



**TRINITY**  
**High School**

# ATHLETICS HANDBOOK

## 2019-2020

Athletic Director:  
Christina Rhodes  
(270)-233-5405

\_\_\_\_\_  
Student-Athlete Name

\_\_\_\_\_  
Parent/Guardian Name  
10510 Main Cross Street  
Whitesville, KY 42378

Principal:  
Emily Hernandez  
(270)-233-5533



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## ***Required Forms***

KHSAA Physical Form  
Diocesan Activity Form A (Emergency and Medical Information)  
Diocesan Activity Form C (Activity Information Form)  
Diocesan Activity Form D (Code of Conduct Form)  
THS Social Media Contract  
Owensboro Diocese Good Sportsman Documents

## ***Handbook***

The rules and policies contained herein are not intended to hinder an athlete in any way, but rather to make him/her more responsible to self and school. Participation in sports is a privilege and expectations of student-athletes are higher than traditional students. School administration reserves the right to amend this handbook with just cause. Coaches will be notified of any changes. It is the coaches' responsibility to inform student-athletes of any team-specific rules not covered in this handbook.

## ***Mission Statement***

The purpose of Trinity High School Athletics is to seek excellence by preparing our student-athletes physically, mentally, and emotionally while enhancing their educational and spiritual development. Through this holistic growth, our program will build lasting relationships, committing our student-athletes to use their individual talents for the benefit of their athletic team.

## ***Athletic Eligibility***

Prior to any practice or competition, the student-athlete must be eligible at that time. KHSAA rules concerning transfer, age, academics and enrollment affect eligibility. Eligibility will be monitored by the athletic director, and the athletic director is responsible for communicating issues with respective coaches.

In addition to the required forms the following rules affect an athlete's eligibility:

1. **Weekly grade check:** Grades of athletes are checked Friday of each week. An athlete must be passing all subjects to be eligible. Student-athletes shall not have any grades lower than a "D" average. Student-athletes ineligible may not practice or play starting the subsequent week (Monday through Sunday period) and through the next opportunity to examine grades in this manner. The Athletic Office will notify the athlete and the coach.
2. **Grade Level:** To be eligible for athletic competition in the state of Kentucky, a student must be at his/her proper grade level. Students not at grade level on the first day of



the school year are ineligible for the entire year. The student-athlete and coaches of their respective sport will be notified by the athletic director.

3. **Tuition Paid:** To be eligible for athletic competition, Trinity student-athletes' tuition must be current (within two months); student-athletes whose tuition is more than two months delinquent will be deemed ineligible, and they will not be allowed to participate in practice or in competition.

## ***Attendance***

Students who are not in school at least 2 full periods will not be permitted to participate in extracurricular activities after school. Student-athletes and/or parent/guardian may submit an appeal to the athletic director under these circumstances.

## ***Below Grade 9 Athletes***

Playing up by students below grade 9 is not allowed unless the high school coach requests specific permission of the high school and middle school principals and athletic directors. The principals, athletic directors, and coaches shall set the conditions under which students may play up. The parents of any student playing up shall be informed of the conditions and may then allow or not allow their son or daughter to play up.

Students playing up must set which team is their priority to resolve conflicting events. For example, if a 7<sup>th</sup> grader at St. Mary is playing middle school and varsity basketball, and a middle school game and varsity game are scheduled on the same night, s/he will be required to go to the team s/he has deemed as her/his priority.

## ***Communication***

Throughout the school year or competition seasons there may be questions or concerns that come about. The student-athlete and/or parent should first speak with the immediate coach or head coach first. If this communication does not satisfy these parties, the concerns should be referred to the athletic director. The chain of command is as follows: immediate coach → head coach → athletic director → principal.

**24-Hour Rule: Parents/guardians must wait 24 hours after the conclusion of an athletic event to speak with a coach about an issue they would like to discuss.**

In all communication, maintaining a respectful and Christian attitude toward one another is vital. We are, after all, on the same team.



## ***Disciplinary Procedures***

Participation in athletics does not excuse a student from serving any disciplinary consequences at school. If a student receives a demerit, he/she will receive at least a 3-game suspension and will appear at the next available Saturday School.

## ***Equipment & Inventory***

Student-athletes are responsible for all equipment issued to them and are to pay for equipment damaged or lost due to negligence. The student-athlete will be put on probation if equipment is lost or damaged resulting in not receiving awards, recognition, or graduation ceremonies, if applicable. Coaches are to inform the athletic director of any equipment lost or damaged by student-athletes.

Student-athletes are responsible for cleaning up after themselves on the buses. Upon return to the school, the athletes should make sure not to leave their trash or personal belongings behind. The bus should be swept of any dirt, if necessary, and the windows should be closed.

