



# Athletics Handbook

*We must strive to do ordinary things extraordinarily well.*

–Catherine McAuley

Dear Student-Athletes:

## WELCOME

We would like to welcome you to athletics at Gwynedd Mercy Academy High School (GMAHS). Our hope for you is that your experiences as a GMAHS athlete will provide you with lessons that go beyond the court, field, track, course, pool, and beyond each set, game, match, race, meet, competition, and season. With the right attitude and gratitude for sport, you can expect to gain lessons in any or all of the following:

- Perseverance
- Performance under pressure
- Meeting challenges
- Team work
- Patience
- Commitment
- Risk-taking
- Accepting responsibility for behavior
- Recognizing limitations
- Respect for self and others
- Self-control
- How to win and how to lose
- Tackling adversity
- Self-reflection/evaluation
- Problem-solving
- Time management
- Setting and attaining goals
- Communication
- Working within a system
- Self-motivation
- Resilience
- Pushing yourself to the limit
- Self-Discipline
- Working with others you don't necessarily like

The coaches and Administration of GMAHS are here to support your growth as a student and as an athlete to best prepare you for life as a Gwynedd graduate.

Sincerely,  
The Athletics Department of Gwynedd Mercy Academy High School

## INTRODUCTION

This handbook will outline policies and procedures as well as serve as a guide for appropriate behavior and conduct for student athletes participating in the athletic program at Gwynedd Mercy Academy High School.

GMAHS is a member of the Athletic Association of the Catholic Academies (AACA), which is governed by the Pennsylvania Interscholastic Athletic Association (PIAA). With this in mind, student-athletes need to establish priorities that reflect the PIAA/GMAHS philosophies. The Athletic Department is funded by Gwynedd Mercy Academy High School, with attention paid to the equitable distribution of financial support for all teams. Athletic scholarships are not offered.

All students are invited to participate on any of the 13 interscholastic teams (Basketball, Crew, Cross Country, Field Hockey, Golf, Lacrosse, Soccer, Softball, Swimming, Tennis, Indoor and Outdoor Track, and Volleyball). Scheduling for all teams is based on available competition with like institutions, with priority given to other PIAA programs.

Participation in athletics in conjunction with success in academics results from hard work, commitment and sacrifice. As a result, a healthy balance between athletics and academics is not only encouraged, but also expected. While athletic honors earned by individuals and teams are encouraged and important, academic honors are paramount—hence the reason *student* is listed first in *student-athlete*.

## PHILOSOPHY AND MISSION

The foundation of the Gwynedd Mercy Academy High School Athletics Program is mission-driven and therein celebrates and “empowers each student [athlete] to develop her unique talents and abilities and to become a competent and compassionate Christian woman.” Participation in Gwynedd Mercy Academy High School athletics is a privilege which is designed to support and foster self-discipline, teamwork, respect for others, physical well-being, superior decision-making skills, healthy competition, and self-respect. Student-athletes are valued representatives of the GMA community and as such are expected to be excellent role models for peers and respected ambassadors of Gwynedd Mercy Academy High School.

## ELIGIBILITY

- Student-athletes must comply with all PIAA and Athletic Department regulations regarding eligibility.
- Student-athletes must maintain a good academic standing to be eligible to participate in the athletic program (See “Academic

Eligibility”).

- The Athletic Director will meet with student-athletes when academic difficulties arise, and temporary or permanent suspension from athletic events may result until the student achieves academic success.
- Transfer students must comply with PIAA mandates and fill out all appropriate paperwork requested by GMAHS and PIAA
- Prospective student-athletes must:
  - *Pass* the mandatory PIAA Comprehensive Initial Pre-Participation Physical Evaluation (CIPPE) prior to trying out and *turn in* all required completed CIPPE forms via FamilyID
    - The CIPPE form cannot be authorized/certified earlier than June 1 and shall be effective, regardless of when performed during a school year, until the next May 31<sup>st</sup>.
    - For subsequent seasons, student-athletes must turn in CIPPE Section 7 (Re-certification by Parent/Guardian) and, if necessary, CIPPE section 8 (Re-certification by a Licensed Physician of Medicine or Osteopathic Medicine).
  - Complete the ImPACT concussion test each year prior to tryouts
  - Pay the sports fee of \$175 for 1<sup>st</sup> season, \$150 for 2<sup>nd</sup> season, \$125 for 3<sup>rd</sup> season, per athlete, per sport; the fee for swimming is \$250 per season. The fee for crew is determined on a year-to-year basis based on the needs of the team.
  - Attend the mandatory GMAHS Athletics preseason meeting. A parent or guardian must also attend.
  - Turn in all additional paperwork required by the GMAHS Athletics Department by the first official practice date via FamilyID
- Failure to comply with any or all of the above requirements deems a prospective student-athlete ineligible for tryouts/practices and/or contests.

