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—CATHOLIC SCHOOL—

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## **Catholic Schools in the Diocese of Marquette are:**

### **Communities of Faith**

- In communion with the Bishop and Pastors
- In partnership with parents, helping them fulfill their primary responsibility for the Catholic education of their children
- In Christian collaboration among the staff, teachers, and parish
- In respectful personal relationships between teachers and students

### **Committed to the integral formation of the student**

- Through educational practice founded upon an understanding of children as persons created in the image of God
- By enabling students to become good citizens in this world, fulfilling their destiny to become saints while loving God and neighbor, thereby enriching society with the leaven of the Gospel
- Through curricula that bring the study of faith, life, and culture into harmony
- Through teachers and staff who understand their mission as a vocation from God to form the whole child
- By aiding students in their prayer life and helping them see prayer as a genuine dialogue of love
- Teachers and staff are called to live lives of personal holiness rooted in love for Jesus Christ and His Catholic Church and witness this love to students and families

### **Committed to the highest academic standards through a rigorous curriculum and effective instructional delivery**

- To deliver challenging learning experiences to develop learning, thinking, and life skills that lead to success at the next level
- To continually assess student learning and adjust teaching to meet learning goals and student needs
- To provide and coordinate learning support services to meet the unique learning needs of all students
- To offer a progressive technology infrastructure designed to support teaching and learning goals

### **Committed to excellence in all co-curricular and extracurricular areas of programming**

- To imbue in students a culture of charity through community service programs
- To establish co-curricular programs that enhance the core curriculum
- To provide team sports and other extras/co-curricular programs that will bring a well-rounded formation of students

# Holy Name Catholic School

## ATHLETIC & CLUB PROCEDURES AND REGULATIONS

Current eligibility rules of the Michigan High School Athletic Association will be in effect for athletes for the school year.

### Philosophy

Holy Name Catholic School endeavors to educate the individual mentally, morally, socially, and physically as an educational institution. We strive to develop those characteristics that demonstrate fair play, skill, and loyalty in sports.

A positive public image results from the various groups' attitudes and ethics displayed before, during, and after public performances. Every adult involved is responsible for fostering and reinforcing this positive image and modeling this behavior for the athletes.

Student-athletes and club members representing Holy Name in extracurricular activities will be subject to the rules outlined in this policy. The Athletic Director, acting through parents, teachers, and coaches, is responsible for enforcing these policies.

Participation in interscholastic, intramural athletics, and clubs at HNCS is considered a *privilege* and a *responsibility*. Athletics and clubs are entirely extracurricular and voluntary. Regular classes take precedence over athletics and club activities.

All participants have certain obligations to themselves, their family, school, and community. Participants must consider this.

## ACADEMICS COME FIRST!

### Academic Eligibility

1. For all students in grades 4 – 12 participating in athletic or club activities, academic eligibility checks will be made at the start of each season and every week.
2. A student is eligible for play/participation if they have an average of all class scores of 2.0 GPA or better (numbers are not rounded up – 1.99 is ineligible). The student shall not have a failing grade (an F) in any class. Students **MUST** meet both requirements to be eligible. Exceptions could be made if all teachers and the Athletic Director agree based on an individual student's education plan.
3. Students below the 2.0 GPA and failing a class are ineligible for ALL competition (games, meets, etc.) until the next grade check in one week. Students are to still attend practices and games in their uniforms and sit on the bench with their team. Suppose students can bring their grades up to meet eligibility requirements between grade checks. In that case, it is **THEIR** responsibility to show the Athletic Director to determine if they can participate in the next game before the next official grade check.
4. If repetitive ineligibility occurs, the Athletic Director or club advisor may remove the student from the sport or club for the remainder of the season.

### **Expectations for Athletes and Club Members**

1. Know and adhere to the personal rules of conduct for athletes and club members.
2. Meet or exceed all attendance and academic requirements as practical evidence of loyalty to school and team and the ethical philosophy of school-sponsored athletics and club competitions.
3. Observe all policies regarding conduct thoroughly, doing so as a duty to school, team, and self.
4. Counsel with the Athletic Director, teachers, coaches, advisors, and parents over eligibility questions.
5. Practice and play fairly, giving complete effort in all circumstances.
6. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
7. Demonstrate respect for opponents and officials before, during, and after contests.
8. Give notes and schedules to parents promptly.