## ***Fees***

Student athletes (with the exception of students who only participate in golf or cross country) pay a Horn Center Athletic Fee for use of the facilities. The fee is \$25 per athlete (per year); there is a \$75 limit per family. Other fees may apply to individual sports, as needed.

## ***Injury***

Athletes must report all athletic injuries to their coach. If the injury requires medical attention, the coach is to refer the student-athlete to the appropriate physician. Once seen by a physician, the athlete must obtain the doctor's permission to return to activity and present the permission form to the coach.

## ***Insurance***

All student-athletes are required by the KHSAA to have insurance coverage. If the student-athlete's parents/legal guardian does not have insurance coverage, Trinity High School offers a School Insurance Plan to ensure coverage.

If the student-athlete does not participate in the KHSAA-governed activity (archery), the student-athlete must still maintain insurance coverage and show proof of insurance with the school.



## ***Multi-Sport Participation***

Student-athletes are prohibited from multi-sport participation, unless the head coaches from each sport have discussed and agreed upon the conditions set for that student-athlete's participation.

## ***Prohibited Activity Days***

There are specific days throughout the calendar year on which activities (practices / competitions) are prohibited:

1. Assumption of Mary (8/15/19)
2. All Saints Day (11/1/19)
3. Thanksgiving Day (11/28/19)
4. Immaculate Conception (12/8/19)
5. Christmas Eve (12/24/19)
6. Christmas Day (12/25/19)
7. Solemnity of Mary (1/1/20)
8. Ash Wednesday (2/26/20)
9. During any church missions (3/16-18/20)
10. Palm Sunday (4/5/20)
11. Holy Thursday (4/9/20)
12. Good Friday (4/10/20)
13. Holy Saturday (4/11/20)
14. Easter Sunday (4/12/20)
15. KHSAA Dead Period (6/25/20 – 7/9/20)

Other dates to note for 2019-2020:

Early October: Traveling Classroom

11/9/10: First Reconciliation

4/26/20: Confirmation

5/3/20: First Communion

As dates get closer, be aware of (check with the school): fall and spring breaks, prom, 8<sup>th</sup> grade trip, senior class trip, 8<sup>th</sup> grade graduation, Trinity's baccalaureate and Trinity's graduation.

Saturday: Games scheduled for Saturday mornings / afternoons should end by 2:00. Games can also be scheduled starting after 5:30. The parking lot must be cleared of game-goers between 2:00 and 5:00 in order to guarantee space for those seeking reconciliation and / or wishing to attend weekly mass.

Sunday: No student activities may be scheduled on Sundays unless the team has a competition on the following Monday. In the event that a team practices on Sunday, the coach must notify the athletic director, and the practice must be in the time window between 7:15 and 8:30 PM. Requests for exemptions to this rule must be made to the athletic director, who will consult with the principal and the priest. Teams traveling on Sunday must arrange to attend Mass while on the road.

School Cancellations: If school is cancelled due to inclement weather, conditions will be evaluated by 10 o'clock to determine a team's ability to practice and/or compete. Coaches will be notified upon evaluation. Any practices on those days must be between the hours of 12:00 and 4:00, when the weather is generally the warmest.



## ***Required Forms***

Every student-athlete must complete certain forms before being allowed to try out, practice, or play. The head coach shall submit a copy of her/his roster prior to the first official practice. The following completed forms must be submitted:

1. KHSAA Physical Form
2. Diocesan Activity Form A (Emergency and Medical Information)
3. Diocesan Activity Form C (Activity Information Form)
4. Diocesan Activity Form D (Code of Conduct Form)
5. THS Social Media Contract

**\*\*\*Coaches should have copies of forms 1-4 in their possession at all competitions /practices.\*\*\***

## ***Snow Day Policy***

In the event a practice is approved on a snow day, attendance at the practice is not mandatory but is at the discretion of the parent(s).

## ***Social Media***

The Department of Athletics does not prohibit student-athlete involvement with internet-based social networking communities. However, if parents or student-athletes choose to utilize social media they must abide by the rules set forth by the THS Social Media Contract. Student-athletes' profiles will be monitored at the school level, and any issues that arise from social media use will be handled by processes listed in the THS Social Media Contract and/or by the THS Handbook.

## ***Student-Athlete Dress Code***

Student-athletes are expected to present themselves in a professional manner at all times. This includes traveling to and from games, holiday/summer tournaments, and day-to-day activities. Student-athletes are expected to wear gear issued or requested by the coaches of their respective sports. All student-athletes are required to have a shirt on at all times.

Should a student-athlete have a tattoo, it should be covered with a bandage, shirt, etc., so it is hidden during competition and (at the discretion of the coach) during practice.



