

Dear Parents and Student Athletes:

Welcome to the Aquinas Institute Interscholastic Athletic Program. It is important parents read this handbook carefully, particularly the updated Aquinas Interscholastic Philosophy sections. It contains information that will be important throughout the school year and for every sport season.

This handbook is by no means a substitute for reading the Aquinas Student Handbook. It does, however, address areas of concern to the parent of a student athlete. The Athletic Handbook and the Aquinas Student Handbooks can be accessed at www.aquinasinstitute.com.

Schedules, directions to away games and updates about athletic events can be found on the AQ page at www.highschoolsports.net. To access this information, please go to the site and enter Aquinas Institute in the search box. A pop-up box will appear with a link to Aquinas Institute. Click on the link to reach the AQ sports schedule page. Bookmark this page to your internet favorite's folder for future reference. You may also choose to use the mobile alert and RSS features to have schedule updates sent to your email or cell phone, or use the sync feature to update your calendar.

If you have any questions or concerns about this booklet or interscholastic athletics in general, please contact me at **254-2020 X 1044**. You can also contact the athletic office by e-mail. My e-mail address is abianchi@aquinasinstitute.com. My assistant is Lori Popen. Her e-mail address is lpopen@aquinasinstitute.com and her phone extension is **1043**.

Sincerely,

Anthony Bianchi
Director of Athletics

AQUINAS ATHLETIC OFFERINGS

Fall	Varsity	JV	FR	Modified
Cheerleading	X	X		
Boys Cross Country	X	X		X
Girls Cross Country	X	X		x
Football	X	X	X	X
Boys Soccer	X	X		X
Girls Soccer	X	X		X
Girls Tennis	X	X		
Girls Volleyball	X	X		x

Winter	Varsity	JV	FR	Modified
Boys Basketball	X	X	X	X
Girls Basketball	X	X		X
Boys Bowling	X			
Girls Bowling	X			
Boxing	X			
Cheerleading	X	X		
Hockey	X	X	X	
Swimming	X			
Boys Indoor Track	X	X		X
Girls Indoor Track	X	X		X

Spring	Varsity	JV	FR	Modified
Baseball	X	X		x
Golf	X	X		
Boys Lacrosse	X	X		x
Girls Lacrosse	X	X		
Softball	X	X		
Boys Tennis	X	X		
Boys Track	X	X		x
Girls Track	X	X		x

AQUINAS COACHING ROSTER 2010– 2011

Athletic Director	Anthony Bianchi	abianchi@aquinasinstitute.com
Secretary	Lori Popen	lpopen@aquinasinstitute.com
Equipment Manager/Concessions	Bob Huber	Bobref43@rochester.rr.com
Trainer	Amanda Wuest	amanda_wuest@urmc.rochester.edu
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Cross Country	Chris Bateman	cbateman@aquinasinstitute.com
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Boys Basketball	Mike Grosodonia	mtgter@aol.com
Girls Basketball	Dan Johnson	dj14626@yahoo.com ; Daniel.Johnson@RCSDK12.ORG
Bowling	Bill Laidlaw	wrlaidlaw@yahoo.com
Boxing	Dom Arioli	coachdom@rocboxing.com
Cheerleading	Donna Bour	dbour@rochester.rr.com
Football	Chris Battaglia	Christian_Battaglia@penfield.monroe.edu
Golf	Bob D'Ettore	RDettore@AquinasInstitute.com
Hockey	Jim Hofford	jhofford@wilmorite.com
Boys Varsity Lacrosse	Kevin Martin	kmartin@graph-tex.com
Boys JV Lacrosse	Pat Olbrich	Pat.Olbrich@wegmans.com
Girls Lacrosse	Katie Callahan	katherine_Mistretta@rge.com
Boys Soccer	Howard Allen	Howard.E.Allen@chase.com ; HAllen3822@aol.com
Girls Soccer	Dan Shoniker	danielshoniker@rochester.rr.com
Softball	Paul Monachino	revengefastpitch@aol.com
Strength Training	Frank Lupiani	Frank@athleticfx.net
Swimming Asst	Ryan Hare	ryhare@gmail.com
Girls & Boys Tennis	Chuck Zeitvogel	CZeitvogel@AquinasInstitute.com
Indoor/Outdoor Track	Anthony Cook	acook@aquinasinstitute.com
Volleyball	Mike Harnden	mike@rochestervball.com

AQUINAS INTERSCHOLASTIC PHILOSOPHY

A good high school athletic program exists to complement a student's overall education. Encouraging participation in athletic activities makes for a well-balanced curriculum. As a result, students learn more about competition, teamwork, respect, confidence and above all, **SPORTSMANSHIP**.