### **Expectations for Coaches and Advisors**

1. Treat every student with respect and dignity.
2. Help every student to develop character, self-confidence, and self-respect.
3. Help every student to develop their athletic skills to their full potential.
4. Demonstrate good sportsmanship toward athletes, coaches, officials, and opponents at practice, games, meets, and matches. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
5. Let parents know if there is a discipline problem.
6. Let parents and student-athletes/clubs promptly know about the practice and game schedules.
7. Try to get all student-athletes/clubs to play in each game, meet, or match.
8. Ensure student-athletes ride in approved vehicles to out-of-town games, meets, or matches.
9. Understand that the student-athletes' health and safety are a primary concern.

### **Expectations for Parents**

1. Treat coaches, officials, and opponents with respect.
2. If there is a problem, follow the 'chain of command.' Go first to the coach or advise, then Athletic Director, the principal, and lastly, the Holy Name Catholic School Council.
3. Speak with a coach or advisor in private if there is a problem to resolve.
4. Back the Athletic Director, coach, or advisor if a discipline problem arises.
5. Demonstrate good sportsmanship at games, meets, or matches. Accept favorable and unfavorable decisions, as well as victory and defeat, with equal grace.
6. Support the team, coach, advisor, and school with your presence and involvement.
7. Let the coach or advisor know if your child will not be at practice or a game, meet or match.
8. Ensure your child rides in an approved vehicle to all games, meets, or matches.
9. Athletics are funded through ticket sales—not tuition. Parents are expected to support the athletic program by participating in school fundraisers, attending athletic events, and working concessions and door ticket sales at events as assigned.

## **Physical Examinations**

Any boy or girl participating in 4<sup>th</sup> through 12th-grade athletics must have a physical examination every year. **Proof of this examination must be on file in the Athletic Director's office before participating in practice or games.** The paperwork for the physical must be dated on or after April 15th for the upcoming school year.

## **Concussions and Return to Play Protocol**

Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be removed immediately from the contest and shall not return to play until cleared by an appropriate health care professional.

This protocol is intended to provide the mechanics to follow during contests when a student-athlete/club sustains an apparent concussion. This protocol will also be in effect for students participating in gym class.

1. The officials will have no role in determining a concussion other than the obvious one where a player is unconscious, as provided under the current rule. Officials will merely point out to a coach that a player appears to be injured and advise that a healthcare provider should examine the player to determine the extent of the injury.
2. Suppose it is confirmed by the family's designated health care professional that the student did not sustain a concussion. In that case, the head coach may advise the officials during an appropriate stoppage of play, and the athlete may reenter the competition under the contest rules.
3. Otherwise, if competition continues while the student-athlete/club is withheld for an apparent concussion, that student-athlete/club may not be returned to competition that day but is subject to the return to play protocol.
  - A. Only an MD or DO may clear the individual to return to competition.
  - B. The clearance must be in writing (the school has a form if needed).
  - C. The clearance may not be on the same date the student-athlete/club was removed from play.
4. Following the contest, an official report shall be filed with a removed player's school and the MHSAA (Michigan High School Athletic Association).
5. In cases where an assigned MHSAA tournament physician (MD/DO) is present, their decision not to allow an athlete to return to the competition may not be overruled.

A 'return to play protocol' sheet must be signed by both parent and student-athlete. This form will need to be on file before the first practice, or the student-athlete/club will not be able to participate.

## **Returning of Athletic Uniforms**

After every student-athletic season, an inventory is done of the uniforms. The cost of replacing athletic uniforms is expensive. A student-athlete will not participate in the following sports season if the previous season's uniform is still outstanding. For example, if the football uniform is still out, then the student-athlete will not be able to participate in basketball practice until the football uniform is returned. If the uniform is lost or not returned, the family will need to pay the replacement cost of the uniform. Again, the student-athlete will not participate in the following sport until this cost has been paid.

The best policy is to wash the uniform and return it in a bag marked with the student's name the next school day. Student-athletes do not need to wait for the coach or Athletic Director to give a turn-in date. If the season is done, wash and immediately return it the next school day, then the student is ready for the next season.

## **Personal Rules of Conduct for Athletes, Coaches, and Club Members**

Students and coaches are expected to maintain proper citizenship in and out of school, both in-season and off-season. Actions which are detrimental to the individual, squad, or school will be subject to review by the Athletic Director, coaches, and principal with appropriate disciplinary action administered, if deemed appropriate.

