

ATHLETIC CODE HANDBOOK

MCDONELL AREA CATHOLIC SCHOOLS

Middle School Grades 6-8 High School Grades 9-12

The McDonell Area Catholic Schools Are Catholic Schools in the Diocese of La Crosse. As Catholic Schools, we shall teach and advocate our Catholic Faith. All students are welcome in our schools, and all parents/legal guardians must understand that Catholic Doctrine shall be taught. The passing on of our Catholic Faith is our number one priority.

Daily prayer and reflection will be a part of our teams' practices, meetings, and competitions. Student-athletes should expect to participate in: Mass, faith-filled events, and service activities.

OUR MISSION

Centered on Jesus Christ and His Church, we partner with families to nurture young people's spiritual, intellectual, physical, and moral formation through a PreK-12 Catholic liberal arts education and vibrant student life of discipleship, athletics, and the arts.

OUR VISION

MACS will be a beacon of faith, hope, and love by inspiring each student to embrace his or her identity as a beloved son or daughter of God, while discovering and developing their unique gifts.

We will immerse students and families in an authentic Catholic culture which fosters love of truth, beauty, and goodness. We will challenge all students to pursue academic excellence, critical thinking, and intellectual inquiry.

We will prepare McDonell graduates to be a transforming force within society, sharing the Gospel and working for the common good as productive, virtuous citizens.

OUR CORE VALUES

Faith, honor, academic excellence, healthy living, community, and servant leadership

Approved by Bishop William Patrick Callahan
June 30, 2022

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I. OVERVIEW OF ATHLETIC CODE HANDBOOK

A. PHILOSOPHY

A sound interscholastic athletic program must be based on sound Catholic educational principles. Interscholastic athletics outside the traditional school day is an extension of the education process provided during the classroom day. Every interscholastic athletic sport sponsored and supported by the McDonell Area Catholic Schools should be considered a phase of the Catholic educational process for each student. Participation in interscholastic athletics is a privilege (not a right) and should elicit great pride in the student, his or her family, and the respective school and community. Interscholastic athletics shall provide opportunities to students for spiritual and personal growth, skill development, physical fitness, socialization, development of moral qualities, and growth in emotional maturity, development of a strong character, creativity, and competition. Each middle school and high school of the Diocese of La Crosse also upholds the concept that an interscholastic athletic program is a cooperative effort involving the Catholic Church, student-athletes, parents/legal guardians, coaches, staff, administration, and the schools' respective communities. Participants who comply with this code of conduct demonstrate a desire to dedicate themselves to self-improvement as well as to enhance the best interests of fellow teammates, coaches, and the Church, school and community. If accepted, this privilege carries certain responsibilities and this athletic code presents these responsibilities.

B. GOALS

Participating in interscholastic athletics as a privilege (not a right) is an integral part of the middle and high school experience, is an extension of the school day, and provides learning experiences beneficial to the student-athletes participating. The following goals are listed as a part of this athletic code handbook:

1. Provide a safe, faith-filled environment for all participants including practices, contests, facilities, equipment, coaching, transportation, and interpersonal relationships among all based on sound Catholic teaching and expectations.
2. Provide an educational experience teaching motivation, self-discipline, self-confidence, loyalty, leadership, commitment to team, sacrifice, encouragement, extra effort, team spirit, and a positive attitude within the spirit of Christ's followers.
3. Teach and display high quality Christian conduct, interscholastic sportsmanship, ethical behavior, responsibility, and integrity which represent our Church, ourselves, our families, our McDonell Area Catholic Schools, and our communities in the Diocese of La Crosse.
4. Allow for broad participation of student-athletes to the developmental level of each student respectively to the level of competition expected within the interscholastic athletic framework broadly from middle school to varsity levels in a Christian manner.
5. Allow for the outcomes of the athletic experience to be a positive expression of Christ's love for ourselves and our fellow competitors.
6. Treat all persons respectfully regardless of individual differences just as Christ would.
7. Show respect for legitimate authority, such as administration, coaches, officials, and captains just as Christ respected his family and friends.
8. Show respect for opponents: players, coaches, supervisors, administrators, and communities, just as Christ respected all people.

C. PURPOSE OF ATHLETIC CODE HANDBOOK

The McDonell Area Catholic Schools accept the responsibility to develop policy and procedures and establish resources for the purpose of providing an optimal environment for the spiritual, mental, physical, social, and emotional development of its students. In addition to scholastic pursuits, students are provided an opportunity to develop self-respect and respect for others, a willingness to accept responsibility, and the ability to make sound decisions and interact effectively. Providing an environment conducive to developing these skills requires an active combined effort of home, Church, school, and community.

This handbook has been prepared for the benefit of the students, parents/legal guardians, and coaches and has been approved by the Diocese of La Crosse. The purpose of this handbook is to set forth the rules and responsibilities that regulate participation in interscholastic athletics.

Students and parents/legal guardians are expected to carefully read the entire athletic code handbook. Each season, the coaches will emphasize the rules found within this handbook. The student's participation in interscholastic athletics and the rules set forth in this handbook should be discussed by parents/legal guardians with their son or daughter who desires to be a participant in the school's athletic program.

Those not willing to comply with the rules and regulations shall not be permitted to participate in the interscholastic athletics.

D. WHEN THIS ATHLETIC CODE IS EFFECTIVE FOR THE PARTICIPANT

The athletic code handbook applies to all middle school (grades 6-8) and high school (grades 9-12) students over the course of their middle school or high school years and includes the signing of the "Athletic Code Agreement". This requirement and agreement begins the timeline for this code to the first fall season of grade 6 and grade 9, respectively, including practices and contests which may occur prior to the beginning of the school year. This code shall remain in effect throughout the entire middle school or high school career including any post-season practices and contests following middle school completion or high school graduation.