Throughout our long and proud history, Aquinas Institute has embraced a philosophy that a well-rounded athletic program is an integral part of an education built on the **Basilian tradition of goodness, discipline and knowledge**. Prayer before and after our contests makes us aware of our Christian mission. Our efforts on the field are dedicated to glorifying the Lord and to thanking Him for the blessings that allow us to participate in interscholastic sports at Aquinas.

Aquinas is proud that a large percentage of our student body participates in athletics. These students will not only develop athletic skills by working with our outstanding coaching staff, but will also benefit from an athletic philosophy that promotes fitness for life, and a commitment to a healthy lifestyle free of drugs and alcohol.

As a Catholic institution, Aquinas espouses Christian values and principles, as well as promoting the development of the human spirit, mind and body. Aquinas athletics will continue to serve as a vehicle for these qualities, as well as fostering a safe, fun and friendly environment for our student athletes to develop strong character, integrity, loyalty, and a strong sense of team work and sportsmanship.

As parents of Aquinas student athletes, we bear a huge responsibility in nurturing these values. We should lead by example in acting and speaking in a positive manner about our student's team. Disparaging of the coach, teammates and other Aquinas stakeholders defeats our goals. As parents, we need to stress the importance of loyalty, effective communication and respect.

Ultimately, our parents, the school and the athletic program all share the same mission to develop Christian values in the young women and men entrusted to our care.

Varsity Program Philosophy

Varsity competition is the culmination of each sport's program. Normally, seniors and juniors make up the majority of the roster, but sophomores and freshman may be included on the team providing that an advanced level of athletic skill is demonstrated.

Squad size at the varsity level is limited. The number of participants on any given team is a function of those needed to conduct an effective and meaningful practice and play a contest. It is vital that each team member have a role and know its importance. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of team goals. While contest participation over the course of a season is desirable, a specified amount of playing time at the varsity level is never guaranteed.

A sound attitude and advanced level of skill are prerequisites for a position on the varsity team. This commitment of six days a week is often extended into vacation periods for all sports seasons. While contests and practices are rarely held on holidays and Sundays, the dedication and commitment needed to conduct a successful varsity program should be taken seriously.

The varsity coach is the leader of that sports program and determines the instruction and strategy for that program. The communication among the freshman, junior varsity and varsity programs is the responsibility of the varsity coach. Preparing to win each contest and striving to reach the individual's maximum potential are worthy goals of a varsity level team.

Junior Varsity

The junior varsity level is intended for those who display the potential of continued development into varsity level performers. At this level, athletes are expected to make a visible commitment to the program. Increased emphasis is placed on physical conditioning, fundamental skills, and strategies of team play. Junior varsity programs work towards achieving a balance between player developments and striving for victory. The outcome of a contest becomes a consideration at this level.

The realization is that practice sessions are important to the successful junior varsity team and player. For all team members, meaningful contest participation will exist over the course of a season; however, a specified amount of playing time is never guaranteed. Participants at this level are preparing themselves for the six days a week commitment. With the goal of becoming a varsity athlete clearly in sight, a high level of dedication is expected at the junior varsity level.

Modified Program Philosophy

The Modified program will provide equal opportunity for all participants – regardless of personal skill level to acquire knowledge and physical skills in the areas of higher interest. Emphasis will be placed on the enjoyment of the sport and development of self-esteem, character and physical skills. All participants will be members of a team and will have the opportunity to apply those skills in competitive situations commensurate with his/her abilities.

CONDUCT AND EXPECTATIONS FOR STUDENT ATHLETES

Philosophy

While we realize our drug and alcohol policy is strong, we believe it should be in order to protect the health and well-being of our student athletes. **Participation in the athletic program is a privilege, not a right.** Motivation to be part of Aquinas athletic program should provide motivation to lead a healthy, drug-free lifestyle. AQ Athletes should reflect good character, and be positive role models as representatives of our Aquinas community.

