



St. Benedict at Auburndale

Athletic Handbook

St. Benedict Is a Member of TSSAA

St Benedict at Auburndale High School (SBA) retains membership in and abides by the constitutions, by-laws and regulations of the Tennessee Secondary School Athletic Association (TSSAA). Any student enrolled in SBA and who meets the various academic and athletic requirements as set forth by SBA and the TSSAA may try out for any interscholastic sport. All student-athletes are held to the policies and procedures as set forth by TSSAA, this athletic handbook, and the SBA student handbook.

The Following Sports Are Offered at SBA:

For Girls

Basketball
Bowling
Cross Country
Golf
Lacrosse (Club)
Soccer

Softball
Swim (Club)
Tennis
Track and Field
Volleyball

For Boys

Baseball
Basketball
Bowling
Cross Country
Football
Golf

Lacrosse (Club)
Soccer
Swim (Club)
Tennis
Track and Field
Wrestling

Club sports are not sponsored by TSSAA.

Athletic Handbook Goals

It is the belief of the administration that participation in athletic activities will provide opportunities and experiences to assist the student-athlete in personal growth. These opportunities are believed to be a critical part of a student's total development as they assist in the building of positive character and leadership traits. In addition, the SBA administration and faculty strive to provide a program that is sound in purpose and will further each student-athlete's educational development. By accepting the student-athlete's participation in SBA sports, parents must be committed to certain obligations and responsibilities. This handbook will acquaint both the student-athletes and their parents with the policies that are necessary for an organized program of athletics.

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Philosophy

Being a member of a St. Benedict athletic team is a goal that many students wish to achieve. The attainment of this ambition carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight. It takes hard work from many people over many years. As a member of an SBA team, a student-athlete inherits this tradition and is challenged to uphold its values. The tradition at St. Benedict is not only to win, but to win hon-

orably. Winning is definitely a strong motivation for all athletes, but it must always represent honor to one's self, teammates, and the entire SBA family. Such a tradition is worthy of an athlete's best effort on the playing field, as well as in the classroom. Wearing an SBA athletic uniform means that the athlete is ready to assume the responsibilities that go along with it. This may often include saying, "No" to temptations that a student-athlete may encounter.

Responsibilities of an SBA Athlete

- A student-athlete must plan a schedule which allows sufficient time and energy to devote to studies. SBA requires that all students maintain a minimum grade point average of 1.5 and can not have more than one F per quarter.
- An athlete must be respectful to other students and teachers at all times. Any student referred to the administration for disciplinary issues may be denied the privilege of participating in athletic events.
- A true athlete does not use profanity or illegal tactics and realizes that losing is part of the game. One should be gracious in defeat and modest in victory. Never forget to con-

gratulate the opponent after the game, no matter what the outcome may be.

- Athletes must abide by the individual rules and regulations set forth by the coaches of the team. These rules may include penalties for tardiness, missed practices, inappropriate dress, and/or other expectations.
- The use of tobacco, alcoholic beverages, or illegal drugs is strictly prohibited by an SBA athlete. It jeopardizes the student's health and safety, and it inhibits attainment of individual potential, as well as being against the law. Any student who is found to be using any of these substances is subject to strong disciplinary action.

SBA, along with TSSAA, encourages student-athletes to work hard in the classroom as well as on the playing field. Students who maintain a GPA of 3.5 or above throughout the school year are rewarded with a Scholar-Athlete certificate.

Code of Conduct for Student-Athletes

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The administrators and coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics.

Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Examples of unacceptable conduct are, but are not limited to, theft, vandalism, disrespect, hazing, immorality or violations of law. An athlete involved in conduct con-

strued to reflect discredit upon a team and/or the school, will be subject to disciplinary action by the coach and/or administration.

Any suspension from school will include denial of participation from all athletic activities for the same duration of time as the school suspension. Additional consequences are at the discretion of the coach.

All athletes are also required to abide by the rules and regulations set forth to all SBA students in the Student Handbook. Particular attention should be given to the uniform requirements.

Even though athletes have a different dress code during practices and competitions, the following guidelines must be followed by all student-athletes:

- Abnormal hairstyles and colors are not permitted.
- Studs, body piercings, nose-rings, or visible tattoos are not allowed.
- Boys must be clean-shaven.

Please refer to the Student Handbook found on the SBA website (www.sbaeagles.org) for further guidelines.



SBA Athletic Department Policies

Physicals: All student-athletes must have a current physical/permission form on file with the athletic department. Forms can be found on the SBA website (www.sbaeagles.org). Go to “Parents” then “Sports.”

Fees: There is a fee charged for each sport in which an athlete participates. This fee helps to offset the costs of uniforms, field upkeep, and other unforeseen expenses such as increased officials’ fees. Each athlete will be responsible for paying this fee soon after the start of the season. The team commissioner will collect the fees.

Equipment/Uniforms: All equipment and uniforms that are issued to the athlete must be returned at the conclusion of the season. If items are not returned, the athlete will be charged a replacement fee.

Attendance: The student-athlete must be in class for five periods on the day of an athletic event in order to participate. This rule applies to both contests and practices. There is an exception to this rule when the athlete is absent due to school-sponsored trips, a prearranged college visit, the death of a family member, or some other unforeseen circumstance which is approved by the administration.

Insurance: Even with the best coaching, use of the most advanced equipment and strict observance of rules, injuries are still a possibility. On rare occasion these injuries can be severe and result in total disability, paralysis, or even death. It is the responsibility of the parent to provide primary medical insurance on their student-athlete with medical benefits (\$00.01 through \$10,000). TSSAA has a basic catastrophic accident medical policy (NFSESA Liability Policy with Lifetime Medical & Disability Settlement Option) if injury care exceeds \$10,000.

Tuition: According to TSSAA regulations, student-athletes become ineligible to participate in sports if their account balance is more than 60 days overdue.

No Quit Policy: All athletes who begin the season are expected to work hard and complete the season. If an athlete quits a team, he/she will not be able to participate on another SBA team until the first sport completes its season or two weeks has transpired, whichever is longer.

TSSAA Practice Guidelines

In order to promote the physical and mental well-being of student-athletes and their families, SBA, in accordance with TSSAA rules, implements the following guidelines for in-season and out-of-season practices/conditioning.

In-season (Dates defined by the TSSAA handbook):

- Game or practice time cannot exceed 20 hours per week. Practice is defined as required sessions which include: physical practice, weightlifting, film reviews, team meetings, and any other organized team gathering to discuss the development of the team.
- Practice schedules must be submitted on a month to month basis.
- One day off per week must be given to all athletes.
- Games count as three hours of practice.
- Tournament games count as three hours per day. This allows sports with two or more matches per day to stay within the practice rule hours.

Out-of -season (Dates defined by the TSSAA handbook):

- Conditioning and /or practice, depending on sport, is limited to four days per week. Monday through Thursday will serve as appropriate conditioning /practice days.
- Hours of practice/conditioning are not to exceed ten hours per week, 2 1/2 hours per day.
- Team camps, with special permission, may have additional hours and days added to meet the needs of the team.
- Conditioning and practice during out-of-season may be encouraged but cannot be made mandatory.
- “Dead Period” must be strictly adhered to and no activity may be planned during that time.

Summer activity, which is about six weeks excluding the “Dead Period,” should follow the out-of-season guidelines. Practices during the summer should be encouraged, but cannot be mandatory.

In order to better serve our student-athletes, SBA employs a full-time trainer through Campbell Clinic to help prevent and/or treat athletic injuries. This trainer is available during most of our athletic competitions and on-campus practices.



Guidelines for Expressing Concerns to a Coach

While a student-athlete is involved in SBA sports, he/she will experience many rewarding moments. There may also be times; however, when things may not go the way the athlete or parent may wish. At these times, a discussion with the coach is encouraged. Following is a list of some appropriate concerns that you may like to discuss.

- The treatment of the athlete, mentally and physically
- Ways to help the athlete improve
- Concerns about the athlete's behavior both on and off the field
- Playing time

It is sometimes difficult to accept that an athlete is not playing as much as hoped. Coaches make judgment calls every day as to what is best for the individual athlete and the team as a whole.

It is certainly appropriate for parents to bring up the aforementioned concerns with the coach. Please keep in mind,

however, that there are appropriate and inappropriate times for discussing these issues. Contact the coach to find out the most convenient time for having a meeting. Please do not attempt to confront a coach directly before or after a contest or practice – experience has shown that this can be an emotional time for both the parent and the coach. For this reason, we ask that you wait 24 hours after a contest to speak with a coach.

There are also concerns which are not appropriate for discussion including:

- Team strategy
- Play calling
- Other athletes

The SBA Athletic Department strives to help make each student-athlete have the best athletic experience possible while attending St. Benedict. By all of us working together for the good of our student-athletes, this goal will be easy to achieve.

How to Be a Great Fan

St. Benedict at Auburndale has recently been awarded with the TSSAA “Just Do What’s Right” award for our consistent good sportsmanship both on and off the field. We credit our athletes, coaches, administration, faculty, friends and parents for helping us to achieve this high quality of conduct.

In order to continue to be respected among the athletic community for our good sportsmanship, we encourage our fans to act responsibly by refraining from the following offenses:

- Foul or abusive language
- Threatening or abusive behavior toward coaches
- Taunting of opposing players, coaches, fans, or officials
- Artificial noise makers

By following these guidelines, we help everyone attending an SBA athletic event to have a more pleasant experience while encouraging all student-athletes, including those from opposing schools, to perform to the best of their ability.

Other Important Information

Heat Guidelines: SBA follows the TSSAA guidelines to help prevent heat-related illnesses. For further information, visit the St. Benedict website or go to www.tssaa.org.

Theft: Unfortunately, SBA is not sheltered from bad decisions that people may make. Therefore, it is the responsibility of the student-athletes to lock up their valuables in lockers or car trunks in order to prevent their items from being stolen.

Athletic News: The athletic department routinely publishes informative newsletters to provide up-to-date information of what is going on in the world of SBA sports. This newsletter can be found on www.sbaeagles.org under “Parents” - “Sports.”

This handbook by design is not all inclusive and does not address all instances that may occur with regard to athletics in general, student/athlete behavior or conduct or the like. The final interpretation of this handbook, and ultimately all administrative decisions, are left to the discretion of the St. Benedict at Auburndale High School Administration.