The Athletic Code is in effect for each participant 24 hours per day, 365 days a year.

E. EFFECTIVE DATE OF ATHLETIC CODE

The rules and regulations set forth in the Athletic Code Handbook are to apply effective immediately upon adoption and proper communication to the Catholic Schools by the Diocese of La Crosse including any disciplinary action then pending. Any new updates to the code approved by the Diocese of La Crosse shall require the signing of a new "Athletic Code Agreement".

F. NONDISCRIMINATION: *What is "discrimination"?*

The Diocese of La Crosse shall not discriminate in student participation in athletic programs, standards and rules of behavior, disciplinary actions, or facility usage on the basis of sex, race, national origin, ancestry, creed, religion, pregnancy, marital parental status, sexual orientation or physical, mental, emotional or learning disability. Guidance on nondiscrimination within the Diocese of La Crosse is governed by the Code of Canon Law and may take precedence on civil nondiscrimination.

G. SUPERVISION

Student-athletes are students first. Therefore, those who normally supervise students: administration, faculty, and support staff, continue to have the duty to supervise student-athletes when those student-athletes are participating in a school activity, even if that activity is outside normal school hours or off of school property.

Assistant coaches, head coaches, and the athletic director are specifically charged with the duty of supervising student-athletes during practice and competition times. This includes during times of school sponsored transportation, clean-up, and locker room changing.

H. SUMMARY NOTE TO PARENTS/LEGAL GUARDIANS AND STUDENT-ATHLETES

Because the participation of your student in interscholastic athletics is a privilege (not a right), the expectations of this athletic code by the McDonell Area Catholic Schools for your student-athlete are high but not impossible. They are, however, necessary in order for our teams, your teams, to be competitive, faith-filled, and the best possible.

What we ask for on your part is dedicated commitment to your fellow student-athletes, teams, and coaches. In return you shall be extended the privilege of representing your school, and for some, to be able to receive school, conference, and state awards and recognition.

Finally, we ask that you enter into this contract in good faith and fully live up to all responsibilities and rules therein.

II. CODE OF CONDUCT

A. DEFINITION

Interscholastic athletics are defined as those interscholastic sports specifically sanctioned by their representative school with the approval by the Diocese of La Crosse for which students participate or compete as student-athletes. Interscholastic athletics are not extensions of a specific course for grading. At the high school level, each school belongs to an interscholastic athletic conference (as noted on the title page of this handbook) and is a member of the Wisconsin Interscholastic Athletic Association (WIAA). At the middle school level, each school may belong to an interscholastic athletic conference. This athletic code handbook does not cover non-school sanctioned athletics, club sports, or intramurals.

B. INTERSCHOLASTIC SPORTS

The interscholastic sports covered by this code include but are not limited to the following as designed by each individual school in the Diocese of La Crosse:

1. Middle School

- a. Boys - football, soccer, cross country, wrestling, basketball, track
- b. Girls - volleyball, cross country, basketball, wrestling, track, soccer
- c. At this level, there is a "no cut" policy which dictates that all athletes will make the team and all athletes will play in each game.

2. High School

- a. Boys - football, cross country, soccer, basketball, swimming & diving, hockey, wrestling, golf, baseball, track
- b. Girls - volleyball, cross country, swimming & diving, golf, tennis, gymnastics, wrestling, hockey, basketball, softball, track, soccer

The number of student-athletes interested and participating in the program shall determine team formation. All students who wish to participate in an interscholastic sport and who meet the eligibility requirements shall have the opportunity to be on a team. If participation numbers are down or there are not enough students to field a team for any interscholastic sport listed above, as recommended by the coach or athletic director, that particular interscholastic sport may not be offered that particular season.

C. ELIGIBILITY

1. The Wisconsin Interscholastic Athletic Association (WIAA) establishes the foundation for eligibility for high school athletics. Yearly, the WIAA publishes the "High School Athletic Eligibility Information Bulletin" and this document is an addendum to this McDonell Area Catholic Schools Athletic Code Handbook. Each student-athlete, parents/legal guardians, and coaches are to review these minimum requirements prior to each season.
2. For the middle school student-athlete, all students are eligible to participate in athletics and this athletic code handbook covers the code of conduct requirements.
3. The McDonell Area Catholic Schools may adopt a higher standard for eligibility than the WIAA and those higher standards supersede the WIAA minimum requirements. Student-athletes, parents/legal guardians, and coaches are to review these additional standards in the Athletic Code Handbook prior to each season.

D. PROCEDURE FOR JOINING INTERSCHOLASTIC SPORTS

The procedure for joining any of the interscholastic sports sanctioned by the McDonell Area Catholic Schools includes the following. These requirements must be completed and approved prior to any participation in an interscholastic sport including practices.

1. Athletic Code Agreement – signed by all students and parents/legal guardians prior to the beginning of grade 6 or grade 9, respectively. These agreements are validated by the athletic director for compliance and cross-checked with the coaches of their respective interscholastic sports each season when the student-athletes sign up. This agreement also includes parent/legal guardian permission for the student-athlete to participate in interscholastic athletics. (NOTE: Coaches will review the Athletic Code each season.)
2. Medical Release, Emergency Contact, and Insurance Waiver Form – completed and signed at least yearly and updated if the student-athlete participates in multiple interscholastic sports in a school year. Insurance information is provided on this form.
4. Concussion Form – completed and signed at the beginning of each school year. Each school shall test each student-athlete to establish a “baseline” for future reference in the event a concussion may be evident.
5. Athletic Physical Card – a physical card must be completed and filed with the athletic director as prescribed by the WIAA.
6. Athletic Fee – pay the appropriate athletic fee as prescribed by the individual school.
7. Transfer Students – in addition to WIAA requirements, the athletic director, with all due diligence, will seek to place transfer students in the appropriate timeline from the prior school(s) with respect to their eligibility in interscholastic sports including all known consequences.