## ACADEMICS

A student athlete faces a demanding task. Balancing athletics with the rigorous demands of academia requires time management and the responsible establishment of priorities to satisfy both of these roles. Athletes who have excessive absences and/or are receiving temporary academic accommodations (e.g., medical-related) may not participate in athletic practices, games, or events until approval is given by GMAHS Administration. Students may miss class for competition. Conflicts with exams, quizzes, etc., must be resolved between the student and the appropriate teacher. In the event that conflicts cannot be resolved, the student’s primary responsibility is to academic obligations. Coaches may not make demands that compromise a student’s academic standings.

## ACADEMIC ELIGIBILITY

Student participation in activities is highly encouraged. As many students as possible should make an effort to involve themselves in school affairs. However, such participation must not be a detriment to academic performance. To ensure a balance between academics and activities, the following regulations will be applied at each quarterly marking period:

- Students who fail one academic subject are placed on probation, but they are permitted to continue in school activities.
- Students who fail two academic subjects are not permitted to participate in any way in any activity until at least one of the teachers whose course she has failed will agree, after a reasonable time\*, that the student has sufficiently improved in her subject area to allow her to continue school activities. At such time the teacher will inform the Dean of Academics, in writing, of such a decision.
  - \*The student should pass successfully at least one class-administered test after the time of her report card distribution.
- Students who fail three or more academic subjects will not be permitted to participate in any way in any activity for the remainder of the quarter.
- The Athletic Director may consult the Dean of Academics’ list of failures which are recorded each quarter or may require students to report to them with report cards
- The purpose of academic ineligibility is not to punish the student; but it is rather an attempt to give the student the time needed to resolve time management issues that may be causing her to have a failing grade.
- Students absent from school, arriving after 11:00 am, or having an extended stay in the infirmary may not participate in any athletic or extra-curricular activities that day unless the Dean of Students makes an exception
- A satisfactory conduct record

## CONDUCT

Student-athletes at GMAHS are expected to exhibit appropriate conduct at all times. Members of all athletic teams are bound by the

rules and regulations as stated in the Gwynedd Mercy Academy High School handbook. Particular attention should be paid to the following and the specific sanctions that will result when violations occur:

- Student-athletes may not intentionally come in physical contact with any official, team member, opposing coach and/or spectators
- Student-athletes may not verbally abuse any official, team member, opposing team member or coach, and/or spectator
- Student-athletes must refrain from misconduct while traveling or in their representation of GMAHS, especially in the areas of alcohol, tobacco, illegal substances, theft or vandalism of property and/or equipment
- Student-athletes will refrain from any form of hazing or bullying.
  - "Hazing." Any action or situation which recklessly or intentionally endangers the mental or physical health or safety of [a student] **a person** or which willfully destroys or removes public or private property for the purpose of initiation or admission into or affiliation with, or as a condition for continued membership in, any organization [operating under the sanction of or recognized as an organization by an institution of higher education]. The term shall include, but not be limited to, any brutality of a physical nature, such as whipping, beating, branding, forced calisthenics, exposure to the elements, forced consumption of any food, liquor, drug or other substance, or any other forced physical activity which could adversely affect the physical health and safety of the individual, and shall include any activity which would subject the individual to extreme mental stress, such as sleep deprivation, forced exclusion from social contact, forced conduct which could result in extreme embarrassment, or any other forced activity which could adversely affect the mental health or dignity of the individual, or any willful destruction or removal of public or private property. For purposes of this definition, any activity as described in this definition upon which the initiation or admission into or affiliation with or continued membership in an organization is directly or indirectly conditioned shall be presumed to be "forced" activity, the willingness of an individual to participate in such activity notwithstanding.
  - "Bullying." The act of one or more individuals intimidating one or more persons through verbal, physical, psychological, cyber, or written interactions. Bullying can take many forms and occur in virtually any setting. Examples of bullying include but are not limited to: any act that is intended to ridicule, humiliate, or intimidate the student; intimidation, either physical or psychological; threats of any kind, stated or implied; assaults on students, including those that are verbal, physical, psychological, or emotional; attacks on property; written intimidating, threatening, and/or demeaning letters, notes, messages, texts, or emails; social isolation or manipulation of a student; engaging in implicit or explicit coercive behavior to control, influence or affect the health and well-being of a student; any other behavior or acts which have the effect of substantially interfering with a student's education, creating an intimidating or threatening educational environment, or substantially disrupting the orderly operation of the school.
- General misconduct

Severity of sanctions will be determined by the Athletic Director after consultation with the coach, involved parties, and the Dean of Students where deemed appropriate. The above-mentioned situations are not inclusive, and the Athletic Director will administer penalties where deemed appropriate. Sanctions may include, but are not limited to the following:

- Written reprimand to the involved party(ies)
- Suspension from practice(s)
- Suspension from competition(s)
- Suspension from all team activities for a specific time
- Restitution ordered for damages and/or theft
- Expulsion from the team for the remainder of the season and/or academic year
- Reporting the infraction to law enforcement, if deemed necessary

Note: In any contest in which a GMAHS athlete or coach is ejected, PIAA mandates a next contest suspension. *In addition* to the PIAA mandate, GMAHS may impose its own sanction of a one contest/game suspension. Therefore, any GMAHS player or coach ejected from a game/contest may be suspended for **TWO** consecutive contests/games and may be subject to further disciplinary action up to and including expulsion from the team for the remainder of the season.

### ALCOHOL AND/OR DRUG USE

Refer to the GMAHS Student Handbook\*

Any student who violates Gwynedd Mercy Academy High School's Controlled Substances/Drugs/Alcohol/Tobacco policies, will be subject to the most severe sanctions, including expulsion from all Athletic Department programs and referral to appropriate administration for institution-wide review. Disciplinary consequences include suspension and expulsion from GMAHS. Violations

may also result in penalties and/or fines as are imposed by any and all law enforcement agencies.

## TEAM TRAVEL

While on the road, student-athletes of GMAHS are representatives of the school. Student-athletes are to conduct themselves in a manner that will reflect a positive image on themselves and the school. Appropriate conduct must be exhibited at all times. Teams must remove all belongings and any trash from the buses/vehicles that take them off campus.

GMAHS Athletics Department generally provides buses/vehicles for athletes to travel to and from athletic contests.

- If an athlete chooses not to return to campus on the team bus/van, a travel release form must be on file with the Athletics Department via FamilyID. **Note:** Each team may have rules regarding team travel. Please check with your coach and his/her team policies.
- When a situation arises in which an athlete cannot travel on a bus provided by the school, a permission form must be completed and submitted for approval to the Athletic Director in advance.

Student-athletes should make sure that they know the time and place of their departure and be prompt and ready to leave at the scheduled time. Student-athletes should always take study material with them because there will be time on the road for studying. A neat and clean appearance is required.

For team travel for the crew program, please refer to the crew policies that will be formalized in August 2018.

## EARLY DISMISSAL FOR AWAY GAMES

Student-athletes should change into their sports uniforms *and acceptable travel gear* during their lunch periods on game days. Student-athletes should remain in class until the set dismissal time. Once dismissed, student-athletes should conduct themselves in a manner that is cognizant of the fact that classes are still in session.

## UNIFORMS AND EQUIPMENT

When student-athletes are issued equipment and uniforms, it is done so on a loan basis. Student-athletes are responsible for the proper care of all equipment and/or uniforms—this may include specific care instructions from the manufacturer.

