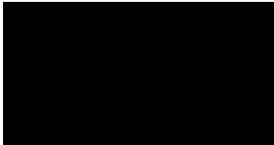


2023 – 2024



**Guardian
Angels
Central
Catholic**



GACC FIGHT SONG

To Central Catholic we sing
May our praise to the skies ever reign.
The school where we learn to do right,
And to keep our honor bright.
Hoorah for the white and the blue,
May our colors forever be true.
So Central Catholic to you,
We pledge sincerity and loyalty forever.
Hey C-E-N-T-R-A-L
Central!



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This handbook exists to explain the procedures, policies, rules and regulations which govern extra-curricular activities sponsored by Guardian Angels Central Catholic.

This handbook is to be used as a pro-active guide regarding expected conduct of all members of the Guardian Angels Central Catholic community who participate in any school-sponsored activity as a competitor, cheerleader, coach, moderator or spectator.

This handbook will be used as the primary resource regarding consequences for any violation of the established code of conduct and/or eligibility requirements for members of the Guardian Angels Central Catholic student body.

The School Board and Administration of Guardian Angels Central Catholic appreciates that the parameters set forth in this handbook are in no way exhaustive in regards to the unique circumstances and situations that may arise as a result of the many activities and events sponsored by our school.

Therefore, should a situation arise that is not covered by this handbook, the Administration shall have the authority to determine the appropriate response.

MISSION STATEMENT

The mission of the Activities Department of Guardian Angels Central Catholic is to prepare all students to reach their fullest potential by learning and leading through Christ.

GOALS

To offer a variety of extra-curricular activities which provide the individual student the opportunity to:

- reach their fullest potential
- develop a broad range of interests and abilities
- build interpersonal skills
- experience roles of leadership and responsibility

I. GACC ACTIVITIES

A. NSAA - Sponsored Activities @ GACC

Baseball	Boys Basketball	Boys Track
Cross Country	Football	Girls Basketball
Girls Track	Golf	Instrumental Music
Play Production	Softball	Speech
Vocal Music	Volleyball	Wrestling

B. GACC - Sponsored Activities

Academic Contests	Academic Decathlon	Cheerleading/Dance*
Class Council	House Program	Musical Production
National Honor Society	Quiz Bowl	Robotics

**Cheerleading/Dance Team members are required to follow all NSAA regulations as well as GACC policies for sports and school activities.*

II. GACC - SPONSORED ACTIVITIES

A. Cheerleading / Dance Team

As with any school team, being a member of the Blue Jay Cheer Squad is an honor and a privilege. Cheerleaders promote school spirit and support the Bluejays throughout the entire school year.

Cheerleading tryouts are held in the spring of each year. At this time, participants are selected to cheer the following year. All those selected are required to cheer during both football and basketball seasons unless they play another sport. In this case, with sponsor's approval, the participant may cheer during the off-season for their chosen sport.

Permission must be obtained from the cheerleader's parents before girls are permitted to join the squad. Cheerleaders will be required to sign a contract stating they understand and will comply with specific guidelines and policies established by sponsor and team captains. At any time this contract is breached, cheerleaders may be suspended from the squad either for a short period of time or indefinitely as decided by the cheer sponsor and administration of GACC.

Cheerleaders are expected to look and act their best all the time. Because the uniform is uniquely fitted to each individual, the cheerleader and/or parents will be responsible for the cost of the uniform. If at any time during the year a uniform ceases to fit properly, including becoming too short, the cheerleader and/or parents will be expected to replace the unacceptable piece immediately, before the cheerleader will be allowed to cheer again.

B. Class Council

Class Council is composed of four class officers who are elected each year. The officers are: president, vice-president, secretary and treasurer. Nominations for office will be submitted to the class advisors the first week of school. Voting for the class officers will be done by the second week of school for upper classes. Voting will be done by written ballot. Advisors will tally the votes. Voting in the presidential election will occur first, with the candidate earning the most votes becoming president, and the runner-up becoming vice-president. Voting for treasurer and secretary will also be conducted by written ballot and will follow the presidential election.

Class meetings will be held at the request of the class officers and sponsors. Main duties for the officers of each class are as follows:

All Classes - Concession Stand
Juniors - Prom

Sophomores - Senior Breakfast
Seniors - Graduation

There will be no Junior High Class Council.

C. National Honor Society

Membership in the National Honor Society is both an honor and a responsibility. Selection for membership is by faculty council (group of 5 teachers appointed annually by the principal) and is based on outstanding scholarship, leadership, character, and service. Students selected for membership are expected to continue to demonstrate the qualities of scholarship, leadership, character, and service.