## ***Ten-Practice Rule***

Any athlete who quits a sport after 10 scheduled practice days is ineligible to practice for any other sport until his/her original sport season is completed. Athletes wishing to drop a sport should immediately return any equipment issued to them. Student-athletes must be granted permission from the athletic director to begin participating in another sport before the previous sport's season is completed. If an athlete is cut from a sport this rule is nullified. If an athlete is dropped from a team for disciplinary reasons, he/she is ineligible until that original sport's season concludes.

## ***THS Alcohol, Drug, and Tobacco Policy***

Trinity High School believes that the use of any drugs which may alter behavior or state of mind, or may in any way interfere with one's normal consciousness, is both seriously dangerous to one's physical and mental health and counter-productive to a meaningful school/church community life and effective education. In addition, Trinity High School respects the laws of the State of Kentucky and the United States. Thus, the use, possession, or sale of any illegal or unauthorized drugs (including alcohol) or drug-related paraphernalia on school campus or on a school-sponsored off-campus activity may result in immediate dismissal from Trinity High School. Any student-athlete (players, cheerleaders, Raiderettes, etc.) involved in the sale or possession of alcohol and drugs during the school year may be immediately dismissed from the team or suffer severe punishment after consultation with the coach and the principal. To avoid any misunderstanding, students are required to register all prescription drugs and all medications with the office immediately upon arrival at school. Office staff is authorized to hold all medications of students for dispensing during the school day.

### **Penalties**

- a) First Offense--Participating Season: Suspension for one third of the scheduled contests during the entirety of the season and probation for the remainder of the school year. The athlete may be required to attend practice during the suspension. The student-athlete must finish all service hours and/or other assignments prior to returning to practice/play.
- b) First Offense--Non-participating Season: The student will be placed on probation for the remainder of the school year. The student-athlete must finish all service hours and/or other assignments prior to returning to practice/play.
- c) Second Offense--A second offense, whether during a participating season or non-participating season, will result in the exclusion of the student from all sports for the remainder of the school year.



## ***Transfer Students***

Student-athletes who transfer to Trinity High School must meet with the athletic director immediately to begin the transfer paperwork. These student-athletes are deemed ineligible until the KHSAA declares their decision. Student-athletes may not practice or compete until a final ruling is made.

Trinity High School cannot submit any request (Application for Athletic Ability) to KHSAA until the student-athlete has officially enrolled at Trinity High School.

## ***Transportation***

Student-athletes are provided transportation to all scheduled competitions or games. Student-athletes are to ride with their teams to and from contests unless their parents/guardians have signed a release stating Trinity High School has no responsibility for the student-athletes and their safety back to Trinity High School. Student-athletes should never drive themselves or other students to games.

Trinity High School will avoid parents transporting athletes in personal vehicles as much as possible, but circumstances could make this our only option. In this case, the driver must fill out the Volunteer Driver Permission Form and give it to the athletic director. The car holder's insurance is primary when driving personal vehicles.



## *The Profile of the Ideal Parent/Guardian*

- Attend the pre-season parents' meeting and read the Trinity Athletic Handbook.
- Support your child and attend as many contests as possible.
- Avoid putting pressure on your child to start, score, or be the star of the team.
- Support the coaching staff at all times.
- Avoid speaking negatively about the coach in front of your child as it may create a major barrier in the child's hope for improvement in the sport.
- Serve as good role models for the students, athletes, and other fans.
- Contribute as members of the booster club and assist with fundraising and other special events put on by the Raider Athletics Department.
- Appreciate the educational opportunity that your child is receiving in our athletic program. This includes the enormous time and effort provided by the coach and his/her staff.
- Serve as beacons of good sportsmanship.
- Show respect to everyone involved in high school athletics, including coaches, athletes, fans, officials, and administrators.
- Follow the chain of command at Trinity High School when you have a concern: immediate coach » head coach » athletic director » principal.
- Express concerns and questions in a courteous and civil manner, and do it at the right time and in the proper setting.
- Abide by the 24-hour rules when it comes to addressing coaches with any concerns.
- Avoid constant and chronic complaining.
- Abide by all the policies, regulations, and procedures for our athletic program.
- Understand that the goals of the team and athletic program are more important than the hopes and dreams you have for your child.
- Remember that we are all on the same team, trying to work together to do what's best for our program and our student-athletes. We need to work as a team in order to succeed.



## ***Student-Athlete and Parent/Guardian Consent***

I acknowledge receipt of this handbook for participation in the athletic programs of Trinity High School. I have read and understand all expectations expressed. I agree to abide by these rules and those of the Kentucky High School Athletic Association, in addition to any rules set forth by an individual sport or a member of the coaching staff.

Name of Student \_\_\_\_\_

Student Signature \_\_\_\_\_

Present Grade \_\_\_\_\_

Parent (1) Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent (2) Name \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_