E. PARTICIPATION EXPECTATIONS

1. Team Rules – Each coach may enact and enforce rules, expectations, and consequences in addition to those stated in this Athletic Code Handbook. These rules, expectations, and consequences shall be provided in writing to the participating student-athlete upon approval of the athletic director.
2. Practices and Contests – Student-athletes are expected to attend all practices and contests. They may be excused from practice or contest by the coaching staff with advance notice. Consequences for unexcused absences from practices and contests shall be handled by the coaching staff.
 - a. Coaches and the athletic director will give special consideration to religious activities, including parish events, if a player needs to be excused.
 - b. Family vacations over scheduled school breaks (example: Christmas and spring) will be given special consideration if a player needs to be excused.
3. Two Sport Student-Athlete in One Season – A student-athlete who wishes to participate in two sports during one season must have written approval from his/her parents/legal guardians, both coaches, the principal and the athletic director. Final approval is in the sole discretion of the principal. If approved, the student-athlete must declare one sport to be the “primary” sport and the other to be the “secondary” sport. The student-athlete is expected to attend all practices and contests of the primary sport while working with the secondary sport’s head coach to be present at practices and competitions when possible, unless otherwise stated in the written approval documents.
4. Biological Sex Guideline – To participate, a student-athlete’s biological sex must conform to the sport, club, or extra-curricular activity he or she wishes to join. All persons must use the bathroom or locker room which matches their biological sex.

5. Sunday Rule – No competitions, practices, meetings, team dinners, or other team activities may take place on Sundays without approval from the Dean for the Chippewa Falls Deanery.
6. Wednesday Rule – For grades 9-12, no competition, practices, meetings, team dinners, or other team activities may take place after 7:15 pm on Wednesdays without approval from the Dean for the Chippewa Falls Deanery. For grades 6-8, no competition, practices, meetings, team dinners, or other team activities may take place after 5:30 pm on more than 1 Wednesday a month without approval from the Dean for the Chippewa Falls Deanery.
7. Holy Days of Obligation Rule – If the Holy Sacrifice of the Mass is not offered during the school day for students, all competitions, practices, meetings, team dinners, or other team activities must end so the student-athlete may leave school at least one hour prior to the start of the earliest Mass scheduled in that locale.
8. Easter Triduum Rule – Competitions are not allowed Holy Thursday through Easter Sunday.
 - a. Holy Thursday - Practices, meetings, team dinners, or other team activities times must end so the student-athlete may leave school at least one hour prior to the start of the earliest Mass scheduled in that locale.
 - b. Good Friday - Practices, meetings, team dinners, or other team activities times must end by 12:00 p.m.
 - c. Holy Saturday and Easter Sunday - No competitions, practices, meetings, team dinners, or other team activities are allowed.
9. Student Health – all practice and contest participation injuries must be reported immediately to the coaching staff by the student and/or parents/legal guardians. An accident report shall be completed and submitted to the athletic director. The student-athlete or his or her parents should report any injuries that happen outside practices and competitions to the respective coach. Whenever a student receives medical treatment that prohibits practice and contest participation in an interscholastic sport, a note signed by the attending physician giving a date for medical clearance for continued participation must be on file with the coach and athletic director in order for the student to return to participation.
10. Withdrawing from the Sport – An athlete who chooses to withdraw from a sport must personally communicate verbally with the coach and the Athletic Director. Failure to do so will result in suspension from any subsequent sport until receiving permission from the Athletic Director.
11. Transportation
 - a. To Practices and Contests Off-Site of the Home School – when transportation is provided by the school to off-site practices or contests, it is expected that student-athletes will use the transportation provided by the school, excepting only when a student-athlete's parent(s) or legal guardian(s) timely provide the school with a completed Travel Release Form. (See pg. 19). Parents assume responsibility for personally transporting students or arranging for the transportation with another licensed, insured adult (non-student) for the student to off-site practices and contest when transportation is not provided by the school. The McDonell Area Catholic Schools shall assume no responsibility for any student who misses the prescribed mode of transportation to a practice or contest outside the home school and attempts to travel to the destination on their own. The coaching staff shall review transportation rules before leaving for the practice or contests and all student-athletes are expected to follow the transportation rules. Coaching staff may assign consequences for any student-athletes who fail to use school-provided transportation to or from off-site practices or contests.
 - b. From Off-Site Practices and Contests Back to the Home School - when transportation is provided by the school from off-site practices or contests to return to the home school, student-athletes will use the school-provided transportation, excepting only when a student-athlete's parent(s) or legal guardian(s) timely provide(s) the school with a completed Travel Release Form. (See pg. 19).

- c. Contests which Occur Overnight (i.e. WIAA Tournament Series) – student-athletes must follow all rules and expectations established by the coaching staff, adult chaperones, and school policy.

12. Modesty

“Modesty means refusing to unveil what should remain hidden. It guides how one looks at others and behaves toward them in conformity with the dignity of persons. Modesty protects the mystery of persons and their love. Modesty is decency. It inspires one’s choice of clothing. It is discrete. Teaching modesty to children and adolescents means awakening in them respect for the human person” (CCC 2521-2522, 2524).

Modesty is necessary because each person is created in the image of God and therefore each person inherently has dignity and deserves respect and honor. When we encounter another person, we want to see the person, not just a part of the body. When we dress in a manner that draws another person’s attention to a specific part of the body, we are dressing in an immodest way.