Code of Behavior

Because the use of tobacco, alcohol and other drugs prevents the normal development of a healthy mind and body, the following expectations have been established:

- No student athlete will possess or consume alcoholic beverages **at any time or place.**
- No student athlete may use tobacco products.
- No student athlete will possess, sell, or use illegal drugs.

- No student athlete will use prescription drugs without the consent of a physician.
- As per school protocol, any student who is required to take OTC or prescription medication during the regular school day or while participating in school-sponsored activities (e.g., field trips, athletics) should comply with all Aquinas procedures. (See school handbook & school nurse).

In order to promote a healthy life-style, students are required to honor the above rules at all times. These rules apply both in-season and off-season, **both on campus and off.**

Parents will be notified immediately by Aquinas of their child's actions. Consequences for breaking the alcohol and drug prohibition are as follow:

First Step

Self-report. If a student violates this code of conduct and self-reports by the end of the next school day, to the advisor, school counselor, coach, VP, or athletic director, the student must complete a mandatory substance abuse evaluation through Unity Health counselor, or parent chosen substance abuse health professional. The student must follow the specialist's recommendations and sign an information release form to Aquinas. The student will sit out 1 game & 5 practices, but must be present to support team.

Second Step

No self-report or second offense. If a student violates this code of conduct, does not self-report and is found in violation, the student will face 5 days suspension from practice, and 20% of the athletic contest, or at least 2 games. The student must complete a (first or second), mandatory substance abuse evaluation through Unity Health counselor, or parent chosen substance abuse health professional, & follow the specialist's recommendations and sign an information release to Aquinas. The student must also attend a Victims Impact Panel presentation and provide proof of attendance.

Third Step

If a student violates the code of conduct, a third time, the student will receive a permanent suspension from participation in Aquinas athletics and may receive additional disciplinary action per school policy, which may include permanent expulsion from the school.

The consequences listed above shall be considered minimum rehabilitating steps. The school reserves the right to add additional consequences any time, at its sole discretion, including in-school and out-of-school suspensions and even expulsion.

Counseling Requirements

Students must receive a minimum of three substance abuse professional counseling sessions, and provide written proof of participation within 3 weeks of the violation in order to continue in the sport. Failure to receive this counseling within this time frame will result in suspension from the sport. A release form must be signed to Aquinas, to inform school of the student's progress. A designated Aquinas counselor will work with a Unity Health Substance Use Counselor, or parent chosen substance abuse health professional, to ensure the student is following their specialist's recommendations. A Unity Health professional will be utilized on Aquinas campus on a per diem basis if needed.

Participation Restrictions

During the disciplinary consequences, the student is expected to participate in all practices, unless the practice time interferes with a substance abuse counseling appointment, academic needs, or a Victim's Impact Meeting.

Victim's Impact Panel Requirements

Attendance of Victim's Impact Panel must be completed with 3 weeks of the student code of conduct violation in order for the student to continue participating in the activity or sport. Failure to attend the Victim's Impact Panel within this period will result in suspension from the sport. Student must provide proof of attendance.

Disciplinary Communication

Violations of the Athlete's Code of Conduct should be reported to the Athletic Director. When an administrator determines that a student is involved in a code violation, the administrator will call the student's parents to notify them of the situation. Parents will be offered the opportunity to discuss the situation.

SPORTSMANSHIP/SPECTATOR POLICY

Visiting team members, students and adult spectators are guests and are to be accorded all the courtesy and consideration that a friendly well-mannered host would normally give. The visitor, in turn, is to act as an invited guest, using the home school's facilities with care and respect.

Officials are the proper authorities to make decisions regarding rules and their interpretation of these decisions should be accepted.

Spectators, student athletes and coaches must recognize that their school conduct plays an important role in establishing the reputation of their school. Their positive actions can relate directly to the success of their team.

Remember that an athletic contest is only a game – not a matter of life and death for the player, coach, school, official, fan or community.

The real losers when parents behave badly at competitions are the student athletes. Every time Aquinas has to spend extra money to supervise poorly behaved parents at a competition the money is diverted from things that could be enhancing the athletic program.

FAILURE TO ADHERE TO CONDUCT AND EXPECTATIONS FOR ATHLETES AND SPECTATORS Will RESULT IN APPROPRIATE DISCIPLINARY ACTION.