Candidates eligible for membership must be a member of the junior, or senior classes. Candidates are evaluated in the fall semester. They must have a cumulative grade point average of at least 91.0% (B+). Eligible candidates are then evaluated on the basis of leadership, character, and service.

Leadership and character are based on faculty ratings. Each faculty member rates students with whom they have had definite contact on a 1-4 scale (1-poor, 2-average, 3-above average, 4-superior). The criteria the teachers look at are:

Leadership

1. Demonstrates leadership in the classroom or organization work.
2. Is thoroughly dependable in any responsibility he/she accepts.
3. Demonstrates initiative in carrying out any responsibility without the prodding of teachers.
4. Exemplifies the qualities and attitudes, which are a silent influence on others for good.

Character

1. Demonstrates highest standards of attitude toward honesty, reliability, fairness and tolerance.
2. Constantly exemplifies desirable qualities of personality, cheerfulness, friendliness, neatness, poise, and stability.
3. Cooperates by complying with school regulations.
4. Exemplifies positive independent thinking.

Service is based on the Student Activity Information Form that the candidates fill out. It is also rated on the same 1 to 4 scale.

The ratings are then averaged by the principal. Selection for membership is determined by the faculty council. The faculty council reviews the overall averages and the students' activity information forms and selects each member by a majority vote. Students selected for membership in the National Honor Society are announced at Awards Night.

Members who do not live up to the standards of the National Honor Society will be warned in writing by the chapter advisor and given a reasonable amount of time to correct the deficiency. In cases of a flagrant violation of school rules or violation of civil laws, a member does not necessarily need to be warned before dismissal from the National Honor Society. Warnings include, but are not limited to the following: grade point average falling below 91.0%, suspension, violations of the GACC Code of Conduct or student pregnancy (both boy and/or girl).

Typically, the first violation will result in a written warning. If there is a second violation, the candidate will appear before the faculty council. At this meeting there will be a presumptive recommendation of dismissal from the National Honor Society. A third violation would warrant automatic dismissal. For purposes of dismissal, a majority vote of the faculty council is required.

III. TEAM LEVELS

A. Junior High Teams

Participation in junior high activities is an introduction to interscholastic activities. Skill development, sportsmanship, and the team philosophy are important goals at this level. GACC provides the opportunity for all students to participate.

B. Freshmen & Junior Varsity Teams

Freshman and junior varsity teams provide a transition from junior high to varsity competition. The level of intensity in practice, as well as in contests, is increased. The commitment and dedication to the team and activity is also increased at this level. The participant is given opportunities to compete based on his/her increased skill and abilities at practice and dedication to the team. Every attempt will be made to give each team member opportunities to compete, but time and opportunities will not be equal for each participant.

C. Varsity Teams

To be a member of the varsity team is an honor that must be earned. At this level, there is no guarantee of opportunities to compete.

IV. PARTICIPATION

Students are encouraged to participate in more than one activity each season, provided that just one activity is an athletic activity. If a student chooses to participate in more than one activity per season, the participant, his/her parents, and coaches/sponsors, must all understand and respect the required amounts of time necessary to compete in each activity. However, being a member of multiple teams does mean being responsible to many different people. All efforts will be made through scheduling, understanding, and cooperation between coaches or sponsors involved to be sure the integrity of each team is not harmed by a student's participation in multiple activities. If resolution appears unattainable administration may intercede.

Each student is required to provide the following in order to participate in GACC activities:

A. NSAA Consent Form

Before a student is permitted to take part in the athletic program at Central Catholic, the parent(s) must sign a consent form which states:

The participating student must sign a form which states:

This application to compete in interscholastic activities for the above named high school is entirely voluntary on my part and is made with the understanding that I have read the eligibility rules and regulations of the State Association and I am not in violation of such rules.

B. Physical Exam

Each student who expects to participate in athletic contests shall present to the athletic director or coach once each year, before actual participation in any practice, a physician’s certificate (on a form prescribed by the school) stating that he/she is physically fit for athletic participation.

This health form also includes a section for the parent(s) to sign. This section includes the statement:

I hereby give my consent for the above named student to:

a. Represent his school in athletic activities, except those crossed out on this form by the examining physician, provided that such athletic activities are approved by the State Association.

b. Accompany any school team of which he/she is a member on any of its local or out-of-town trips. I authorize the school to obtain, through a physician of its own choice, any emergency medical care that may become reasonably necessary for the student in the course of such athletic activities or such travel. I also agree not to hold the school or anyone acting in its behalf responsible for any injury occurring to the above named student in the course of such athletic activities or such travel.

These forms are kept on file at GACC.

V. NSAA STUDENT ELIGIBILITY

In order to represent a high school in interscholastic athletic competition and non-athletic, a student must abide by eligibility rules of the Nebraska School Activities Association. A summary of the major rules is given below. Contact the principal or activities director for an explanation of the complete rule.

