



## **Student Athlete Handbook 2021 - 2022**

220 Jefferson Street • Fairfield, CT 06825  
(203) 372-6521  
[www.notredame.org](http://www.notredame.org)

## **MESSAGE FROM THE PRINCIPAL**

This handbook has been assembled for the benefit of our students and parents. It is a document that describes our athletic programs and policies. Communication is an essential ingredient for any athletic program. We want Notre Dame to provide students and parents with a rewarding experience. This handbook can only enhance that attempt.

We wish to strike a balance between the goal of high academic achievement for our students integrated with a healthy approach to student activities. With your help and support, we can accomplish both objectives for our students at Notre Dame High School.

Sincerely,

Christopher Cipriano  
Principal

# NOTRE DAME ATHLETIC DEPARTMENT

## MISSION STATEMENT

Notre Dame High School's Athletic Department encourages every student-athlete to reach his/her fullest intellectual and athletic potential while abiding by the standards of good sportsmanship and ethical conduct. The athletic department strives to provide an atmosphere that helps foster sportsmanship, integrity, teamwork, respect, responsibility, and an academics-first approach.



## **ATHLETIC DEPARTMENT CORE VALUES**

- Academics-First
- Sportsmanship
- Integrity
- Teamwork
- Respect
- Responsibility

## **ROLE OF THE COACH**

The role of the coach is to provide guidance, encouragement, and serve as a role model for all student-athletes. Coaches at Notre Dame are significant components of our athletic program. They are both teachers and mentors. They have the responsibility to model Christ-like behaviors and positive attitudes at all times. All coaches are expected to implement the “core values” of ND athletics. In order to be effective, ND coaches must be knowledgeable in their sport, capable of detailed preparation, able to motivate athletes, adjust during competition, problem solve and work collaboratively with the Executive Athletic Director and ND administration. Our coaches will lead by example and represent ND with dignity and respect.

## **ROLE OF THE PARENT**

The role of the parent is essential to the overall success of our student-athletes. Through parental encouragement, parents can assure that all student-athletes learn and practice good sportsmanship, self-discipline, and practice the core values listed above. Please support your child by showing an interest in all ND teams. Teach your child that hard work and maximum effort are extremely important. Through this, your child will be a winner no matter what the outcome of the game.

Parents serve as role models for their children. Be aware of this and practice a positive approach to practices, games, and academics. Applaud good plays by our team, as well as by our opposition. Refrain from officiating or coaching from the sidelines. There will be no tolerance for yelling at players, officials or coaches.

## **ROLE OF THE STUDENT-ATHLETES**

The role of the student-athlete is to model the “core values” of ND athletics.

Student-athletes must be in good academic standing (passing all classes) throughout the season. If a student-athlete is not in compliance with passing grades, removal from upcoming practices and games will be implemented, as outlined in the Student Handbook. The time frame for missing practice and games will vary, but is dependent on the student-athletes' current academic status.

ND athletes should be diligent in preparation, give 100% effort, demonstrate personal discipline, be respectful in all situations, maintain self-control, show humility, and aggressively pursue excellence regardless of the score, opponent, time, referee, or situation. There will be zero tolerance for yelling at teammates, officials or coaches. The ultimate responsibility rests upon the shoulders of the student-athlete, for it is the student-athlete who is accountable to his/her parents, teammates, coach, and himself.

## **ROLE OF THE TEAM**

The role of the team is to model the “core values” of ND athletics. All ND athletic teams will provide service to the community, support fellow ND teams and athletes, strive to win the league sportsmanship award, and compete with pride and self-respect.

All teams will play for the name across the front of the jersey - Notre Dame. Although high school sports are extremely competitive, all teams will have fun and play hard.

All teams will set goals, work together to achieve them, and reflect on the process.

## **COMMITMENT**

One of the goals at Notre Dame is to have our students involved in as many activities as possible. In athletics, outside organizations have grown rapidly and have become increasingly popular for our student-athletes. Therefore, we feel it is important that all student-athletes and parents understand the rules and regulations in regards to outside sports organizations during the school year.