1. Holy Name athletic equipment/uniforms shall be worn only for practices/competitions of that sport. The athletic uniform policy for competition days is as follows:

Students in grades 4-12 involved in any type of sports activities must abide by the following rules set by HNCS and enforced by the Athletic Director:

A. Student-athletes can wear the following to school on the day of competition:

1. Football: School provided team jersey with school uniform pants or school uniform shorts,
2. Basketball: Warm-up jersey. Or school-provided team jerseys with their school uniform shirt underneath, with school uniform pants, shorts, skirt, or skort. No school uniform shirt is required under the warm-up jersey.
3. Sideline Cheer: Cheer uniform top with uniform bottoms.
4. Volleyball: School provided team jerseys with school uniform pants, shorts, skirt, or skort. They are not to wear optional purchased volleyball apparel, only the school-provided team jerseys.
5. Track: School provided team jerseys with their school uniform shirt underneath, with school uniform pants, shorts, skirt, or skort. They are not to wear optional purchased track apparel, only the school-provided team jersey.
6. If a student-athlete chooses not to wear the sports uniform, they must wear their school uniform.
7. If a day of competition falls on a Mass Day, the student must wear their school uniform and be allowed to change into a sports uniform after Mass.

B. Students' athletic uniforms must be clean and presentable for each athletic event.

C. Athletic equipment/uniforms are NOT to be used for other purposes other than game/school events. No equipment/uniform must be taken/used without the athletic director's knowledge/permission.

2. When there is a breakdown of proper sportsmanship within a contest and practice, and the student-athlete conduct is regarded as a violation of sport, team, or school rules, the student-athlete may be suspended from team membership until behavioral expectations are resolved. Any conduct, status, or condition shall be improper, if deemed detrimental, by the Athletic Director, to other student-athletes or club students, the school system, or the community.
3. Social Media: Inappropriate use of social media may result in a penalty of missing contests or removal from the team as deemed appropriate by the Athletic Director.
4. Attendance at school, practices, and games is mandatory. Students adhere to the schedules established by their head coach and the school administration. Unexcused absences from school, practice games, or games will be an athletic code violation and subject to penalty as set forth by their respective coach.
5. Grooming and hygiene are essential due to the proximity to other students. Subject to health, safety, propriety, and common-sense tests. Team membership restrictions will be imposed if the individual or team's health, safety, decency, or common sense is jeopardized or threatened. Reinstatement may be allowed when the problem is corrected.

6. The team and coaching staff expect that a student-athlete will remain a squad member for the entire season. Athletes choosing to drop from a squad should communicate with the Athletic Director and the head coach of the given sport.

### **Student-Parent Handbook Discipline Policy**

1. The following consequences of the Student-Parent Handbook Discipline Policy will pertain to all student athletes & club members.
  - a. In the event of an initial suspension from school, the student will be suspended for the next competition and they will have to sit on the bench. Students-athletes Club members will not participate in the next play or event.
  - b. In the event of a second suspension from school, a conference with the parents, Athletic Director, and Dean of Students will take place. In addition, the student-athletes/club member will be suspended from the next competition or event and they will have to sit on the bench.
  - c. In the event of a third suspension from school, a conference with the parents, Athletic Director, and Dean of Students will take place. In addition the student-athlete/club member will be suspended from all sports, club events and plays for the remainder of the school year. The student will not be required to sit on the bench for the duration of the season in which the third suspension took place.
2. In the event of a suspension from school at the end of a sports or club season, the aforementioned consequence will roll over into the following sports or club activity and the student may be allowed to participate per the coach's or Athletic Director's discretion.

### **Athletic Code Penalties**

The following regulations apply to all interscholastic and intramural teams and student-athlete or club members representing Holy Name Catholic School. These regulations apply on a 12-month basis.

- A student-athlete or club member will violate applicable statutes regulating the possession, use, transportation, sale, or purchasing of alcoholic beverages or controlled substances. Any violation of applicable statutes will be considered a violation of the HNCS athletic policy, whether charged or convicted of any applicable law.
- No student-athlete or club member will attend any gathering at which alcoholic beverages or controlled substances are present and not under the supervision of an adult(s) who prevents those students from gaining access to the beverages or controlled substances. Students-athletes or club members attending such a gathering will violate the athletic code.
- No student-athlete or club member who participates in interscholastic or intramural sports shall not, at anytime, possess or use any tobacco product, vape, alcohol, any illegal or unprescribed narcotic, or any intoxicating agent.
- Student-athletes or club members may not consume any anabolic steroids. Steroids artificially enhance athletic performance and are unsafe. Use of these or any other drug to improve performance is considered cheating and improper, and dangerous to one's health.
- Theft/destruction/misuse violates the code, involving school equipment, private property, or public property. Suppose an athlete is found to have done any of the above. In that case, the Athletic Director will take proper and fair action, which includes but is not limited to the athlete paying adequate

compensation for the item(s), service/work project within the school, removal from athletics for the remainder of the season or the rest of the school year.

### **For violations of Athletic Code Penalties**

#### **1. First Offense:**

- A. Head coach or club advisor has a conference(s) with the student-athlete/club member, parent(s) or guardian(s), principal, and Athletic Director.
- B. Athletes continue to participate at practice. To be reinstated, the athlete must meet all requirements listed above.

#### **2. Second Offense:**

- A. The head coach has a conference(s) with the student-athlete or club member, parent(s) or guardian(s), principal, and Athletic Director.
- B. Immediate single-event suspension from competition. This would carry over into the next sport or club season if the violation takes place after the final game/event of the season.
- C. If deemed necessary by the principal, head-coach, or Athletic Director, the athlete must have an assessment by a licensed drug/alcohol agency and be remanded to juvenile diversion. If an agency recommends a care plan, it must be adhered to by the athlete. The Delta-Menominee District Health Department is an example of a licensed agency.
- D. Athletes continue to participate at practice. To be reinstated, the athlete must meet all second offense requirements.

#### **3. Third Offense of any nature:**

- A. The head coach has a conference with the student-athlete or club member, parent(s) or guardian(s), social worker, principal, and Athletic Director to discuss and decide the appropriate treatment strategy.
- B. Immediate suspension from athletics and club events and practices for the remaining school year.
- C. If deemed necessary by the principal, head-coach, or Athletic Director, the athlete must have an assessment by a licensed drug/alcohol agency and be remanded to juvenile diversion. If an agency recommends a care plan, it must be adhered to by the athlete. The Delta-Menominee District Health Department is an example of a licensed agency.
- D. To be reinstated as eligible for the next HNCS year, the athlete must complete the appropriate treatment program as determined at the treatment strategy meeting.

**\*All documentation and record-keeping of any discipline, either suspension from the team/club to removal, will be the responsibility of the Athletic Director \***

### **Appeals Procedure**

The student-athlete or club member and parent(s) or guardian(s) has the right to request, in writing, that the principal convene an appeal hearing regarding a suspension decision. This must be done within 48 hours of the suspension decision. The athlete will be allowed to practice during the appeals process but not compete. The standard procedure will be as follows:

Step 1: A written request to the principal for a hearing before an appeals committee comprising three coaches, teacher(s), and the Athletic Director. The appeals committee will hear the appeal within three (3) school days of the written request. Student and Parent or guardian attendance at the appeal hearing are optional.

Step 2: The appeals committee will submit a written recommendation to the Athletic Director and the principal immediately following the appeal hearing.

Step 3: The Athletic Director or principal will render a written decision to the student-athlete or club within two (2) school days of receiving the recommendation of the appeals committee.

Step 4: Any further appeal will be as follows:

- A. A written request for a hearing with the committee was submitted to the pastoral delegate of the Holy Name Catholic School Council. This must be done within two (2) school days of receiving the decision of the principal and Athletic Director.

Time Limits: Any time limits may be extended by the Athletic Director or principal for any reason at the sole discretion of such individuals.

### **Transportation to Out-of-Town (Away) Games**

Players selected to represent HNCS at out-of-town (away) game meets and matches must travel to and from team events with designated drivers. Holy Name does not provide bus transportation. We rely on parents to provide transportation. Parents must have the driver information and insurance form on file in our Athletic Director's office or the school office and have had VIRTUS training if they are transporting students which are not immediately related to the driver. The Athletic Director will compile a list of approved drivers and provide this list to respective coaches. Student-athletes or club members will only be allowed to ride with their parent(s) or someone on the approved list. Exceptions may be made for school or family emergencies, but the parent must make a personal request **in writing** to the coach and deliver it to the coach before the game or event. Such a request should only allow a student to return with the parent or person the parent designates in the written request.

### **Attendance**

Attendance at school and practice is a priority. If a student-athlete or club member is absent for more than ½ of a school day (3 hours or three class periods), the student may not participate in a game or attend a practice session on the same day. (Exceptions are made for school-related absences, i.e. Band festival). Frequent attendance problems, such as tardiness, may be detrimental to a student's ability to participate and the student may be unable to participate per the discretion of the coach, athletic director, or principal. Review bullet point 3 under **Academic Eligibility** on page two of this document.

### **Anti-Harassment Policy**

The Holy Name Catholic School Council recognizes that a student's right to freedom from discrimination includes the opportunity to learn and play in an environment untainted by harassment. Offensive speech, writing, and conduct are wholly inappropriate to the harmonious educational/athletic relationships necessary for the operation of Holy Name Catholic School. The harassment of or by a Holy Name student is strictly forbidden. Any person who is found to have harassed another person will be subject to disciplinary action. Please refer to the Student and Parent Handbook and the Anti-Harassment Bullying Policy. Frequent harassment or bullying problems may be detrimental to a student's ability to participate and the student may be unable to participate per the discretion of the coach, athletic director, or principal.



## **Search and Seizure**

To maintain order and discipline in the school and to protect the safety and welfare of students and school personnel, school authorities, with reasonable suspicion, may search a student, student lockers, gym lockers, and desks and may seize any illegal, unauthorized, or contraband materials discovered in the search. Student and athletic lockers and desks are school property and always remain under the control of the school. A student's person and personal effects (e.g., purse, book bag, athletic bag, notebooks, etc.) may be searched whenever a school official has reasonable suspicion to believe that the student has illegal or unauthorized material. If a properly conducted search yields illegal or contraband materials, such findings shall be turned over to proper legal authorities for ultimate disposition. Review **Athletic Code Penalties** on page six of this document.

## **Holy Name Catholic School is a Drug-Free and Weapons-Free Zone**

### **Opening Prayer for an Athletic Meeting**

God, our Father, we thank you for the joy of a new school year. We thank you for strong, healthy bodies that enable us to play and compete. Before the season's first games, we ask you to help our teams and opponents remain injury-free. Could you help us to do our best?

We thank you for the opportunity of athletics. We pray for the athletes on each of our Holy Name teams. We ask your blessing on them. Help those on the team be present for all the practices and play their best. Help those who do not play on the teams find what they do best and dedicate themselves to it with a full heart.

We pray for our many coaches and athletic director. We thank you for their unselfish dedication to our athletic program. We thank you for all the hours they give to working with our teams and for the honor they bring to our school through their leadership, example, and commitment to athletic excellence. Lord God, we ask you to bless them. Help them to help us to be the best that we can be.

We ask this in the name of Jesus, the Lord. Amen.

### **Possible Prayers to Be Used by Coaches and Athletes**

*We encourage parents and student-athletes to pray together at home using the following prayers or prayers made up by the family. Prayer is always an opportunity for us to become closer to God.*

#### **On Doing Our Best**

Loving God, you give each of us unique gifts, and you call each of us to serve you and one another in particular ways. Help us do the best we can in all that we do, in our studies and extracurricular activities. When we have opportunities to excel, encourage us toward excellence. When we feel like being lazy, remind us to fulfill our responsibilities. Help us, loving God, to always do our best at whatever we do. We pray in the name of Jesus, the Lord. Amen.

#### **For Courtesy and Respect**

God our loving Father, you live in each one of us. Teach us to recognize you in one another and to relate to one another with courtesy and respect. May those who observe our school community be inspired by our behavior to remark, "See how they love one another." We ask this in the name of Jesus, the Lord. Amen.

### **For Coaches**

God our loving Father, we pray for our coaches. We thank you for their unselfish dedication to our athletic program. We thank you for all the hours they give to working with our teams and for the honor they bring to our school through their leadership and commitment to athletic excellence. Lord God, we ask you to bless our coaches. Help them to help us to be the best that we can be. We pray in the name of Jesus, the Lord. Amen

### **For Cheerleaders**

Loving God, in our cheerleaders, we see your joy and enthusiasm for us and everything in creation. Help our cheerleaders perform their routines with precision. Encourage the rest of us to support our teams. We thank you for our cheerleaders and ask you to keep them safe and free from injuries today and all season long. We pray in the name of Jesus, the Lord. Amen.

### **For Athletic Opponents**

God our loving Father, we thank you for all the other schools we compete against in sports. Without them, there would be no game. Help us respect our opponents and remember that they enjoy playing the game as much as we do. Bless our opponents with a desire to play fairly and observe the traditions of good sportsmanship. Regardless of who wins, may our opponents have a good experience playing against us. We pray in the name of Jesus, the Lord. Amen.

### **For Referees**

God of truth and justice, we pray for our referees whose task is to help us play fairly and according to the rules. Help their eyes to be sharp, their calls to be accurate, and their ears deaf to insults. Remind us to behave toward our referees with honor and respect. We pray in the name of Jesus, the Lord. Amen.

### **For Athletic Tryouts**

God of play, we thank you for the opportunity of athletics. We pray for the tryouts for the (*name of sport*) team. We ask your blessing on those who make the team and those who don't. Help those who make the team be present for all the practices and play their best. Help those who do not make the team find what they do best and dedicate themselves to it wholeheartedly. We pray in the name of Jesus, the Lord. Amen.

### **Before the First Game of the Season**

God our Father, we thank you for the joy of a new (*name of sport*) season. We thank you for strong, healthy bodies that enable us to play and compete. Before this first game of the season, we ask you to help our team, and our opponents remain injury-free. Help us to do our best. We ask this in the name of Jesus, the Lord. Amen.

### **For a Safe Journey to an Away Game**

Loving God, as we begin our journey to our game at (name of school/town), we ask your blessing on our team, coaches, and drivers. Help the road conditions to remain safe, help our drivers to stay alert, and help all of us make this a pleasant journey for everyone. We pray in the name of Jesus, the Lord. Amen.

### **For Fans Traveling to a Game**

Loving God, help all fans traveling to the game at (name of school/town) to arrive safely. Help them enjoy the game, cheer on their favorite team, and be gracious in victory or defeat. Help all the fans to a safe trip home. We pray in the name of Jesus, the Lord. Amen.

### **Before a Game with a Big Rival**

Loving God, as we prepare for our game with (name of school/town), we ask your blessing on both teams. We enjoy competing when both teams have an intense desire to win. But we ask you, loving God, to remind us to keep our rivalry in perspective. Help us to rededicate ourselves to fair play and good sportsmanship. Give us the joy of your Spirit. We pray in the name of Jesus, the Lord. Amen.

### **For a Championship Game**

Loving God, we thank you for bringing us to the point where we can play in a championship game. Thank you for giving us the physical and spiritual strength and stamina to get this far. We thank you for the talents and

dedication of all our players. As we go into this championship game, help us use all the gifts you have given us with enthusiasm and skill. Help us to give it our all. We pray in the name of Jesus, the Lord. Amen.

### **At the End of the Season**

God of games and play, we thank you for the (name of sport) season that has ended. We thank you for the efforts and enthusiasm of all the players, coaches, referees, and support personnel. Help us recall this season as a time when both victory and defeat brought us closer to one another and you. We pray in the name of Jesus, the Lord. Amen.

### **School Song**

Most schools stand up when the school song begins. At Holy Name Catholic School, we stand when we sing "...we doff our hats to thee and stand."

Hail, Holy Name School  
The greatest school in all the land,  
Hail, Holy Name School,  
We doff our hats to thee and stand.  
The green and white  
Spells loyalty we're proud to show.  
Cru-sa-ders, Rah! Rah! Hoo-rah!  
Holy Name School, let's go

The school of our youth,  
The greatest days we spend in thee.  
The friendships we have made  
Will always live in memory.  
Wherever we go  
Our motto's always victory.  
Cru-sa-ders, Rah! Rah, Hoo-Rah!  
Holy Name School, let's go!  
Yay, green! Yay, White! Yay Crusaders!  
Fight, fight, fight!



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J.M.J.

## MEDICAL RETURN TO COMPETITION

This form is used after an athlete is removed from and not returned to competition after exhibiting concussion symptoms. MHSAA rules require written authorization from a physician (MD/OD) before an athlete may return to play after exhibiting concussion symptoms that caused that athlete to be removed for the duration of a contest.

In cases where an assigned MHSAA tournament physician (MD/DO) is present, their decision to not allow a student to return to the competition may not be overruled.

Athlete: \_\_\_\_\_ School: Holy Name Catholic School

Event/Sport: \_\_\_\_\_ Date of injury: \_\_\_\_\_

### REASON FOR ATHLETE'S INCAPACITY

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### PHYSICIAN'S ACTION

I have examined the named student-athlete following this episode and determined the following:

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**Permission is granted** for the athlete to return to competition (may **not** return to practice or competition on the same day as the injury).

**Comments:** \_\_\_\_\_

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Physician's signature (MUST BE AN MD OR OD)

Physician's PRINTED Name

Dated

**TURN IN COPIES OF THIS COMPLETED FORM TO THE TEAM COACH,  
ATHLETIC DIRECTOR AND SCHOOL OFFICE**



## ATHLETIC ACADEMIC POLICY

1. For all students in grades 4 – 8 participating in athletic or club activities, academic eligibility checks will be made at the start of each season and every week.
2. A student is eligible for play/participation if they have an average of all class scores of 2.0 GPA or better (numbers are not rounded up – 1.99 is ineligible). The student shall not have a failing grade (an F) in any class. Students **MUST** meet both requirements to be eligible. Exceptions could be made if all teachers and the Athletic Director agree based on an individual student's education plan.
3. Students below the 2.0 GPA and failing a class are ineligible for ALL competition (games, meets, etc.) until the next grade check in one week. Students are to still attend practices and games in their uniforms and sit on the bench with their team. Suppose students can bring their grades up to meet eligibility requirements between grade checks. In that case, it is **THEIR** responsibility to show the Athletic Director to determine if they can participate in the next game before the next official grade check.
4. If repetitive ineligibility occurs, the Athletic Director may remove the student from the sport for the remainder of the season.

**Fill out completely, sign, and return to Holy Name athletic office.**



## **ATHLETIC PARENT STATEMENT**

Student's name \_\_\_\_\_ Grade \_\_\_\_\_

Birth Date \_\_\_\_\_ Female ☐ Male ☐

Name of health insurance company \_\_\_\_\_

Insurance reference / policy number \_\_\_\_\_

Mother's name \_\_\_\_\_

Home phone \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

Father's name \_\_\_\_\_

Home phone \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

Other emergency contact's name \_\_\_\_\_

Home phone \_\_\_\_\_ Cell \_\_\_\_\_ Work \_\_\_\_\_

I, at this moment, give my consent for the above student to engage in interscholastic athletics and for the disclosure to the Michigan High School Athletic Association (MHSAA) of information otherwise protected by FERPA and HIPPA to determine eligibility for interscholastic athletics.

I further understand that my son or daughter will be expected to adhere firmly to all established athletic policies of the school, school district, and the MHSAA.

I acknowledge that the athletic handbook is always available to me.

Signature of parent or guardian, or 18-year-old \_\_\_\_\_ Date \_\_\_\_\_

I understand that there is an inherent risk of injury when participating in the athletic program. Be advised that Holy Name Catholic School does not provide medical insurance for participation in the athletic program. I understand that it is my responsibility to provide medical insurance for my child to participate in athletics and agree to assume 100% responsibility for any emergency/ transportation/medical costs incurred due to my child's participation in the school athletic program.

If I cannot be contacted, I give my permission to Holy Name Catholic School officials to seek medical attention for my child as they deem necessary.

Signature of parent or guardian, or 18-year-old \_\_\_\_\_ Date \_\_\_\_\_

**Fill out completely, sign, and return to Holy Name athletic office.**



## **Athletic Handbook Acknowledgement**

(Print Neatly)

I, \_\_\_\_\_ along with \_\_\_\_\_  
STUDENT NAME PARENT/GUARDIAN NAME

have read the information in this handbook and agree to abide by the policies set forth by Holy Name Catholic School as long as I am enrolled here at Holy Name Catholic School or accept the prescribed consequences.

X \_\_\_\_\_  
STUDENT SIGNATURE DATE

X \_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE DATE

\*STUDENT/PARENT/GUARDIAN SIGNATURES ARE NOT NEEDED TO VERIFY KNOWLEDGE, UNDERSTANDING, AND COMPLIANCE WITH THIS HANDBOOK.