- A. Students must be an undergraduate.
- B. After a student's initial enrollment in grade nine, he/she shall be ineligible after eight semesters of school membership beginning with his/her enrollment in grade nine.
- C. Students are ineligible if nineteen years of age before August 1 of the current school year. (Students in grades 7 or 8 may participate on a high school team if he/she was 15 years of age prior to August 1 of the current school year.)
- D. Students must be enrolled in some high school on or before the eleventh school day of the current semester.
- E. Students must be enrolled in at least twenty hours per week and regular in attendance, in accordance with the school's attendance policy at the school he/she wishes to represent in interscholastic competition.
- F. Students must have been enrolled and received twenty hours in school the immediate preceding semester.
- G. Guardianship does not fulfill the definition of a parent. If a guardian has been appointed for a student, the student is eligible in the school district where his/her natural parent(s) have their domicile. Individual situations involving guardianship may be submitted to the Executive Director for his review and a ruling.
- H. A student entering grade nine for the first time after being promoted from grade eight of a two-year junior high, or a three-year middle school, or entering a high school for the first time after being promoted to grade ten from a three-year junior high school is eligible. After a student makes an initial choice of high schools, any subsequent transfer, unless there has been a change of domicile by his/her parents, shall render the student ineligible for ninety school days. If a student has participated on a high school team at any level as a seventh, eighth, or ninth grade student, he/she has established his/her eligibility at the high school where he/she participated. If the student elects to attend another high school upon entering ninth or tenth grade, he/she shall be ineligible for ninety school days.

- I. Student eligibility related to domicile can be attained in the following manners:

1. If the change in domicile by the parents occurs during a school year, the student may remain at the school he/she is attending and be eligible until the end of the school year or transfer to a high school located in the school district where the parents established their domicile and be eligible.
 2. If the parents moved during the summer months and the student is in grade twelve and the student has attended the high school for two or more years, the student may remain at the high school he/she has been attending and retain eligibility.
 3. If a student has been attending the same high school since initial enrollment in grade nine, he/she may remain at that high school and retain eligibility, or he/she is eligible at a high school located in the school district where his/her parents established their domicile.
 4. If the parents of a student change their domicile from one school district that has a high school to another school district that has a high school, the student shall be eligible immediately in the school district where the parents established their domicile.
 5. Transfer students who have their Enrollment Option applications signed and filed prior to March 15 shall be eligible immediately in the fall. Those students who do not have their Enrollment Option applications signed and filed prior to March 15 shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
- J. Other non-enrollment option transfer students must have signed and delivered all forms necessary to make such transfer to the school in which he/she intends to enroll for the 2023-2024 school year prior to May 1st, 2023; for the student to be eligible, the school to which the transfer is being made must have notified the NSAA office in writing, postmarked no later than May 1st, 2023. The student would, however, become ineligible for ninety school days the next fall if the student were to change his/her mind and decide not to transfer. If such student were to transfer to the new school, but later decides to return to his/her former district before 90 school days have elapsed, such student will be ineligible in the former district for 90 school days, with the ineligibility period commencing at the start of the fall semester. Those students, who did not have their enrollment forms signed, delivered and accepted prior to May 1st, 2023, shall be ineligible for ninety school days, with such transfers being subject to hardship waiver guidelines.
- K. Once the season of a sport begins, a student shall participate in practices and compete only in athletic contests/meets in that sport, which are scheduled

by his/her school. Any other competition will render the student ineligible for a portion of, or all of, the season in that sport.

- L. During the season of a particular sport, athletes participating in that sport for a high school may attend, but may not physically take part, either as an individual or as a member of a team, in the sport activity in which instruction is being offered in the clinic, camp or school.
- M. A student shall not participate on an all-star team while a high school undergraduate.
- N. A student must maintain his/her amateur status.

VI. ACADEMIC ELIGIBILITY

Grade reports are checked every Monday morning. If a student is failing one class they are ineligible from extracurricular activities. The period of ineligibility starts on Tuesday and runs for seven days. Students and parents will be notified by email. The Administration will check grades each Monday beginning with the first Monday after the 15th school day of each semester. If the student is ineligible they must attend study hall every day until 4:00 with the teacher of the class they are failing. They must do this until their grade is no longer failing. The student must have the teacher sign their eligibility form and turn it into the office on Friday.

A student is ineligible for the entire week even if their grade returns to passing during the week. Failure to attend study hall results in a detention.

Grades are posted each week. A student will not be allowed to leave during the school day for any reason except for class service projects or retreat if he/she is failing a class. This is the discretion of the administration.