- Student-athletes may not participate on an outside team of the same sport that they are participating in at Notre Dame during the same season.
  - Example 1: A student-athlete participating on the soccer team at Notre Dame cannot participate on an outside soccer team until the Notre Dame season is over.
  - Example 2: A student-athlete may participate on an outside lacrosse team while participating on the Notre Dame baseball team.

For those student-athletes who fall under “Example 2”, please understand that Notre Dame meetings, practices, scrimmages, and games must take priority over an outside team.

- It is expected that when student-athletes make a commitment to a team, that they follow through for the entire season. Student-athletes are expected to attend all meetings, scrimmages, practices, and games for the entire season of the sport(s) that they play. Failure to do so will result in disciplinary action from the coach. This discipline can carry over to the next school year.
- All Notre Dame sports teams practice and play games over school vacations. It is expected that all student-athletes will attend all team activities during these vacations. Failure to do so will result in disciplinary action from the coach, including possible removal from the team. **The ND School calendar is available on the ND website. Please check the school calendar prior to planning family vacations.**

## **ATHLETIC DEPARTMENT COMMUNICATION POLICY**

While we expect all of our programs to run smoothly, we understand that there are times when student-athletes and parents may have concerns. Therefore, a communication policy has been set up to effectively resolve any issues before they become problems.

Generally at any time, a parent may discuss the following with a coach:

1. Mental and physical treatment of your child
2. Ways in which your child can improve
3. General concerns about your child’s behavior

While the above are certainly important topics that should be discussed both openly and professionally, the following list must be left up to the discretion of the coach and are not open for discussion:

1. Playing time
2. Tryout procedures/Selection of team members
3. Team strategy/play calling
4. Performance of other student-athletes
5. Selection of captains
6. Selection of those to receive special awards

It is also important that the established “chain of communication” is followed. General issues that can occur should be handled in the following order:

1. Student-Athlete and coach
2. Student-Athlete and Executive Athletic Director
3. Parent and coach
4. Parent and Executive Athletic Director
5. Parent and Assistant Principal

**Please take note of the following:**

- The proper way for a parent to set up a meeting with a coach, Executive Athletic Director, or the Assistant Principal is to send an email request.
- At no time should a parent contact the administration directly about an athletic issue. If this is done, the issue will be referred back to the Coach. It is imperative that the proper procedure be followed.
- Coaches are not to be approached before, during or after practices and games. Meetings should be set up via email with a mutually agreed upon time and location.

**ACADEMIC ELIGIBILITY**

Student-athletes are reminded that they are students’ first, athletes second. Academics are the first priority at Notre Dame High School. In order to participate in athletics, students must pass 60% of their coursework. All students must pass 4 out of 6 classes or 5 out of 7 in a marking period.

Eligibility to return after a marking period of ineligibility will be made once grades become official at Notre Dame and report cards are distributed.

Student-athletes are subject to the CIAC 8 semester rule. This rule states that no student-athlete shall participate in the same branch of athletics more than four (4) seasons in grades 9-12 at any school.

**SPORTSMANSHIP/STUDENT-ATHLETE DISQUALIFICATIONS**

Notre Dame strives to have all those involved with our athletic program act in a sportsmanlike manner at all times. Integrity and character are not only qualities we look for in our captains, but in all of our student-athletes. By agreeing to wear the “ND” on a uniform, student-athletes are held to a higher standard than most. Remember, student-athletes not only represent themselves, but also the team, school, and family.

Therefore, any student-athlete who is disqualified/ejected from a contest will serve **at least** a one game suspension immediately following the disqualification/ejection. This suspension can carry over to the next school year. The suspension could be longer, and is at the discretion of the administration. There are no exceptions. If a student-athlete is disqualified/ejected **a second time** during his/her ND sports career, this will result in an automatic two game or more suspension. This will be determined

by the coach, Executive Athletic Director and ND administration.

### **ATTENDANCE POLICY**

In order to participate in or attend any athletic event, the student-athlete must be in school during the day (at least 4 hours). If a student is dismissed early on a "game day," he/she will not be eligible to play in that game without advance approval from the Assistant Principal. Only medical appointments, accompanied by a medical note, will be approved.

If a student-athlete is sent home by the nurse, or leaves school for any reason that is not approved by the administration, he/she will not be allowed to participate in or attend any athletic event that day.

### **WEARING OF TEAM UNIFORM TOPS IN SCHOOL**

Student-athletes are allowed to wear the team uniforms on days determined by the school during their respective season. No other times are student-athletes allowed to wear team uniforms except with permission granted from school administration.

### **SCHOOL ATHLETIC POLICIES**

Below is a list of school-specific athletic policies that must be followed. Of course, all Notre Dame High School rules and regulations must be followed at all times. A complete list of all school requirements is located in the Student & Parent Handbook.

- Attendance at all practices and games is mandatory. This includes weekends and vacations.
- Student-athletes are not permitted to go on vacation during the season(s) in which they participate in a sport. Doing so will or could mean disciplinary action and/or automatic removal from that team.
- Student-athletes who are suspended from school may not participate in or attend practices or games until they return to school.
- Injuries must be reported to the coach immediately. Any student-athlete who received medical treatment must have a doctor's release before returning to a team.
- All athletic lockers must be locked at all times. Do not leave any valuables in these lockers or unattended in the locker room.
- All attire that is worn for practices and games must be brought home and washed each day. These items should not be left in an athletic locker or locker room overnight.
- Student-athletes are expected to be sportsmanlike at all times. This includes in the locker room, on the bus and on the field.
- Initiations and hazing are not permitted in any way. This will result in the immediate removal from the team.
- If a student-athlete is not in academic compliance, removal from upcoming practices and games will be implemented. The time frame for missing practices and games will vary, but is dependent on the student-athletes' current academic status.

### **SOCIAL MEDIA**

Students' social media pages are NOT PRIVATE, nor are any other internet postings, etc. The depiction or discussion of drug or alcohol use/abuse, illegal activities of any kind, or violation of any school rule or regulation brought to the attention of the administration will be thoroughly investigated and dealt with accordingly. In addition, any student posting inappropriate, threatening, harassing, antagonistic or other statements, comments, pictures, replies, etc. directed negatively at students, faculty, coaches,

or staff of Notre Dame High School will be subject to disciplinary and/or legal action by Notre Dame and local police.

### **ALCOHOL, DRUG, TOBACCO AND PERFORMANCE ENHANCING SUBSTANCE POLICY**

Student-athletes are bound to the Notre Dame High School policy regarding the use of alcohol, drugs and tobacco. This policy is located in the [Student & Parent Handbook](#). Discipline will be determined by the administration and Athletic Department.

Performance enhancing substances are extremely dangerous and potentially deadly for those that use them. In order to protect our student-athletes and to ensure that no one is receiving an unfair advantage, the following is the Notre Dame High School policy regarding the possession and/or use of performance enhancing substances:

#### First Offense

- Any student-athlete found in possession of or found to have used performance enhancing substances will be suspended from interscholastic athletics for 365 calendar days. [The student may also be suspended or expelled from Notre Dame.](#)

#### Second Offense

- Any student-athlete found in possession of or found to have used performance enhancing substances for a second time will be permanently banned from participating in interscholastic athletics at Notre Dame High School. [The student will be expelled from Notre Dame.](#)

### **BULLYING POLICY**

[Bullying is defined as any overt act, by a student or group of students, directed against another student, with the intent to ridicule, harass, humiliate or intimidate the other student while on school grounds, at a school sponsored activity/event, on a school bus, outside of school or electronically \(cyber-bullying\), which \[acts\] are committed more than once against any student during the school year. It includes intentional written, electronic, verbal or physical acts or actions \(whether seriously, in jest or online\) against another person that a reasonable person under the circumstances should know will have the effect of:](#)

- [Placing a person in reasonable fear of substantial harm to his physical or mental well-being or substantial damage to his property.](#)
- [Creating an unsafe, hostile, threatening, intimidating, humiliating or abusive educational environment.](#)

[Acts of bullying or cyber-bullying are illegal and will be investigated not only by Notre Dame, but also by state and/or local law enforcement. Disciplinary action for incidents of bullying may include, but are not limited to counseling, school suspension and expulsion from Notre Dame.](#)

[The appropriate resources and support will be provided to a victim of bullying through the ND Guidance Office, Chaplain's office, or other outside agencies as requested by the family.](#)

### **HAZING POLICY**

[Hazing in any form is neither tolerated nor consistent with any spiritual, educational or athletic goal at ND High School. Hazing is defined as "any activity expected of someone joining or participating in a](#)



group that humiliates, degrades, abuses or endangers them regardless of a person's willingness to participate" (National Study of Student Hazing, 2008).

The specific behaviors or activities within these categories vary widely among participants, groups and settings (on or off campus). Any activity that intimidates or threatens the student with ostracism or that subjects a student to extreme mental stress, embarrassment, shame or humiliation that adversely affects the mental health or dignity of the student or discourages the student from remaining in school is considered hazing.

Any activity that causes or requires the student to perform a task that involves violation of state or federal law or Notre Dame policies or regulations is considered hazing. Hazing in any form will not be tolerated at Notre Dame and will result in disciplinary actions up to and including possible expulsion.

#### Procedures to be followed for Suspected or Reported Bullying/ Hazing Behavior:

- Student or parent reports the incident and suspected behavior immediately to a school staff member who will ensure that the incident is reported to the appropriate school administrator. The student or parent must submit the report in writing even if a face-to-face meeting took place.
- School administration will immediately investigate the incident and follow the established guidelines for investigation, intervention, and notification of parents of all parties
- Bring resolution to the incident in a timely manner and inform all parties involved as to findings and action to be taken.

#### AWARDS

Student-athletes will be eligible to receive the following participation awards based upon achieving all of the following requirements:

##### Varsity Letter

- Be in uniform for at least 50% of the varsity games
- Complete the season as a member in good standing
- Receive coach's recommendation

##### Freshman Numerals

- Be in uniform for at least 50% of the freshman games
- Complete the season as a member in good standing
- Receive coach's recommendation

##### Notes

- Student-athletes receive one set of freshman numerals and one varsity letter during their high school athletic career, even if they participate in more than one varsity sport.
- For student-athletes who split time between levels and do not achieve the 50% rule at any level, the time at the higher level will be credited towards their Freshman Numerals.
- Student-athletes who are injured and do not achieve the 50% rule can receive their award at the recommendation of the coach and approval of the **Executive Athletic Director**.
- If a student-athlete is purchasing a letter jacket and would like to purchase additional patches (which are no longer awarded) in sports that they have played, they should contact the Athletic Director.

#### ATHLETIC TRAINER

An athletic trainer will be on site for most practices and games during the season. Athletes are encouraged to utilize the trainer, when necessary.

If medical treatment is necessary, submitting a return-from-injury medical note to our athletic trainer and/or school nurse is necessary before returning to the team.

### **CONCUSSION PROTOCOL**

A pre-season ImPact test will be conducted to document cognitive base-line data on all athletes. During the season, if an athlete exhibits signs/symptoms of a concussion, he/she will be sent to his/her physician or the emergency room of a local hospital. The athlete will also complete a post-concussion ImPact test within 48-72 hours after injury with the Athletic Trainer. The test results will be sent to the athlete's treating physician for evaluation. The athlete will need his/her physician's and the athletic trainer's clearance prior to returning to play.

### **Student and Parent Concussion Informed Consent Form**

This consent form was developed to provide students and parents with current and relevant information regarding concussions and to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education* and Section 10-149c: *Student athletes and concussions. Removal from athletic activities. Notification of parent or legal guardian. Revocation of coaching permit.*

#### **What is a Concussion?**

**National Athletic Trainers Association (NATA)** - *A concussion is a "trauma induced alteration in mental status that may or may not involve loss of consciousness."*

**Centers for Disease Control and Prevention (CDC)** - *"A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth."*  
-CDC, Heads Up: Concussion [http://www.cdc.gov/headsup/basics/concussion\\_what.html](http://www.cdc.gov/headsup/basics/concussion_what.html)

*Even a "ding," "getting your bell rung," or what seems to be mild bump or blow to the head can be serious"* -CDC, Heads Up: Concussion Fact Sheet for Coaches  
[http://www.cdc.gov/concussion/HeadsUp/pdf/Fact\\_Sheet\\_Coaches-a.pdf](http://www.cdc.gov/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.pdf)

#### **Section 1. Concussion Education Plan Summary**

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site:  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. The recognition of signs or symptoms of concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.

3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

## **Section 2. Signs and Symptoms of a Concussion: Overview**

**A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.**

**Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):**

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

**Symptoms of a concussion may include (i.e. what the athlete reports):**

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach **MUST** immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

**Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

## **Section 3. Return to Play (RTP) Protocol Overview**

Currently, it is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed healthcare professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

### ***Concussion Management Requirements:***

1. No athlete shall return to participation in the athletic activity on the same day of concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete **MUST** be immediately transported to the hospital.

3. Close observation of an athlete **MUST** continue following a concussion. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion **MUST** be evaluated by a licensed healthcare professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete **MUST** obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity\*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

***Medical Clearance RTP protocol (Recommended one full day between steps)***

<b>Rehabilitation stage</b>	<b>Functional exercise at each stage of rehabilitation</b>	<b>Objective of each stage</b>
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling maintaining intensity ,<70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact sport drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

\* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete’s symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don’t resolve, the athlete should be referred back to her/his medical provider.

**Sudden Cardiac Arrest Awareness  
Student & Parent Informed Consent Form**

NOTE: This document was developed to provide student-athletes and parents/guardians with current and relevant information regarding sudden cardiac arrest. A new form is required to be read, signed, dated and kept on file by the student-athlete’s associated school district annually to comply with Connecticut General Statutes Chapter 163, Section 10-149f: SUDDEN CARDIAC ARREST AWARENESS EDUCATION PROGRAM.

*Part I – SUDDEN CARDIAC ARREST - What is sudden cardiac arrest?*

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn’t just happen to adults; it

takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

#### *PART II - HOW COMMON IS SUDDEN CARDIAC ARREST IN THE UNITED STATES?*

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. It is a leading cause of death for student-athletes.

According to an April 2014 study for PubMed, the incidence was:

- 0.63 per 100,000 in all students (6 in one million)
- 1.14 per 100,000 athletes (10 in one million)
- 0.31 per student non-athletes (3 in one million)
- The relative risk of SCA in student athletes vs non-athletes was 0.65
- There is a significantly higher risk of SCA for boys than girls

Leading causes of sudden death among high school and college athletes, according to the National Collegiate Athletic Association (NCAA) (on CBS News, June 28, 2012)\* are heat stroke, heart disease and traits associated with sickle cell anemia. Prevention of sudden death, the same study concludes, is associated with more advanced cardiac screening with attention to medical histories and birth records, improved emergency procedures, and good coaching and conditioning practices. SCA can be prevented if the underlying causes can be diagnosed and treated.

#### *PART III - WHAT ARE THE WARNING SIGNS AND SYMPTOMS?*

Although SCA happens unexpectedly, some people may have signs or symptoms, such as: fainting or seizures during exercise; unexplained shortness of breath; dizziness; extreme fatigue; chest pains; or racing heart.

These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion.

Sudden cardiac arrest is a medical emergency. If not treated immediately, it causes sudden cardiac death. With fast, appropriate medical care, survival is possible. Administering cardiopulmonary resuscitation (CPR) — or even just compressions to the chest — can improve the chances of survival until emergency personnel arrive.

[\(http://www.mayoclinic.org/diseases-conditions/sudden-cardiac-arrest/basics/\)](http://www.mayoclinic.org/diseases-conditions/sudden-cardiac-arrest/basics/)

#### *WHAT ARE THE RISKS OF PRACTICING OR PLAYING AFTER EXPERIENCING THESE SYMPTOMS?*

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

#### *REMOVAL FROM PLAY*

Any student-athlete who shows signs or symptoms of SCA must be removed from athletic activity and referred to a licensed health care professional trained specifically in the treatment of cardiac care. The symptoms can happen before, during or after activity.

#### *RETURN TO PLAY*

Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed and written clearance be provided by a licensed medical provider.

To summarize:

- SCA is, by definition, sudden and unexpected.
- SCA can happen in individuals who appear healthy and have no known heart disease.
- Most people who have SCA die from it, usually within minutes.
- Rapid treatment of SCA with a defibrillator can be lifesaving.
- Training in recognition of signs of cardiac arrest and SCA, and the availability of AEDs and personnel who possess the skills to use one, may save the life of someone who has had an SCA.

(National Heart, Lung, and Blood Institute)

### **TRANSPORTATION TO AND FROM AWAY CONTESTS**

All athletes must take the bus to away contests.

Parents may take their child home from away contests, with approval of the coach. No paperwork is necessary to do this. However, please note that athletes may only go home with their parents. "Carpooling" home is not acceptable.

Some coaches have policies that state all athletes must take the bus home with the team. We ask parents to abide by these team specific rules.

Any questions on this policy should be directed to the **Executive Athletic Director.**

### **NOTRE DAME ATHLETIC ASSOCIATION**

The purpose of the Notre Dame Athletic Association is to give emotional and financial support to the athletic programs offered by the school. The parents work at various athletic events, help with maintenance work on athletic facilities, organize various social gatherings for our athletic teams and sponsor fundraisers.

The Notre Dame Athletic Association encourages parents to become involved. This will only help strengthen the family spirit at Notre Dame. The more parents that represent every team, the more that the school can accomplish.

Please become involved in the Notre Dame Athletic Association.

### **SCHOOL AFFILIATIONS**

Notre Dame is a member of the Connecticut Interscholastic Athletic Conference (CIAC), which governs all rules and regulations for interscholastic events in Connecticut. N.D. is also a member of the South West Conference (SWC), ([www.swc-ct.com](http://www.swc-ct.com)), which is one of the most competitive in the state.

- The CIAC sets many rules and regulations in order to be eligible for participation in a sport. Student-athletes are expected to be familiar with, and comply with all rules and regulations set forth by the CIAC. Specific questions should be directed to the Athletic Director.
- The CAS/CIAC website, [www.casciac.org](http://www.casciac.org), provides complete information for student-athlete eligibility. This list is also available in the Athletic Office.

The CIAC offers an online newsletter to keep everyone informed of important information:  
**[www.casciac.org/pdfs/ciacsportsflyer.pdf](http://www.casciac.org/pdfs/ciacsportsflyer.pdf)**

### **NCAA RULES AND REGULATIONS**

All high school students who wish to compete at any Division I or Division II college must register with the NCAA Initial Eligibility Clearinghouse. Information can be found at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net). This should be done in either the junior or senior year. Please complete this in a timely manner.

### **DIRECTIONS AND UPDATED SCHEDULE INFORMATION**

The easiest way to get directions to away events is by using the CIAC website:  
[www.ciacsports.com](http://www.ciacsports.com)

Links to all Notre Dame athletic schedules can be found at: [www.ciacsports.com](http://www.ciacsports.com)

This website will provide up-to-the minute updates regarding results, cancellations, location changes, etc... It will also allow parents to sign-up to receive emails when any Notre Dame athletic schedules change.

Follow ND sports on Twitter @NDFprincipal and @NDFFLD

**Notre Dame acknowledges and thanks the following school for their assistance in the development of this Student-Athlete Handbook:**  
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