ATTEND PRESEASON MEETING

One of the most important ingredients for a successful sport season is effective and appropriate communication between the coach, parents and student athlete. In order to ensure that this communication takes place, preseason meetings are scheduled by the athletic department/coaches. Topics of these meetings include athletic department policies, individual team expectations, rules and a variety of other subjects. When preseason meetings are scheduled, student athletes and parents are required to attend.

ATTEND PRACTICE SESSIONS

Student athletes are expected to attend all scheduled practice sessions and games unless excused by the coach in conjunction with the parent. The importance of practice is clearly stated in the **PHILOSOPHY** portion of the handbook. It is important to note that fall practice usually begins in the third week of August.

QUESTIONS, CONCERNS & COMMUNICATION

From time to time during the course of an athletic career in our school, parents and student athletes alike may have questions or concerns that need to be addressed. Ordinarily, the team coach is the best source of information. If there is a concern, the coach is usually the best place to begin the communication process. However, if you should choose not to speak directly with the team coach or after speaking with the coach you are not entirely satisfied, the next step is to communicate with the athletic director. Almost all questions or concerns can be resolved through this process. Whatever the concern, parents should make every effort to maintain a positive attitude when talking to their student and other parents. This will set a good example to your student athlete on true sportsmanship, loyalty and team pride.

TRY-OUTS

1. All candidates will be given a minimum of 5 try-outs (cheerleading 3) sessions from the starting date of the sport.
2. Out-of-season camps and conditioning will enhance abilities but will have no bearing on the athlete making the team during the try-out period.
3. Objective tests and subjective ratings will be used in the selection process.
4. Candidates will be personally notified regarding the results of the try-out.
5. Candidates who are unable to begin try-outs due to overlapping seasons or major illness or injury may be considered for a tryout. These individual tryouts will not negatively impact the current roster for the team.
6. Student athletes must be at all tryouts. Failure to do so will greatly diminish the student's chances of making the team. Any absence must be excused by the coach. Only illness and a family emergency would be considered valid reasons to miss a tryout.

ACADEMIC ELIGIBILITY

The Aquinas eligibility policy seeks to ensure a focus on academic achievement. The policy applies to all co-curricular activities. The Aquinas Athletic Department recognizes and supports that the primary responsibility of student athletes is education

Eligibility for all co-curricular activities is determined by the interim and quarter grade reports. All students must achieve at least a 70% average and pass 7 subjects to retain eligibility. An ineligible student is not permitted to practice, play, or participate in a co-curricular activity, including weight training and sitting on the sidelines during the ineligibility period. Once ineligible, a student remains ineligible until the next interim or quarter report.

A student who fails two or more required courses at the conclusion of the academic year remains ineligible until summer school is completed, and official grades reflect a 70 or higher in each summer course completed. The student may practice with the team until the school receives and reviews the official grades.

The Office of the Principal is responsible for compiling the ineligibility list. Ineligibility becomes effective the Monday following the issuing of interims or report cards and remains in effect for five weeks.

ATTENDANCE

Parents of student athletes and coaches should carefully read the section of the *Aquinas Student Handbook* pertaining to attendance and extracurricular activities:

PARTICIPATION IN CO-CURRICULAR ACTIVITIES AS APPEARS IN STUDENT HANDBOOK

Students must be in school no later than 8:30 and in attendance for the rest of the day in order to attend or participate in any co-curricular activity that day. A student who has a pre-scheduled medical appointment may be absent for the time of that appointment with a note from the doctor's office indicating the time that the appointment ended. Students absent on Friday may not participate in any activity on Saturday. Students who have an unexcused absence or tardiness on the day following an activity will receive an automatic detention.

WAIVER

The principal has the authority to waive parts of the attendance policy where it is determined that the circumstances warrant such action and comply with the New York State Education Law.

Under no circumstances should a student who has been absent during the day appear for a practice or a contest on that day. The athletic director must approve exemptions due to special circumstances.

CHANGING SPORTS

It is important that the student athlete try to go out for the right sport. A student athlete may not change from one sport to another once a team has been selected, without permission of the Athletic Director. If he or she has been cut from one team, it is legitimate to try out for another sport.