Special Education students who are meeting their Individualized Education Plan (IEP) goals, through the recommendation of the special education teacher and with the approval of the building principal may be eligible for participation in extracurricular activities.

VII. ILLNESS

In the event that an athlete fails to participate in practice or competition because of an illness lasting five days or more, such student shall not resume participation in practice or competition without first submitting a signed statement from a physician or parent to the coach stating that he/she is physically fit to resume such practice or competition.

VIII. SCHOOL ATTENDANCE

Following an illness a student may participate in practice or competition, only if

he/she attends and completes the day of school, beginning no later than 10:00 a.m., immediately preceding such practice or competition. The principal may grant exceptions to this rule if the student gives advance notice of an intended absence from school.

IX. TRANSPORTATION TO EVENTS

All participants must ride to and from NSAA and school-sponsored contests or events by means of approved school transportation (buses, cars, vans, and approved drivers assigned by the administration), unless they secure prior permission from the administration. Students will only be released to their parents.

X. POSTPONED OR CANCELED EVENTS

No event, in which GACC is entered, may be canceled or postponed without prior approval of the Administration. When the decision is made to postpone an event, notification will be broadcast via radio, Sycamore and Beacon notification systems.

XI. MATERIALS & LOCKERS

Students are responsible for all materials issued by the school for co-curricular activities (drama materials, athletic materials, etc.). Failure to return these items in proper working condition may result in the forfeiture of the privilege to participate in extracurricular activities. Students may also be assessed a fine to cover the cost of replacing the materials.

Lockers are meant for single student use, and students are not to go through or use other student's lockers. Lockers are the property of GACC and are to be kept neat and in good condition. Students should not have any expectation of privacy regarding their lockers, as they are subject to inspection at any time for any reason. Valuables and money should not be kept in lockers. The school is not responsible for loss of such items. A student may lock their locker using a lock obtained from the school. The school will retain a key and a record of the combination so that the school's access to the locker may not be impeded.

XII. INJURIES

Students are to report any injury or infirmity to their coach or sponsor immediately.

An athlete may be excused from participation in practice or competition in a sport

because of physical injury. An excuse from practice or competition may be obtained from the head coach by submitting a signed statement from a physician explaining the nature of the injury and stating that the athlete should not practice or compete because of injury.

After receiving an excused absence because of injury, no athlete shall participate in practice or competition without first having submitted a signed statement from a physician or parents to the head coach stating that he/she is physically fit to resume such practice or competition.

The following information relates specifically to concussions or brain injury:

A. Training

The Principal or designee shall make available training approved by the chief medical officer of the State on how to recognize the symptoms of a concussion or brain injury and how to seek proper medical treatment for a concussion or brain injury to all coaches of school athletic teams.

B. Education

The Superintendent or designee shall require that concussion and brain injury information be provided on an annual basis to students and the students' parents or guardians prior to such students initiating practice or competition. The information provided to students and the students' parents or guardians shall include, but need not be limited to:

1. the signs and symptoms of a concussion;
2. the risks posed by sustaining a concussion; and
3. the actions a student should take in response to sustaining a concussion, including the notification of his or her coaches.

C. Response to Concussions

1. Removal

A student who participates on a school athletic team shall be removed from a practice or game when he or she is reasonably suspected of having sustained a concussion or brain injury in such

practice or game after observation by a coach or a licensed healthcare professional.

2. **Return-to-Play**

A student who has been removed from a practice or game as a result of being reasonably suspected of having sustained a concussion or brain injury student shall not be permitted to participate in any school supervised team athletic activities involving physical exertion, including, but not limited to, practices or games, until the student:

- a. has been evaluated by a licensed healthcare professional
- b. has received written and signed clearance to resume participation in athletic activities from the licensed healthcare professional, and
- c. has submitted the written and signed clearance to resume participation in athletic activities to the school accompanied by written permission to resume participation from the student's parent or guardian.

The coach or administration may require that the student's return to full activities be on a stepwise progression back to full participation, or otherwise establish conditions for return to participation that are more restrictive than those defined by the licensed health care professional if the coach or an administrator reasonably deems such to be appropriate.

The signature of an individual who represents that he or she is a licensed healthcare professional on a written clearance to resume participation that is provided to the school shall be deemed to be conclusive and reliable evidence that the individual who signed the clearance is a licensed healthcare professional. The school is not required to determine or verify the individual's qualifications.

3. **Parent Notification**

If a student is reasonably suspected after observation of having sustained a concussion or brain injury and is removed from an athletic activity per the preceding paragraph, the parent or guardian of the student shall be notified by the Superintendent or designee of the date and approximate time of the injury suffered by the student,

the signs and symptoms of a concussion or brain injury that were observed, and any actions taken to treat the student.

D. Responsibility of Coaches

Coaches shall comply with this policy and apply their safety and injury prevention training. A coach who fails to do so is subject to disciplinary action, including but not limited to termination of employment.

E. Students & Parents

It is recognized that coaches cannot be aware of every incident in which a student has symptoms of a possible concussion or brain injury. As such, students and their parents have a responsibility to honestly report symptoms of a possible concussion or brain injury to the student's coaches on a timely basis.

F. Effective Date

This policy became operative on July 1, 2012. The administration may, but shall not be required to, implement provisions of this policy prior to such date as it determines appropriate.

XIII. ACTIVITIES CODE OF CONDUCT

Participation in activities at GACC is regarded as a privilege. All participants shall abide by a code of conduct that will earn them the honor and respect that participation and competition in interscholastic activities affords. Any conduct which results in dishonor to the participant, team, or school will not be tolerated. Acts of unacceptable conduct tarnish the reputation of everyone associated with GACC, and the activities at GACC.

When a student voluntarily participates in interscholastic activities, he/she agrees to abide by the activities Code of Conduct throughout his/her career. The Code of Conduct begins with a student's first day of participation in interscholastic activities and continues through their date of graduation, or their final competition as a representative of GACC. The Code of Conduct is in effect during out of school hours, summer recess, vacation breaks, and weekends.

A. Attendance

1. Regular Practices

Practices are essential conditioning, improvement of techniques, and acquisition of teamwork skills. Therefore, participants are required to attend scheduled practices. Participants who are absent from school are excused from practice on the same day as the absence. Participants who are suspended from school may not participate in

practices or competition during the suspension. Participants assigned a partial day of in-school suspension may not participate on the same day unless granted the privilege by administration. Participants suspended from school twice during the same season are suspended from the team for the remainder of the season. Participants must attend school beginning at 10:00 a.m. the day of a competition unless the absence is approved by the administration.

2. **Vacation Practices**

Practices scheduled and attendance rules are set by coaches and sponsors in a consistent and fair manner and are approved by the activities director before implementation.

Attendance procedures are developed for the protection of both the participant and the coach or sponsor, and for the orderly progression and development of the total team. Athletes who do not train during an extended vacation could be seriously injured if allowed to participate under highly competitive game conditions. Participants who do not practice during extended vacation risk the loss of progress already developed within the season of competition. Teams cannot be developed to their fullest potential when all members are not present.

B. Consequences for Violations of the Code of Conduct

1. Attendance
 - a. Consequences for unexcused absences will be the discretion of the coach/sponsor.
2. Substance Abuse
 - a. First offense¹

¹ Note: An offense does not require a legal charge, only to be found in possession of and/or use of tobacco, alcoholic beverages, narcotics, drugs, or other behavior-altering substances, except medication as prescribed by a licensed physician.

First time caught for possession and/or use of tobacco, vaping products, alcoholic beverages, narcotics, drugs, or other behavior-altering substances, except medication as prescribed by a licensed physician.

1. Immediate suspension from participation in 25% of the NSAA allowed competitions, served consecutively, for the participant's current or next activity. If a participant is involved in multiple activities concurrently, the suspension will apply to all current activities.
 2. If the student notifies the Principal, Activities Director, or Coach/Sponsor within 24 hours of the offense, the immediate suspension from participation becomes 20% of the NSAA allowed competitions.
 3. The student is responsible for making an appointment with the GACC president, principal, athletic director or guidance counselor before the end of the suspension.
 4. All costs of an outside referral, or program, will be the responsibility of the participant.
 5. The student will be ineligible to be elected or selected to the National Honor Society, service as EMHC or lector, class officer, Homecoming royalty, Male or Female Athlete of the Year, or Leaders and Champion Award for the remainder of the current academic year. The student will be ineligible for any leadership positions.
 6. If the student is a member of National Honor Society, a mandated liturgical minister, or class officer, the student will be removed from these positions.
- b. Second offense¹
- Second time being caught for possession and/or use of tobacco, vaping products, alcoholic beverages, narcotics, drugs, or other behavior-altering substances, except medication as prescribed by a

licensed physician.

1. Immediate suspension from participation in 50% of the NSAA allowed competitions, served consecutively, for the participant's current or next activity. If a participant is involved in multiple activities concurrently, the suspension will be applied to all current activities.
2. If the student notifies the Principal, Activities Director, or Coach/Sponsor within 24 hours of the offense, the immediate suspension from participation becomes 40% of the NSAA allowed competitions.
3. The student is responsible for making an appointment with the GACC president, principal, athletic director or guidance counselor before the end of the suspension.
4. All costs of an outside referral, or program, will be the responsibility of the participant.
5. The student will be ineligible to be elected or selected to the National Honor Society, service as EMHC or lector, class officer, Homecoming royalty, Male or Female Athlete of the Year, the Leaders and Champions Award for the remainder of the current academic year.
6. If the student is a member of National Honor Society, the student council, or is a mandated liturgical minister, or class officer, the student will be removed from these positions.

c. Third Offense¹

Third time being caught for possession and/or use of tobacco, vaping products, alcoholic beverages, narcotics, drugs, or other behavior-altering substances, except medication as prescribed by a licensed physician.

1. Suspension from all activities for the remainder of the participant's high school career.
2. A career suspension appeal will be heard after

one calendar year pending the re-enrollment and completion of a substance abuse program approved by the administration. All costs of the rehabilitation program will be the responsibility of the participant.

3. The student will be ineligible to be elected or selected to the National Honor Society, service as EMHC or lector, the Student Council, as a class officer, or as Homecoming royalty.
 4. Eligibility for additional honors such as Male or Female Athlete of the Year, the Leaders and Champions Award, Valedictorian or Salutatorian honors would be permanently relinquished after the third offense.
 5. If the student is a member of National Honor Society, the student council, or is a mandated liturgical minister, or class officer, the student will be removed from these positions.
3. **Other Misconduct**
All other offenses will be referred to administration.

C. Disciplinary Guidelines for Substance Abuse Offenses

1. The Activities Director or Principal will contact the parents of any participant who is suspended, and will describe the incident and the subsequent action taken.
2. During periods of suspension from competition, attendance at team practice is required.
3. If a substance abuse infraction occurs before the competitive season, or during the —off season, the competitive suspension will begin during the next competitive season. The summer vacation period is part of the —off season.
4. Failure to complete the rehabilitative program or to attend practices regularly during a suspension period will result in removal from the

team for the remainder of the season. The rehabilitation program must be fulfilled before joining another team or activity.

5. Substance abuse offenses will be cumulative over the student's entire high school career.
6. A participant suspended for substance abuse cannot join another team during the season.

D. Additional Notes

1. A participant who leaves or is removed from one team before the end of the season cannot join another team without the consent of both coaches/sponsors. Administration may intercede when the coaches/sponsors do not agree.
2. Awards programs are considered the same as a contest and the participant's attendance is required.
3. If a participant's competitive suspension will terminate during a new season, the participant may try out for the activity, but may not begin competing until the suspension is completed.

E. Appeal Process

Participants disciplined for attendance infractions may appeal their penalty to administration within two school days. Parents of a suspended participant who is disciplined for substance abuse or other unacceptable behavior may appeal the penalty to the school principal within two school days.

XIV. QUALIFICATIONS FOR LETTERING

A. Cross Country

1. Run in 85% of total scheduled meets.
2. Recommendation of coach
3. Finish the season in good standing.
4. Approval by all coaches of that sport.

B. Football

1. Play in one third of total quarters.
2. Recommendation of coach.
3. Finish the season in good standing.
4. Approval by all coaches of that sport.

- C. Softball**
1. Play in one-third of all games.
 2. Recommendation of coach.
 3. Finish the season in good standing.
 4. Approval by all coaches of the sport.
- D. Volleyball**
1. Play in one third of total games.
 2. Recommendation of coach.
 3. Finish the season in good standing.
 4. Approval by all coaches of that sport.
- E. Play Production**
1. Follow all team rules set forth at the beginning of the season.
 2. Attend all scheduled events, practices, and performances.
 3. Recommendation of director and/or producer.
 4. Finish the activity in good standing.
- F. Basketball**
1. Play in one third of total quarters.
 2. Recommendation of coach.
 3. Finish the season in good standing.
 4. Approval by all coaches of their sport.
- G. Wrestling**
1. Score 15 team points.
 2. Recommendation of coach.
 3. Finish the season in good standing.
 4. Approval by all coaches of their sport.
- H. Speech**
1. Follow all team rules set forth at the beginning of the season.
 2. Earn all pre-determined individual practice and performance points.
 3. Be prepared to perform when needed.
 4. Recommendation of coach.
 5. Finish the season in good standing.
- I. Baseball**
1. Play in one-third of all games.
 2. Recommendation of coach.
 2. Finish the season in good standing.
 3. Approval by all coaches of the sport.
- J. Track**
1. Score one point in a major meet (four or more teams).

2. Recommendation of coach.
3. Finish the season in good standing.
4. Approval by all coaches of the sport.

K. Golf

1. Play in three tournaments.
2. Make an average of 50 in scoring in tournaments.
3. No-unexcused absences from practice or performance.
4. Recommendation of the coach.
5. Finish the season in good standing.

L. Drama

1. Follow all team rules set forth at the beginning of the season.
2. Attend all scheduled events, practices, and performances.
3. Recommendation of director and/or producer.
4. Finish the activity in good standing.

M. Band & Jazz Band

1. Must maintain an A average in band and attend 100% of scheduled practices unless prior approval was granted.
2. Must play at state tournaments when the opportunity is available.
3. Must play at other events requested by the band director unless excused by the band director.
4. Recommendation of director.

N. Cheerleading

1. Must cheer at least 80% of scheduled football and basketball games.
2. Must attend 80% of scheduled practices (summer and school year).
3. Must cheer at state tournaments and playoff games, when Bluejay teams compete.
4. Must not become ineligible to cheer due to low grades more than three times in one school year.
5. Recommendation of sponsor.
6. Finish the year in good standing.

XIV. QUALIFICATIONS FOR OTHER AWARDS

A. Master of Sports Award

To receive the Master of Sports Award, an athlete must be a three sport

letter-winner all in the same year.

B. Leaders & Champions Award

The GACC Activities Department strives to develop leaders and champions who strive for excellence and exhibit the qualities and behaviors shown by good teammates. The Leaders and Champions Award is given to GACC students who meet the following guidelines:

1. Participants have earned a cumulative GPA of 93% or higher.
2. Participant is a letter winner in four or more school sponsored activities.
3. Participants have completed the required number of service hours.

D. James Ridder Memorial Award

The James Ridder Memorial is awarded to an outstanding athlete. The guidelines for this award are as follows:

1. Male athlete
2. Three sport letterman that year
3. Attitude, character, scholastic ability, respect, cooperation, dependability, and leadership.
4. In the event of a tie, the administration is the deciding vote.

If no athlete meets the guidelines set forth, then no award will be given that year.

The award's recipient will be selected in the following manner:

1. Academic record - based on GPA
2. Character - voted on by all coaches
3. Athletic ability
4. Voted on by head coaches of all sports

There is no stipend with this award. The name of the recipient will be engraved on the plaque in the trophy case and will be announced on Awards Night.

E. Female Athlete of the Year Award

The Female Athlete of the Year is awarded to an outstanding athlete. The guidelines for this award are as follows:

1. Female athlete
2. Three sports letterwoman that year.
3. Attitude, character, scholastic ability, respect, cooperation, dependability, leadership.
4. In the event of a tie, administration is the deciding vote.

If no athlete meets the guidelines set forth, then no award will be given that year.

The award's recipient will be selected in the following manner:

1. Academic record - based on GPA
2. Character - voted on by all coaches
3. Athletic ability - voted on by girls' coaches in all sports
4. Voted on by head coaches of all sports

There is no stipend with this award. The name of the recipient will be engraved on the plaque in the trophy case and will be announced on Awards Night.

XV. CONFERENCE INFORMATION & EXPECTATIONS

The GACC Blue Jays are members of the Mid-State Conference. This Conference provides students an opportunity to:

- A. Compete in interscholastic athletic competition.
- B. Compete in interscholastic art competition.
- C. Compete in a speech contest.
- D. Participate in a vocal music clinic.
- E. Participate in an instrumental music clinic.
- F. Participate in a one-act play production festival.
- G. Compete in a scholastic quiz bowl.
- H. Compete in an academic contest (NECC).

XVI. GACC & MID-STATE CONFERENCE SPORTSMANSHIP POLICY

- A. Respect your opponent.
 1. Cheer for your team, not against your opponent. Chants directed at and/or mocking a player, team, coach, school, fans, or community are not acceptable.
 2. Make sure that your conduct does not hinder an opponent's performance.
- B. Respect yourself and your school
 1. Maintain your self-control at all times.
 2. Avoid abusive and profane language.
 3. Report behavior that is unbecoming to you and your school.
- C. Respect all school property.
 1. Do not stomp on gym bleachers.
 2. Use proper receptacles for trash.
 3. Leave school property as you found it.

4. Do not walk on the gym floor with street shoes.
- D. All coaches/players/spectators will give game officials and school officials proper respect.

XVII. FUNDAMENTALS OF SPORTSMANSHIP

Many people have not had *Good Sportsmanship* explained to them. The following will explain expectations at a contest.

- A. Gain an understanding and appreciation for the rules of the contest.
The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of *Good Sportsmanship* depends on conformance to a rule's intent as well as to the letter of a given rule.
- B. Exercise representative behavior at all times.
A prerequisite to *Good Sportsmanship* requires one to understand his/her own prejudices that may become factors in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.
- C. Recognize and appreciate skilled performances regardless of affiliation.
Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents *Good Sportsmanship*, but also reflects a true awareness of the game by recognizing and acknowledging quality.
- D. Exhibit respect for the officials.
The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contests are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of *Good Sportsmanship* is to accept and abide by the decision made. This value is critical for students to learn for later applications in life.
- E. Display openly a respect for the opponent at all times.
Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family. This fundamental is the Golden Rule in action.

- F. Display pride in your actions at every opportunity. Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, participant, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

XVIII. THE PARTICIPANT'S PLEDGE

I recognize that being a member of the community carries with it responsibilities and rewards, and that as a participant in the Central Catholic community; I must not only embrace those responsibilities, but also conduct myself both on and off the playing field in a way which exhibits respect for myself and for others.

I therefore resolve to:

- A. Conduct myself with dignity as a participant and as a citizen of the community, recognizing and accepting that I must accept accountability for my behavior and its outcomes.
- B. Honor my obligations and promises.
- C. Exercise self-control.
- D. Be willing to be fair with others in my dealings on and off the playing field.
- E. Take pride in myself and my accomplishments, but never at the expense of demeaning another person or group.
- F. Respect the efforts of others.
- G. Respect authority.
- H. Play by the spirit, not just the letter, of the rules of the game and the rules of life.
- I. Strive to make my community—whether that be the team on which I play or the community in which I live—better because of my contributions as a member and as a citizen.

XIX. THE PARENTS' ROLE

- A. Communicate with your child
Ensure your child knows that, win or lose, scared or heroic, he/she is loved. When parents appreciate their student's efforts and are not disappointed in them, the student works harder to do their best without fear of failure. Parents should be the person their child can look to for constant positive reinforcement.

Additionally, the GACC Activities Department depends on parents to:

1. Be completely honest about the student's athletic ability, competitive attitude, sportsmanship and actual skill level.
2. Be helpful but don't coach the student. It's tough not to, but it is a

lot tougher for the child to be flooded with advice and critical instruction.

3. Teach their children to enjoy the thrill of competition, to be out there trying, to be working to improve their skills and attitudes. Parents should help them develop the feeling for competing, for trying hard, for having fun.
4. Try not to relive their athletic life through the child in a way that creates pressure. If they are comfortable with you, win or lose, then they are on their way to maximum enjoyment.
5. Not compete with the coach. If the students receive mixed messages from two different authority figures, he/she will likely become disenchanted.
6. Not compare the skill, courage, or attitude of the student with other members of the team.
7. Get to know the coach/sponsor. In doing so, parents will gain assurance that the coach's or sponsor's philosophy, attitudes, ethics, and knowledge are such that the parent can be happy to have their child under the coach's/sponsor's leadership.
8. Always remember that children tend to exaggerate both when praised and when criticized; temper reactions and investigate before overreacting.

B. Communicate with the coach

1. Communication parents should expect from coaches includes:
 - a. Philosophy of the coach
 - b. Expectations the coach has for the student
 - c. Locations and times of all practices and contests
 - d. Team requirements
 - e. Procedure should the student child become injured
 - f. Discipline resulting in the denial of the student's participation
2. Communication coaches expect from parents:
 - a. Concerns expressed directly to the coach
 - b. Notification of any schedule conflicts well in advance
3. Appropriate concerns to discuss with coaches:
 - a. The treatment of the student, mentally, and physically

- b. Ways to help the student improve
- c. Concerns about the student's behavior
- 4. Issues not appropriate to discuss with coaches:
 - a. Playing time
 - b. Team strategy
 - c. Play calling
 - d. Other student-participants
- 5. Appropriate procedures for discussing concerns with the coaches
 - a. Call to set up an appointment with the coach.
 - b. Do not confront a coach before or after a contest or practice (these can be emotional times for all parties involved and do not promote resolution).

XIX. THE SPECTATOR'S RESPONSIBILITIES

- A. Show interest in the contest by enthusiastically cheering and applauding the performance of both teams.
- B. Show proper respect for opening ceremonies by standing at attention and remaining silent when the National Anthem is played.
- C. Understand that a ticket is a privilege to observe the contest, not a license to verbally attack others, or to be obnoxious. Maintain self-control.
- D. Do not boo, stamp feet or make disrespectful remarks toward players or officials.
- E. Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- F. Know that noise makers of any kind are not proper for any events.
- G. Obey and respect officials and faculty supervisors who are responsible for keeping order. Respect the integrity and judgment of game officials.

- H. Stay off the playing area at all times.
- I. Do not disturb others by throwing material onto the playing area.
- J. Show respect for officials, coaches, cheerleaders and student participants.
- K. Pay attention to the half-time program and do not disturb those who are watching.
- L. Respect public property by not damaging the equipment or the facility.
- M. Know that the school officials reserve the right to refuse attendance of individuals whose conduct is not proper.
- N. Refrain from the use of alcohol and drugs on the site of the contest.