Student-athletes are expected to dress, speak, and behave in a modest manner. Tight fitting uniforms and tight fitting warm-up clothing should be avoided, but it is understood that some sports’ required athletic uniforms are unfortunately immodest. In these cases, student-athletes must wear the required or necessary uniform only during actual competition or practice, but as soon as the competition is completed or practice concluded, the student-athlete must quickly return to being dressed in a modest manner, such as putting on a modest warm-up. If an immodest uniform is required or necessary, it must not be worn outside the competition or practice times / facility.

Please note, during practices and competitions, student-athletes must wear a shirt (clothing that modestly covers their upper torso).

Being modest also requires the student-athlete to behave appropriately in locker rooms and bathrooms. While in a locker room or bathroom, student-athletes must: modestly cover up whenever possible, keep his or her eyes to him or herself, always use modest language, and not play, sing, or recite inappropriate music.

13. School Attendance

- a. A student-athlete is expected to be present the full day of school prior to practices and contests.
- b. Student-athletes with absences from school are not allowed to participate in practice or a contest on the day of the absence.
- c. The athletic director in consultation with the school principal has the discretion regarding appointments and special absentee situations on a case-by-case basis.
 - A. For the day of a practice, team meeting, or competition, student-athletes are required to be present for 50% of the school day prior to practices and contests.
- d. The athletic director in consultation with the school principal has the discretion regarding academic absentee situations on a case-by-case basis. (Examples: standardized testing and college visits or enrollment interviews)
- e. Student-athletes will attend school the day following a contest to ensure that they are maintaining a high standard of academic excellence.

Note: Unexcused absences are addressed in Section II (F)(2) Below-the-Line Behaviors

F. BEHAVIORS AFFECTING CONTINUING ELIGIBILITY TO PARTICIPATE AND CONSEQUENCES DSP 5112 - Catholic Faith and Moral Standard

As a condition of initial and continued enrollment as a student in the diocesan schools, a student's conduct must be consistent with Catholic faith and morals. Conduct which is inconsistent with Catholic faith and morals, which is a threat to the health, safety, and welfare of other students and/or which causes scandal, impairs or threatens to impair the reputation of the Church or its schools, is grounds for disciplinary sanctions up to and including immediate expulsion.

1. Academic

1. If the student-athlete is receiving a failing grade at the mid-term: a one school day probationary period will be implemented. During this one-day probationary period, full participation will be allowed. If after the one-day probationary period the student-athlete is still failing they may practice but can not participate in games for up to 5 school days. At any time during these 5 days, the student may regain their full participation status by raising their failing grade to above passing. If at the end of the initial 5-day period the student-athlete has not raised their grade to passing, the student-athlete will not be allowed to practice or participate in games until the grade(s) is passing.
2. If the student-athlete receives a failing grade at the end of the term final grading period: the student begins the next term on a 10 school day probationary period and will serve a 3 game penalty. During this probationary time the student is allowed to practice but will serve the minimum 3 game suspension. After the 3 game suspension has been served they may participate in games if all of their classes are passing. At the end of the 10 school days all grades will be reviewed. If all grades are passing then full participation will be allowed and probationary status will be lifted. If a student is failing any class after this 10-day period the student will not be allowed to practice or play in games for an additional ten school days. At the end of the second 10-day period, all grades will again be reviewed again. If all grades are not passing at this time, the student will not be able to participate until the next grading period.
 - a. If there is more than one failing grade after a grading period the WIAA standard goes into effect resulting in a 15-day suspension from play. The student may still practice. If the passing standard is met after the 15 days the student may return to full participation.
 - b. ELIGIBILITY FOR EACH TERM WILL BE DETERMINED BY THE GRADES EARNED THE PREVIOUS TERM. Eligibility for the first term will be determined by the third-term grades from the previous school year. If the failing grade occurs during the third trimester then the ineligibility period shall be the lessor of 21 consecutive days beginning with the date of earliest allowed competition in a sport or one-third of the maximum number of games/matches/meets allowed in a sport (rounded up if one-third results in a fraction).
 - c. Students wishing to participate in a sport after the season has begun may only do so with the approval of the coach and Athletic Director. Students will not be allowed to join any team after the first two weeks (ten school days) of the season are completed.
 - d. Incomplete grades are treated as failing grades until made up and the student is passing.
3. Illnesses and extenuating circumstances of the student or instructor may be considered on a case-by-case basis.

The following are noted explanations for Below-the-Line and Bottom-Line Behaviors

Note 1: School's Student-Parent Handbook application

A student-athlete whose behavior falls below-the-line or bottom-line may be subject to consequences within this athletic handbook and the school's student-parent handbook.

Note 2: Simple corrections from authority

Authority – pastors, coaches, athletic directors, teachers, school administrators – can give simple corrections to a student-athlete's behavior that comes close to below-the-line behavior. Two examples are a correction for the flippant or accidental use of inappropriate language or easy directions to fix small displays of immodesty.

Note 3: Student with documented behavioral plans

When working with student-athletes who have a documented behavioral plan (for example an ISP), school administration will review consequences to make sure those consequences are in agreement with the student-athlete's documented behavioral plan. To be in agreement with the documented behavioral plan, necessary consequence changes may be implemented on a case by case basis.

Note 4: Locker rooms and Bathrooms

All persons must use the bathroom or locker room which conforms to their biological sex.

The McDonell Area Catholic Schools recognize it is difficult to supervise locker rooms and bathrooms. Therefore, student-athletes know that their time within a locker room or bathroom will be limited. No student-athlete should be in a locker room or bathroom for an extended period of time.

While in a locker room or bathroom a student-athlete's behavior is to be far Above-the-line. The authority has the discretion to judge a student-athlete's unacceptable behavior within a locker room or bathroom as below-the-line behavior or bottom-line-behavior.

- Cell phones and other recording devices may NOT be used.
- The dignity given to each person by God will be respected.
- Use of modest language is absolutely required.
- Student-athletes need to modestly cover up whenever possible.
- Each student-athlete should keep his or her eyes to him or herself.
- Students must not play, sing, or recite inappropriate music – music with lyrics that are hateful, sexual, or violent
- Locks should be used to secure personal belongings.
- Student-athletes need to keep locker rooms and bathrooms clean and tidy.
- The use of spray deodorant and perfume should be limited.
- Rough-housing, fighting and physical horse-play is forbidden.

2. Below-the-Line Behaviors

Student-athletes are representatives of the Catholic Church, their respective schools, families, communities, and the Diocese of La Crosse. With themselves, teammates, coaching staff, at contests, in school, and within the community, it is expected that "above-the-line" behaviors be consistently exhibited.

Above-the-line behaviors fall into three primary themes: safety, respect, and responsibility. In the Christian spirit, behaviors exhibited in all three themes positively shall promote exemplary outcomes.

Below-the-line behaviors violate the basic tenets of being and feeling safe, showing and having respect, and taking responsibility as an individual and as a part of a team.

The list of below-the-line behaviors is cause for consequences through this Athletic Code Handbook:

- Dishonesty – academically or with clergy, administration, faculty, and staff of the school
- Unexcused absences (an unexcused absence may include any part of a day including being unexcused for one class period in a day)

- Consistently poor classroom behavior
- Poor interscholastic sportsmanship
- Disrespect to clergy, administration, faculty, and staff of the school
- Continued use of flippant or “accidental” swearing after authority correction
- Chronic dress code violations
- Inappropriate use of social media on or off school grounds
- Any in-school suspension from school
- Negative attitude by condoning or encouraging athletic code violations (engaging in or being an accomplice to any other immoral or unacceptable conduct contrary to the philosophy of the extracurricular code, the regulations within the WIAA, or the ideals, principles, and standards of the schools of the Diocese of La Crosse).
 - An accomplice is one who encourages another to behave or speak in an unacceptable manner. An accomplice might also be a person who is aware of another person’s unacceptable behavior or speech and does not correct or report the offending person. An accomplice fails to restore dignity to the person who is hurt.
- Any acts that are believed to reflect poorly on the reputation of the McDonell Area Catholic Schools and the Diocese of La Crosse

Consequences

The consequences outlined below for below-the-line behaviors are cumulative over the course of the student athlete’s middle school or high school athletic career.

FIRST VIOLATION OF BELOW-THE-LINE BEHAVIORS

- a. Suspension for 15% of the total scheduled contests.
- b. The suspension shall be carried over to the next season at a prorated amount.
- c. When a student is in multiple sports in a season covered by this athletic code, the suspension covers all sports concurrently.
- d. With the athletic director’s approval, the participant may practice with the sport.
- e. Leadership positions are suspended at both practices and contests for the duration of the consequence.
- f. Honesty Clause – A student athlete who, when initially confronted about a first offense violation, is honest and tells the truth shall have an opportunity for an adjustment of the consequences. A student who is honest about the code violation shall accept a 5% suspension of total scheduled contests. Minimally, the suspension shall be reduced by one contest.
- g. If only one contest is affected by the suspension, the suspension still applies.
- h. If the suspension includes the WIAA tournament series, all contests in the series are cause for suspension.

SECOND CUMULATIVE VIOLATION OF BELOW-THE-LINE BEHAVIORS

- a. Suspension for 40% of the total scheduled contests.
- b. The suspension shall be carried over to the next season at a prorated amount.
- c. When a student is in multiple sports in a season covered by this athletic code, the suspension covers all sports concurrently.
- d. With the athletic director’s approval, the participant may practice with the sport.
- e. Leadership positions are suspended at both practices and contests for the duration of the consequence.

- i. Honesty Clause - a student who is honest about the second cumulative code violation shall accept a 20% suspension of total scheduled contests. Minimally, the suspension shall be reduced by two contests.
- j. If only one contest is affected by the suspension, the suspension still applies.
- k. If the suspension includes the WIAA tournament series, all contests in the series are cause for suspension.

THIRD CUMULATIVE VIOLATION OF BELOW-THE-LINE BEHAVIORS

- a. Suspension for 75% of the total scheduled contests.
- b. The suspension shall be carried over to the next season at a prorated amount.
- c. When a student is in multiple sports in a season covered by this athletic code, the suspension covers all sports concurrently.
- d. With the athletic director's approval, the participant may practice with the sport.
- e. Leadership positions are revoked.
- f. If the suspension includes the WIAA tournament series, all contests in the series are cause for suspension.

FOURTH CUMULATIVE VIOLATION OF BELOW-THE-LINE BEHAVIORS

- a. Suspension for all activities for the rest of school career in either middle school or high school.

3. Bottom-Line Behaviors

Bottom-line behaviors are behaviors that are an affront to the dignity given to all people by God. These behaviors are so egregious (extremely negative, usually illegal, or significantly below the norm of human interaction) that severe consequences are in order.

Bottom-line behaviors which occur on or off school property listed below are cause for consequences through this Athletic Code Handbook:

- Hazing or initiation pranks
- Possession, consumption, buying, or selling of alcohol or imitation alcohol, tobacco products, vapor devices, body-altering chemicals (such as steroids) or mind-altering chemicals (illegal drugs, controlled substances, and abuse of prescription medications) (Prescription medicines are exempt when used by the individual for whom they were prescribed in a manner and amount prescribed as prescribed by a physician.)
- Vandalism or property destruction
- Being intentionally and excessively immodest in dress or language while representing the school or at a school event
- Being intentionally obscene and vulgar with excessive swearing or use of obscene gestures
- Insubordination to school administration or pastoral leadership
- Theft or stealing
- Bullying or cyberbullying
- Harassment
- Any out-of-school suspension from school
- Use of communication devices which have a camera and are capable of recording in the locker room area

- Proven violations of civil law brought to the attention of school officials not defined as a felony

Consequences

The consequences outlined for bottom-line behaviors are cumulative over the course of the student athlete's middle school or high school athletic career. If the first violation of a bottom-line behavior is extremely egregious a student-athlete may be subject to the second violation consequence.

FIRST VIOLATION OF BOTTOM-LINE BEHAVIORS

- Suspension for 50% of the total scheduled contests.
- The suspension shall be carried over to the next season at a prorated amount.
- When a student is in multiple sports in a season covered by this athletic code, the suspension covers all sports concurrently.
- Student-athlete shall not practice with any school-sanctioned sport until the suspension is completed and after a parents/legal guardians/legal guardians meeting is held to re-establish the expectations of this code.
- Leadership positions are revoked permanently.
- If the suspension includes the WIAA tournament series, all contests in the series are cause for suspension.

SECOND VIOLATION OF BOTTOM-LINE BEHAVIORS

- Suspension from all interscholastic athletics for a full 12 months from the date of the violation.
- If this violation ends during a future athletic season, the student-athlete shall be allowed to practice at the start of the season in which the suspension ends but cannot participate in a contest until the 12-month suspension is completed.

THIRD CUMULATIVE VIOLATION OF BOTTOM-LINE BEHAVIORS

- Suspension from the interscholastic athletic program for the rest of school career in either middle school or high school.

4. Legal Felonies, Crimes of Moral Turpitude, and Delinquent Acts

- Scope: The consequences outlined below for this Section II(F)(4) relate specifically to (1) any conduct that constitutes a felony, (2) any conduct that would be a felony if committed by an adult, (3) any criminal conduct that involves moral turpitude (e.g., an act or behavior that gravely violates moral sentiments or accepted moral standards of the community), or that if committed by an adult would constitute criminal conduct involving moral turpitude, or (4) any conduct that results in or that could result in a juvenile delinquency proceeding. All such conduct shall collectively be referred to throughout this section as "Criminal Conduct."
- Consequences:
 - Arrest: A student who has been arrested for any Criminal Conduct shall be suspended from the interscholastic athletic program pending either the declination of charges, the filing of charges, and/or the school's investigation of the underlying conduct.
 - Charging: A student who has been charged with any Criminal Conduct, as defined above, or about which the school has received notice, shall be suspended from the

interscholastic athletic program pending either the dismissal of charges, the student being found not guilty, or the student fully paying his/her debt to society.

3. Conviction or Admission: A student who has been convicted of or who has admitted to any Criminal Conduct, as defined above, shall be suspended from interscholastic athletic programs for the rest of the student's school career in either middle school or high school.
- b. Consequences pursuant to this Section II(F)(4) are not subject to appeal.

APPEAL PROCESS

1. A written appeal to the principal within three days.
2. During the appeal process, the penalty will be in effect.
3. Athletic Administrative Review convenes immediately after the appeal. (This includes the principal, MACS president and Athletic Director.)

G. POLICY ENFORCEMENT

1. Notification
 - a. Any report with specific and credible information of a potential violation of the Athletic Code received from any source will be promptly investigated by the athletic director, and / or the school's administration, and / or an authority assigned by the administration.
 1. Authority may request a written report.
 - b. Those reports substantiated as a violation will cause the athletic director to enforce the appropriate consequences of the Athletic Code immediately.
 - c. The student-athlete and parents/legal guardian shall be notified immediately of a violation.
 - d. The penalties shall be assessed immediately.
2. Administrative Recourse (adapted from DSR 5901)

Outline of the chain of authority to be followed in resolving athletic department disputes

- | <u>Parish Schools</u> | <u>Catholic School Systems</u> |
|---|---|
| 1. Teacher, coach, or other school employee | 1. Teacher, coach, or other school employee |
| 2. Athletic Director | 2. Athletic Director |
| 3. Principal | 3. Principal |
| 4. Pastor | 4. President |
| 5. Dean | 5. Dean |
| 6. Diocesan Bishop (or assigned delegate) | 6. Diocesan Bishop (or assigned delegate) |

Administrative Recourse Procedure in the Diocese of La Crosse:

Note 1: The consequence during the recourse procedure is to be enforced. (DSP 5902)

Note 2: During the administrative recourse process, it is understood that while working to reconcile an authority may seek the assistance of others, especially those respected for their ability to reconcile; but the authority remains responsible for seeking the resolution to the conflict.

When one of Christ's faithful judges himself or herself injured by the decision or action of a person exercising pastoral or administrative authority in the Diocese of La Crosse, he or she, within fifteen days, is to first seek reconciliation or request reconsideration in writing with the person exercising pastoral or administrative authority. The person exercising pastoral or administrative authority has fifteen days to reconsider and respond in writing.

If the party who judges himself or herself injured is not able to achieve reconciliation with the authority involved, he or she may present the grievance to the next office in the chain of authority within fifteen days of the time of the decision made by the lower authority. The recourse is to be made in writing and is to state the facts of the conflict and the reason or reasons why the party judges himself or herself injured. The response by the next office in the chain of authority to the recourse must be made in fifteen days, is to be made in writing, and is to state the reasons for the response given.

If reconciliation is not achieved by working with the next office within the chain of authority, the party who judges himself or herself injured may continue the process of presenting his or her grievance to the next office in the chain of authority. Each time the party who judges himself or herself injured presents his or her grievance it must be done in writing and within fifteen days of the previous decision. Each next office in the chain of authority has fifteen days to reply in writing.

If the party who judges himself or herself injured reaches the final office in the chain of authority, the Bishop or his assigned delegate's office has thirty useful days to respond from the day he or she receives the request.

The Bishop or his assigned delegate's office is the final authority within the administrative recourse process.

If the grievance is against the Diocesan Bishop, the legislation in the Code of Canon Law is to be followed. (cf. Can. 1732-1739)

ATHLETIC CODE AGREEMENT

McDonell Catholic Schools

- 1) I have made the CHOICE to participate in interscholastic athletics. I view participation in interscholastic athletics as a PRIVILEGE (not a right).
- 2) I AGREE to abide by all rules and regulations set forth in the pages of this Athletic Code and all others established by the coaches of my interscholastic sport. I also UNDERSTAND that by signing this agreement that I am bound to uphold the rules as stated on a year-round basis.
- 3) I further UNDERSTAND that if I am found in violation of any of the aforementioned policies and regulations (not all inclusive) I am subject to the consequences as stated in the Athletic Code Handbook and/or subject to the discipline of the Principal and/or the Athletic Director if the action is not covered by the Athletic Code Handbook.
- 4) I AGREE to pay for any equipment which I may lose, misplace, or damage. I further agree to assume full responsibility for all equipment issued to me and to confine the use of that equipment to practices and contests. I also AGREE to pay the respective school's athletic participation fee prior to the beginning of any sport in a season.
- 5) I CERTIFY that I have read, understand, and agree to abide by all of the information contained in the WIAA High School Athletic Eligibility Information Bulletin. I further certify that if I have not understood any information contained in this document I have sought and received an explanation of the information prior to signing this statement.

DATE _____ SIGNATURE OF STUDENT-ATHLETE _____

I, WE, AS PARENTS/LEGAL GUARDIANS OF _____ have read the Athletic Code Handbook and fully understand the foregoing rules and regulations and shall help and encourage my student-athlete to uphold them. My signature also gives my student-athlete permission to train and compete with practices and contests, respectively, under adult supervision, on and off of school property during various athletic seasons.

DATE _____ SIGNATURE OF PARENTS/LEGAL GUARDIANS _____

***This code is in effect for the student's entire middle school years or high school years
24 hours per day and 365 days per year.***

MEDICAL RELEASE, EMERGENCY INFORMATION, AND INSURANCE WAIVER FORM

McDonell Area Catholic Schools

School Year: _____ Student-Athlete: _____

Parents/Legal Guardians: _____

School Attending: _____

Medical Release

In the event that parents/legal guardians of the above name student-athlete cannot be contacted through reasonable efforts, the undersigned parents/legal guardians do hereby empower and grant medical personnel the permission, consent, and authorization for medical treatment. This authorization is in force for the above mentioned school year or until revoked.

I do hereby indemnify and hold harmless the medical personnel who act in reliance upon this authorization.

Signature of Parents/Legal Guardians

Date

Emergency Information

Phone Number(s) where you can be reached at work or at home.

Allergies of Student-Athlete

Medications Student-Athlete is taking

Name of Family Doctor &/or Health Facility

Phone Numbers

Name of Health Insurance Carrier, Subscriber Number, and Group Number

Emergency Contacts if Parents/Legal Guardians are Unable to be Contact with Phone Numbers

Insurance Waiver

I also understand that my child must be covered by medical and/or accident insurance in order to participate in interscholastic athletics and hereby certify that my student-athlete is covered for injuries and/or death occurring as a result of participation in, or the practice for, all athletic events organized and hosted by the McDonell Area Catholic Schools and / or the Diocese of La Crosse. I also certify that said insurance will be kept in force during the full time that my child engages in the practice for or participation in athletic events throughout the entirety of the aforementioned school year.

CONCUSSION and SUDDEN CARDIAC ARREST FORM

I, _____, of the following school of the McDonell Area Catholic Schools, _____
Student-Athlete Name

hereby acknowledge having received education about the signs, symptoms, and risks of sport-related concussions and sudden cardiac arrest during youth athletic activities, as well as information about electrocardiogram testing. I acknowledge my responsibility to report to my coaches, parents/legal guardians any signs or symptoms of a concussion. I also understand that I should stop activity if I have any warning signs of sudden cardiac arrest and report the symptoms to my coaches and parent(s)/guardian(s).

Student-Athlete Signature

Date

We, the parents/legal guardians, of the student-athlete named above, hereby acknowledge having received education about the signs, symptoms, and risks of sport-related concussions, sudden cardiac arrest during youth athletic activities, and information about electrocardiogram testing. We have also read the information regarding sudden cardiac arrest and understand that the above-named student-athlete should stop activity-exercise immediately upon the occurrence of any warning signs of cardiac arrest. We understand that it is recommended that the student-athlete have a medical examination completed before returning to participation in athletics, and that in the medical examination, any family history of heart problems or warning signs of sudden cardiac arrest should be reported to the medical provider conducting the examination.

Parents/Legal Guardians Signatures

Date

McDonnell Area Catholic Schools

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ADDENDUM

Concussion and Head Injury Information

[Wis. Stat. § 118.293 Concussion and Head Injury](#)

What Is a Concussion? A concussion is a type of head (brain) injury that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Concussions can have a more serious effect on a young, developing brain and need to be addressed correctly. Consequences of severe brain injury (including concussion) include problems with thinking, memory, learning, coordination, balance, speech, hearing, vision, and emotional changes.

What are the signs and symptoms of a concussion? You cannot see a concussion. Signs and symptoms of concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. It is important to watch for changes in how you as an athlete or your child or teen is acting or feeling, if symptoms are getting worse, or if you/they just "don't feel right." Most concussions occur without loss of consciousness.

If the child or teen reports one or more of the symptoms of concussion listed below, or if you notice the signs or symptoms yourself, seek medical attention right away. Children and teens are among those at greatest risk for concussion.

These are some SIGNS of concussion (what others can see in an injured athlete):

- Dazed or stunned appearance
- Unsure of score, game, opponent
- Clumsy
- Answers more slowly than usual
- Shows behavior or personality changes
- Loss of consciousness (even briefly)
- Repeats questions
- Forgets class schedule or assignments

Children and teens with a suspected concussion should NEVER return to sports or recreation activities on the same day the injury occurred.

They should delay returning to their activities until a healthcare provider experienced in evaluating for concussion says it is OK to return to play. This means, until permitted, not returning to:

- Physical Education (PE) class
- Sports practices or games
- Physical activity at recess

These are some of the more common SYMPTOMS of concussion (what an injured athlete feels):

- Headache
- Nausea or vomiting
- Dizzy or unsteady
- Sensitive to light or noise or blurry vision
- Difficulty thinking clearly, concentrating, or remembering
- Irritable, sad, or feeling more emotional than usual
- Sleeps *more* or *less* than usual

If you or your child or teen has signs or symptoms of a concussion

Seek medical attention right away. A healthcare provider experienced in evaluating for concussion can determine how serious the concussion is and when it is safe to return to normal activities, including physical activity and school (concentration and learning activities).

After a concussion, the brain needs time to heal. Activities may need to be limited while recovering. This includes exercise and activities that involve a lot of concentration.

Information adapted from the [Centers for Disease Control and Prevention's \(CDC\) Heads Up Safe Brain. Stronger Future.](#)

For more information view the [CDC's Heads Up to Youth Sports webpages for athletes, parents, and coaches.](#)

Sudden Cardiac Arrest Information

[Wis. Stat. § 118.2935 Sudden cardiac arrest; youth athletic activities](#)

Sudden cardiac arrest (SCA), while rare, is the leading cause of death in young athletes while training or participating in sport competition. Even athletes who appear healthy and have a normal preparticipation screening may have underlying heart abnormalities that can be life-threatening. A family history of SCA at younger than age 50 or cardiomyopathy (heart muscle problem) places an athlete at greater risk. **Athletes should inform the healthcare provider performing their physical examination about their family's heart history.**

What is Sudden Cardiac Arrest? Cardiac arrest is a condition in which the heart suddenly and unexpectedly stops beating. If this happens, blood stops flowing to the brain, lungs, and other vital organs.

Cardiac arrest usually causes death if it is not treated with cardiopulmonary resuscitation (CPR) and an automated external defibrillator (AED) within minutes.

Cardiac arrest is not the same as a heart attack. A heart attack occurs if blood flow to part of the heart muscle is blocked. During a heart attack, the heart usually does not suddenly stop beating. In cardiac arrest the heart stops beating.

What warning signs during exercise should athletes/coaches/parents watch out for?

- Fainting/blackouts (especially during exercise)
- Dizziness
- Unusual fatigue/weakness
- Chest pain/tightness with exertion
- Shortness of breath
- Nausea/vomiting
- Palpitations (heart is beating unusually fast or skipping beats)

Speak up and tell a coach and parent/guardian if you notice problems when exercising.

If an athlete has any warning signs of SCA while exercising, they should **seek medical attention and evaluation from a healthcare provider before returning to a game or practice.**

The risk associated with continuing to participate in a youth activity after experiencing warning signs is that the athlete may experience SCA, which usually causes death if not treated with CPR and an AED within minutes.

Stop activity/exercise immediately if you have any of the warning signs of Sudden Cardiac Arrest.

What are ways to screen for Sudden Cardiac Arrest (SCA)?

[WIAA Pre-Participation Physical Evaluation](#) – the Medical History form includes important heart related questions and is required every other year. Additional screening using an electrocardiogram and/or an echocardiogram may be done if there are concerns in the history or physical examination but is not required (by WIAA). Parents/guardians/athletes should discuss the need for specific cardiac testing with the medical provider performing the review of family history and physical evaluation or after experiencing warning signs of sudden cardiac arrest while exercising. The cost of the pre-participation physical and any follow up examinations or recommended testing including an electrocardiogram is the responsibility of the athlete and their parents/guardians. **Not all cases or causes of SCA in young athletes are detected in the history, examination, or with testing.**

What is an electrocardiogram, its risks, and benefits? An electrocardiogram (ECG) is one of the simplest and fastest tests used to evaluate the heart. Electrodes (small, plastic patches that stick to the skin) are placed at specific spots on the chest, arms, and legs. The electrodes are connected to an ECG machine by wires. The electrical activity of the heart is then measured, interpreted, and printed out. No electricity is sent into the body. Risks associated with having an ECG are minimal and rare. The benefits include that it

is an easy procedure to do, can be performed in many health care offices and it may detect heart conditions in children with no symptoms. **ECGs are good at detecting certain heart conditions that may increase risk for SCA but may not detect all such conditions.** If not performed correctly the information is not valid and may lead to more (unnecessary) testing and further examinations. ECGs should be interpreted by experts in reading ECGs in children (i.e., pediatric cardiologists). For more information, [view the Johns Hopkins Medicine - Electrocardiogram website.](#)

How may a student athlete and parent/guardian request the administration of an electrocardiogram and a comprehensive physical examination? Athletes participating in WIAA sports are required to have a physical examination and review of family history every other year. Other youth sports have similar requirements. Although the cost of these medical examinations is the responsibility of the athlete's family many school districts can assist students to find low cost or no cost ways to obtain these examinations. Athletes should contact their school athletic director if they need assistance in getting an examination. If an athlete has risk factors, family history of heart disease, or has had warning signs associated with sudden cardiac arrest while exercising, they should tell the medical provider performing the history and physical examination and discuss the possible need for an electrocardiogram.