DETENTION

Any student who is issued a detention must serve the detention on that day regardless of the team's practice or game schedule. Students should avoid any situations that would cause this conflict to arise. The coach will determine penalties for students who miss practice or games because of detentions. Students who repeatedly receive detentions may be dismissed from the team.

EQUIPMENT/UNIFORMS

Athletic equipment becomes more costly each year. It is the responsibility of the student athlete to return to the coach all uniforms and equipment issued. No one should have any equipment home after the season without school permission. Failure to do this will result in the student athlete paying for the missing article.

MEDICAL REQUIREMENTS

Before a student is allowed to participate in any interscholastic sport, he or she must have had an interview with the school nurse (**requalification**). In order to interview a student the nurse must have an *Injury Clearance Form* signed by a parent and a current (performed within the past year) *Physician's Athletic Examination Form* on file. Students who do not complete this process prior to the beginning of each sports season will not be able to participate.

TRANSPORTATION

When transportation is provided, a student is expected to ride with the team on the authorized school bus. In cases where Aquinas is providing transportation to and from the event site and a parent wishes to bring their student/athlete home from a contest, the parent, athletic director and coach must sign a *Transportation Release Form*. These forms are available on highschoolsports.net. For some weekend and other designated events, parents may need to provide transportation. The athletic office will designate those games at the beginning of the season, so the parents can make plans accordingly.

We request that parents do not park near the bus gate when waiting for students. We will have our drivers park inside the gate when unloading passengers. This will be much safer and will also avoid creating traffic jams. In order to do this we need parents to park in the back parking lot away from the gate. Thank you for your cooperation.

VACATIONS

When parents and student athletes choose to take their family vacations during sports seasons, it must be understood that the time missed by the student athlete can affect the team's performance. Student athletes who missed practice or competition for any reason may have their position or playing time adjusted. Coaches shall make every effort to inform parents and athletes of the season's schedule as far in advance as possible.

Choosing to miss an Aquinas contest in order to attend a travel team competition is unacceptable. Doing so may result in loss of playing time or suspension from team.

COACHES

All Aquinas coaches are required to have current certification in First Aid, CPR and AED. Each coach is responsible for guiding their student athletes through practices, scrimmages and games appropriate to their age and level of play. These activities are conducted so that the physical welfare, health and safety of the participants is protected and fostered. The coach teaches physical skills, moral values and proper ideals of sportsmanship, ethical conduct and fair play in accordance with the Aquinas Philosophy.

PARENT MANAGERS

The coach will appoint a parent manager, often called the "team mom," although the manager may be of either gender. This parent has a very important role of acting as the liaison between the coach, other parents, school administration and staff. This parent will be in charge of communicating about practices, transportation, off-season practices, end-of-season banquets, camps, senior night and fundraising. After fundraisers she will be the person to bring the deposit to the business office and to make sure the athletic office is aware of the deposit. She will be the go-to person as far as coordinating pre-game pasta dinners and reserving an appropriate site at the school. She will be the team representative with the Booster Club. The parent manager is an extension of the Aquinas coaching staff. Loyalty and professionalism are essential.

ATHLETIC TRAINER

The athletic trainer provides emergency services for student athletes and develops prevention strategies through appropriate training methods and physical conditioning programs. To ensure proper follow-up after an injury, the trainer consults with parents and the school nurse.

Any student athlete under treatment by a private physician must have written permission from his/her physician in order to return to active status in the sports program. The school nurse may be consulted in situations that warrant further review.

CONDITIONING

The obvious benefit of superbly conditioned athletes is the potential for the team or individual to compete at the highest possible level. A well-conditioned team is usually a successful team. However, the real benefits of conditioning are long term. Simply, we want our student athletes to be exercisers for life. The health benefits derived from a regular exercise program are well documented. Developing lifelong habits to improve or maintain cardiovascular endurance, muscular strength and flexibility is an important goal for anyone involved in our athletic program. With this philosophy, one can understand why practice sessions are considered as important if not more important than contests.

Sport Requalification

Students planning on participating in interscholastic athletics during the 2009-10 school year are reminded that they must have an Sports Clearance Form completed and signed by their parent and school nurse, as well as a current sports physical. Sports physicals will be considered current if they are within one year of the nurse's interview.

Sports Clearance Forms must be returned in 30 days or less from the start of the athletic season. