 503 section I). Student-athletes will be disciplined and/or dismissed from an athletic team if they participate in the use of drugs, alcohol, tobacco or steroids. These substances are illegal and may be harmful to your body and personal wellbeing.

**Regulations Governing the Season**

**Signups and Try-Outs**

Any student-athlete who intends to try-out for a team must sign-up for that team and attend an informational meeting with the coach. The coach will indicate the physical abilities and general skill level required to make the team. All student-athletes must try out for the designated level for their class. Only the Head of Program may invite a student to move up to another level or to place a junior on the junior varsity team. Student-athletes will be allowed at least three try-out dates*. This includes any student-athlete who might begin tryouts late due to an over-lapping commitment to another Bellarmine team. Only in rare situations would a student be allowed to make-up a missed tryout date. After the tryout period, the coach has the exclusive right to determine if the student-athlete demonstrated the talent and ability to compete successfully within the program.

*Student-athletes who get cut from a sport are encouraged to try out for another sport during the same season. Under these circumstances, the student is only guaranteed one try-out date.

**PLEASE NOTE:** If an athlete is cut from a sport, he could join a non-cut sport during that same season immediately following being cut.

**Transfer Student-Athletes**

Regardless of previous state or section from which the student is transferring from to Bellarmine,
it is imperative that the student wishing to tryout or participate in a CCS sanctioned sport speak with the Athletic Director upon being accepted to Bellarmine College Preparatory. This will insure that the necessary paperwork is started with Central Coast Section, and the section will have time to determine eligibility. There are CIF and CCS bylaws that govern transfer eligibility, and failure to comply with the guidelines can result in athletic ineligibility and game forfeitures. Student-Athletes will not be allowed to participate or tryout for any sport without expressed approval from the Athletic Director.

Quitting a Team

A student-athlete, who quits a team once he has been selected for that team, may not join any other Bellarmine team until the conclusion of that first sport’s season. This rule may be waived if agreed upon by all of the head coaches involved or the Athletic Director.

Participation in a Non-Cut Program

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

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

Sanctioned Starting Dates

An organized practice shall be defined as a practice which is attended by a coach and players at which the coach directs, instructs, and drills the player or players, and/or team.

The CCS official start dates are listed annually at www.cifccs.org and are published in Bellarmine’s summer mailing.

For exact tryout/practice times and locations please contact the Head of Program listed in the Athletic Department Directory.

Practice

Interscholastic practice during the school year is defined as:

a. Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete’s skill proficiency in a sport AND/OR
b. Any school team or individual activity that includes skill drills, game situation drills,
inter-squad scrimmages or games, weight training (during the season) chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR

c. Any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR

d. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.

Any single practice session shall be no longer than 3 hours in length and no more than four hours of practice are allowed on a single day; and no more than 18 hours of practice time per week. Exceptions:

a. In the sport of golf only, a team is allowed a maximum of two (2) days per week of 18-hole practice rounds (each day of 18-hole practice counts as one four (4) hour practice session.)

b. Any competition day for any sport would count as three (3) hours toward the allowable weekly and daily practice hours no matter the length of the contest(s). No practice may be held following the conclusion of any contest.

Practice times will be communicated by the teams’ coach during the season.

Parents must receive permission from the coach and Athletic Director if they wish to attend practice sessions.

**Outside Competition**

According to CIF rules, no student-athlete may participate on a non-school team of the same sport during the same season. This includes leagues, tournaments, charity games, all-star games, 3v3 tournaments, college classes, etc. Since participation in a non-school event of the same sport will render an athlete ineligible and force the forfeiture of any Bellarmine contest, student-athletes must check with the Athletic Director if there is any doubt as to whether a competition is permissible according to CCS and CIF by-laws.
**Sports Medicine Department Policies and Procedures**

**Magnus Health Management System**

Bellarmine utilizes a secure, HIPAA approved, online management system for all its required medical forms and records for our student-athletes. It is vital for you to fill out all the requirements at the beginning of every year before your son can try out for a team at Bellarmine. All these documents are imperative for the safety of your son.

**Pre-Participation Physicals**

It is requirement for all student-athletes to have an annual pre-participation physical before they try out for any sport on campus. In May or June of each year, Bellarmine hosts doctors to perform pre-participation physicals for any student-athlete as a convenient alternative to seeing your pediatrician.

**Injury Management**

Bellarmine employs two full-time and one part-time athletic trainers on staff to provide medical services to student-athletes during most practices and all home WCAL/CCS competition. If a student-athlete suffers an injury during a practice or competition, the on-site medical personnel will respond first. The athletic trainer will evaluate the injury and determine whether the injury needs advanced medical care which will be activated according to Bellarmine’s Emergency Action Plan. Contact to the student-athlete’s parent(s) will be made for all emergency injuries via phone call. In the event of a non-emergency athlete injury, management of the injury will be done in the athletic training room. Communication to the parent should occur within 24 hours if necessary. If your son is seen by an outside physician, it is a requirement that you provide the Sports Medicine Department a doctor note from the initial evaluation and also from all follow-up appointments with a doctor. Finally, a clearance note from your doctor must be provided for your son to return to sport. If the athletic trainer is not available, the on-site coach will assess the extent of the injury and call the student-athlete’s parents (non-emergency injury) and/or 911 for advance medical care.

**Concussion Management Plan**

Bellarmine has a concussion protocol that will be followed if your son sustains a sports related concussion during an athletic practice or competition. Please refer to our website for in-depth concussion management plan. The plan includes: signs and symptoms of a concusion, baseline testing procedures, sideline assessment, removal from play laws, Bellarmine concussion packet, evaluation requirements by physician trained in concussion management, written documentation requirements, rehabilitation strategies, return to learn and return to play guidelines, and requirements for medical clearance from the treating physician. Concussion education is reviewed annually by our sports medicine staff and the entire coaching staff.

**Return to Play and Medical Clearance**

If your son was seen by his primary care physician, pediatrician, orthopedist, or any other medical health care professional for any illness or injury, your son must provide the Sports Medicine Department with a medical clearance note in writing. They will not be allowed on the field until this is received and recorded by the sports medicine staff.

**Medical Team**

Head Athletic Trainer: Mark Moreno  
Assistant Athletic Trainer: Mike O’Shea  
Assistant Athletic Trainer: Casey Lester  
Team Physician: Dr. Anthony Saglimbeni
Awards
The Athletic Department presents five major awards:

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

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

**John Hannah Award (Senior Award)**
This award is presented to the student who has contributed most significantly to Bellarmine in more than one sport. This award is also known as the “Most Valuable Senior Athlete Award.”

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

**The Scholar Athlete Award (Senior Award)**
This award is presented to that student who has participated with marked success in athletics and who has maintained a grade point average that is towards the top of the class.
Bellarmine Student-Athlete’s Pledge

I understand that as a member of a Bellarmine athletic team, that I will be expected to make academics and athletics a priority in my life. As a Bellarmine athlete I will:

• Do my best in my sport and in the classroom and will strive to earn A’s and B’s in all of my classes – striving to maintain an overall GPA of 2.5 or better, and will seek assistance in the classes where I need help.
• Treat my teachers, coaches and teammates with courtesy and respect. I will respect the judgment of game officials and treat my opponents, their coaches and fans with courtesy and respect at all times.
• Remember that it is only a game and will display self-control, compassion, humility and respect at all athletic contests.
• Do my best in every practice and game, as it is my intention to become the best athlete I can be.
• Comply with our school policy on drugs, alcohol, tobacco and steroids, and will refrain from using such substances on and off the field.
• Comply with our school policy on hazing and will not participate in any form. I will not attempt to hold a “rookie night” or any other type of initiation, even if held privately, and understand that such activity will be cause for dismissal.
Honoring the Game - What Parents Can Do

Before the Game

- Tell your child you are proud of him regardless of how well he plays.
- Tell your child to play hard and have fun. Remind him that it’s okay to be nervous (it’s normal).
- Make a commitment to yourself to Honor the Game no matter what others may do.

During the Game

- Let the coaches’ coach. Avoid giving your child (or other players) advice during the game.
- Support your child and his teammates through positive cheering.
- Mention good calls by the officials to others.
- Remember to have fun! Enjoy the day.

After the Game

- If the opportunity arises, thank the officials for doing a difficult job.
- Tell your child again that you are proud of him, especially if the game didn’t go well.
- Let your child tell you about the game (avoid giving your post-game analysis unless asked). Instead, ask open ended questions.

What if...

- The official makes a “bad” call against your team?
  ➢ Honor the game and be silent!

- A spectator on your team begins to berate the officials?
  ➢ Remind them nicely to honor the game.

Parents are the primary role model for their children. It is critical that parents set the best example of sportsmanship, particularly when they are spectators at an athletic contest.