- Student-athletes are responsible for returning all equipment and uniforms to the Coach, Athletic Trainer, or Athletic Director **personally** within one week of the last competition date. Uniforms should be in a bag with the athlete's name on it.
- Any lost or damaged uniforms and/or equipment must be reimbursed for the replacement costs. Failure to do so may result in termination of future eligibility, forfeiture of athletic awards, and/or refusal for academic registration, and release of grades or college transcripts.
- Student-athletes may wear only GMAHS issued and/or approved uniforms

## TEAM SELECTION

Every coach has the responsibility and authority for selecting his/her team. The criteria for selecting the team are developed by the coach. It is also important to remember that there are no guarantees. Players from the previous year's JV team, for example, do not automatically make either the JV or Varsity team the following year. Having been a member of a team during the previous year or even being a senior does not ensure that an athlete will make the team. Parents should expect that every candidate is treated fairly and given every consideration. Coaches are sensitive to feelings of disappointment, will handle the task as positively as possible, and be available to answer athletes' questions.

We understand that not being selected for a team is disappointing for many athletes and even for their parents. Anyone not selected for a team is welcome to try out again next season, to try another sport, or volunteer in some other way for the team (such as a manager).

## PRACTICE SESSIONS AND GAMES

While parents are welcome to watch practices, interruptions and interference to an athlete's concentration and focus in practice cannot be allowed any more than a disruption would not be tolerated in an academic setting. Practice sessions may last up to three hours. An athlete needs to consistently attend practice sessions. They may start and end at different times due to the schedule of the coach or of our facilities. Check with the coach for specific times. No practice may be held when school is dismissed early due to

inclement weather or held when school is not in session due to inclement weather. There may be practices held on Saturdays, Sundays, and over holiday periods.

### END OF SEASON EVALUTION

All student-athletes will meet with their coaches at the end of the season to evaluate their performance during the season. This evaluation is a chance for both players and coaches to offer feedback on the season, overall team, and the individual athlete's performance.

### ATHLETIC TRAINING NEEDS

The GMAHS certified athletic trainer is available to all student-athletes for evaluation, prevention, treatment, and rehabilitation of athletic-related injuries as well as referral of student-athletes for medical or emergency care. The following procedures are in effect:

- Student-athletes should contact the athletic trainer immediately in case of sports related illness or injury, no matter how minor
- Student-athletes should report for treatment prior to practice or competition
- Student-athletes should follow all recommendations and guidelines regarding treatment and rehabilitation as set by the athletic trainer
- The athletic trainer has the right to limit or prohibit student-athletes from practice and/or competition when deemed appropriate or necessary
- After injury, return to play (RTP) protocol must be followed
  - Following a complete physical assessment, the GMAHS athletic trainer may, at his or her discretion, and in accordance with approved protocols, return an athlete to practice or competition unless the athlete is under the current proximate care of a licensed physician
    - When the athlete is under the care of a licensed physician, the licensed athletic trainer must have written documentation from the treating physician in order to return the athlete to practice or competition
    - If an athlete is not being seen by a licensed physician following an injury, the GMAHS athletic trainer will determine when the athlete may return to practice or competition
      - Final return to play decisions will be made in cooperation and agreement with the treating physician, and the athletic trainer in accordance with approved protocols\*, policies, and procedures
        - \*Specific **concussion protocol** based **The Zurich Protocol**
          - Step 1 begins at the time of the injury. Step 2 begins on the first completely symptom-free day. To progress to the next step, the athlete must remain symptom free.
            - Step 1) No activity, complete rest
            - \*\*A note from an MD or DO is required to begin step 2
            - Step 2) Light aerobic exercise, such as walking or stationary cycling. No resistance training
            - Step 3) Sport-specific exercise (e.g., stick handling for hockey players, ball handling for basketball and soccer players, etc.); add one set of low resistance training if able
            - Step 4) Resume non-contact training drills; add additional sets and higher intensity resistance training if able
            - Step 5) Full contact practice after receiving medical clearance from an MD or DO. A medical clearance note is required.
            - Step 6) Full participation
          - If at any point concussion symptoms recur, the athlete should cease activity and rest. Following a symptom-free period, the athlete should return to the previous step in the progression and resume as above. No medications may be taken at any step of the progression, so as to potentially mask any symptoms. The athlete must check in with his or her athletic trainer daily prior to practice.
    - Final return to play in any circumstance, however, is ultimately determined by the GMAHS Certified Athletic Trainer (ATC)
      - Once return to play has been established by the GMAHS ATC, the Head Coach then will determine, based on the team needs, when the player is contest-ready
  - After non-emergency injury, permission to return to play must be obtained from GMAHS's ATC and communicated to the head coach

- Any equipment (braces, crutches, ace bandages, etc.) is to be returned when no longer needed

Failure to follow recommended treatment, rehabilitation, or medical follow-up may result in suspension and/or loss of eligibility to participate in practice and/or competition for a specified time which will be determined by the Athletic Director in consultation with the trainer and the appropriate coach.

## **INSURANCE**

Student-athletes must understand the inherent risk involved in interscholastic athletics. This risk can involve serious physical or even fatal injuries. As a result, Gwynedd Mercy Academy High School requires all student-athletes to have their own basic health and accident insurance policy, which does not exclude participation in athletics.

GMAHS student-athletes are also covered under Gwynedd Mercy Academy's insurance plan. This is a secondary insurance coverage that covers bills in excess of what the student-athlete's primary insurance covers and does not include co-pays.

The following procedures are to be followed and it is important that the student-athlete and her parents/guardians are fully aware of these procedures and their implications:

- PIAA physical examinations are required for all student-athletes prior to participation in any athletic tryout, practice, or competition.
  - Students are responsible for procuring a physical exam on their own and will assume any financial obligation for such an exam.
- A certified athletic trainer is available for athletic injury and for referral of athletes for emergency and further medical care at all home athletic contests.

## **STUDENT-ATHLETE CONFLICT RESOLUTION PROCEDURE**

When a problem arises for a student-athlete, the following steps are to be followed to address the situation:

### **Step 1**

Athlete goes to Head or Assistant Coach and presents concerns

*If not resolved:*

### **Step 2**

Athlete and Head Coach meet with Athletic Director

*If not resolved:*

### **Step 3**

Athlete, Head Coach, and Athletic Director meet with the Principal

*If not resolved:*

### **Step 4**

Athlete, Head Coach, Athletic Director, and Parents meet with the Principal

*\*This process may be modified if the Administration of GMAHS deems it necessary*

One of the most valuable life lessons gained through sports can be the power of problem solving. Gwynedd Mercy Academy High School's mission is one that promotes the empowerment of its students. The Athletics Department, therefore, welcomes the opportunity for its student-athletes to problem solve in the realm of playing time, positioning, strategy, and the like. **At no time** will any member of the Athletics Department, including its coaches, entertain a conversation about the aforementioned issues with anyone other than members of respective GMAHS teams.

## **ROLE OF PARENT/GUARDIAN**

Parents are welcomed and encouraged to be positive, proactive, and respected partners with the School and the Athletics Department. However, team positions, playing time, starting line-up, and general team strategy are decisions made solely and impartially by the GMAHS coaching staff.

## **PARENT EXPECTATIONS/CONTRACT**

I, while a parent/guardian of a student-athlete of Gwynedd Mercy Academy High School, *promise* to:

- Always set an example of good sportsmanship
- Applaud my child's accomplishments and effort as well as the accomplishments and effort of the other members of the team
- Accept the coaches' decisions regarding all team management decisions—playing time, positioning, strategy, etc.
- Follow the procedures set forth by the GMAHS Athletics Department regarding paperwork, injuries, conflict resolution, and expectations

I, while a parent/guardian of a student-athlete of Gwynedd Mercy Academy High School, *understand* that:

- Demeaning language toward officials, the opposing team and/or spectators will not be tolerated
- Demeaning language toward GMAHS players, spectators, and/or coaching staff will not be tolerated
- I will not be granted an audience with the coach, Athletic Director, or any other member of the GMAHS Administration regarding the playing time or position of my daughter, nor the general strategy chosen by the coaching staff
- My participation as a supporter of GMAHS Athletics is a privilege, not a right
- If I fail to follow the aforementioned expectations, GMAHS reserves the right to issue the following sanctions:
  - Written reprimand to the involved party(ies)
  - Ban the violating party(ies) from campus during sporting activities
  - Reporting the infraction to law enforcement, if deemed necessary

### STUDENT-ATHLETE CONTRACT

I, while a participant of GMAHS Athletics, *promise* to:

- Attend all practices and meetings faithfully
- Contact a coach personally before the practice or meeting if I must miss it
- Faithfully attend all competitions in uniform
- Contact a coach and Athletic Director personally if I am unable to attend a competition
- Maintain my eligibility and academic standing
- If involved with an outside sport or activity, I understand my commitment to the Gwynedd Mercy Academy team comes first
- Be well-groomed, especially at competitions
- Refrain from using drugs, alcohol, tobacco products, and inhalants
- Replace any equipment or uniform issued to me, either by payment or the equivalent of the lost article
- Turn in before the first practice all necessary forms issued to me by the coach or Athletic Director
- Report any personal injury or teammate's injury to coach and/or GMAHS athletic trainer immediately
- All athletes promise to maintain an open dialogue with their teachers regarding their participation in athletics
  - It is the student-athlete's responsibility to alert her teacher in a timely manner when she will be missing class due to a contest. All make-up work must be completed at a date set by the teacher.
- Follow all reasonable requests made by the Athletic Director, Athletic Trainer, and coaches, especially those involving practice, health, rest, competitions, and academics
- Only communicate with my coach through \_\_\_\_\_

I, while a participant of GMAHS Athletics, *understand* that:

- I am a "valued representative of the GMAHS community and as such am expected to be an excellent role model for my peers and a respected ambassador for Gwynedd Mercy Academy High School"
- I am expected to always set an example of good sportsmanship
- My athletic participation at GMAHS is a privilege
- I am not guaranteed playing time
- I am not guaranteed any certain/specific position on the team, field, court, standings, line-up, etc.
- Only the coaching staff makes final decisions regarding playing time, positioning, strategy, training—any decision regarding the management of the GMAHS team
- After injury, written permission must be obtained from the physician authorizing participation after emergency care or rehabilitation
- After non-emergency injury, permission must be obtained from GMAHS's Certified Athletic Trainer and communicated to the head coach
- If I fail to follow the aforementioned expectations, GMAHS reserves the right to:
  - Written reprimand to the involved party(ies)
  - Suspension from practice(s)
  - Suspension from competition(s)

- Suspension from all team activities for a specific time
- Restitution ordered for damages and/or theft
- Expulsion from the team for the remainder of the season and/or academic year
- Reporting the infraction to law enforcement, if deemed necessary

## **SPORTS CAPTAINS' RESPONSIBILITIES**

### **Characteristics of Effective Captains**

- Set a good example academically.
- Set a good example athletically by attending all practices and games and working hard, training hard, doing extra, exhibiting good sportsmanship, and being a positive influence on and off the field.
- Act as a liaison for the team to the coach and Athletic Director
- Organize post-practice and post-game clean up by the entire team.
- Thank all officials after termination of the games—win, lose, or draw!
- Help with game advertisement or publicity.
- Hold team meetings for spirit and morale periodically throughout the season when needed.
- Lead the warm-up before practice and matches.
- Eliminate any hazing or bullying of any athletes.
- Perform any tasks deemed appropriate by the coach and/or the Athletics Department.

## **SOCIAL NETWORKING POLICY OF THE GMAHS ATHLETICS DEPARTMENT**

Student-athletes should be concerned with any behavior that might embarrass themselves, their families, their teams, and/or Gwynedd Mercy Academy High School. This includes any activities conducted online.

As a student-athlete participating in interscholastic sports at GMAHS, you are a representative of the school. Your connection to your school and your team is, in many respects, under a microscope. Colleges and scholarship committees search online sites to screen potential candidates and applicants. In addition, the online universe has been at the heart of negative newspaper headlines, lawsuits, and general negative consequences for those that don't follow these general principles:

- Before participating in any online community understand that anything posted online is available to anyone in the world.
  - Any text or photo placed online is completely out of your control the moment it is placed online –
    - even if you limit access to your site.
  - Companies, colleges, and universities *pay* to be able to view their applicant, potential scholarship recipient, potential employer, etc. whose settings have been set to “private”—what you post, even “privately”, can have serious repercussions on your future
- You should not post information, photos, or other items online that could embarrass you, your family, your team, the Athletics Department, or Gwynedd Mercy Academy High School.
- You should not post your home address, local address, phone number(s), birth date, or other personal information as well as your whereabouts or your plans. You could be opening up yourself to predators.

The *malicious use* of on-line social networks about any member of the AACA league, PIAA community, or non-PIAA opponent, including, but not limited to the behaviors listed below, will be subject to disciplinary action by the Director of Athletics:

- Demeaning or taunting statements about opposing teams, opposing players, coaches, and/or teammates
- Impersonation of persons other than self
- Threats to opposing teams, opposing players, coaches, and/or teammates
- Incriminating photos or statements depicting hazing, sexual harassment, vandalism, stalking, underage drinking, illegal drug use, or other inappropriate behavior

Sanctions may include:

- Written notification requiring that the unacceptable content be removed
- Written reprimand to the involved party(ies)
- Suspension from practice(s)
- Suspension from competition(s)
- Suspension from all team activities for a specific time

- Expulsion from the team for the remainder of the season and/or academic year
- Reporting the infraction to law enforcement, if deemed necessary

Failure to agree and adhere to this Code of Conduct can result in actions ranging from reprimand or suspension to dismissal from the program. It is the Athletic Department's intention to achieve a level of behavior that reflects positively on all of us. This Code of Conduct is in addition to any specific team policies established by your coach, as well as all guidelines established by Gwynedd Mercy Academy High School that apply to all students

**ATHLETIC TRAINING CONSENT**

By signing this authorization, I authorize Lynann Sullivan, Certified Athletic Trainer contracted by Gwynedd Mercy Academy High School to act in the capacity of an approved medical provider.

I, the Parent /Guardian of the above name student, understand that my student-athlete may be injured while participating in school sponsored athletics. I hereby grant permission to GMAHS's Certified Athletic Trainer to administer any preventative, first aid or emergency treatments to evaluate and examine, which they deem reasonably necessary to the health and well-being of my student-athlete.

I/we expressly permit the contracted athletic training staff to evaluate and treat any injury/illness that occurs as a result of the athlete's participation in athletics. This includes any and all reasonable and necessary care including therapeutic modalities, rehabilitation, preventative instruction, and use of EMS services as needed. In the event your athlete gets injured on school grounds, I authorize GMAHS's Certified Athletic Trainer to facilitate evaluation, treatment/care and/or EMS transportation or other forms of transportation for the appropriate care of the injured athlete. I understand that the GMAHS Certified Athletic Trainer will contact the athlete's parent or guardian as soon as possible in the event of an emergency situation.

**Athletic Training Consent Form**

\*This form is signed electronically via FamilyID

I have had the opportunity to review and understand the contents of this form. By signing this form, I am confirming that it accurately reflects my wishes.

|                           |                           |
|---------------------------|---------------------------|
| Printed Name of Athlete   | Signature of Athlete      |
| Parent/Guardian Signature | Parent/Guardian Signature |
| Date                      |                           |

**Athletic Handbook Agreement Form**

\*This form is signed electronically via FamilyID

I *understand* and *agree* that I am required to know, understand, and follow the aforementioned expectations, policies, and standards outlined in the Gwynedd Mercy Academy High School Athletics Handbook.

|                           |                           |
|---------------------------|---------------------------|
| Printed Name of Athlete   | Signature of Athlete      |
| Parent/Guardian Signature | Parent/Guardian Signature |
| Date                      |                           |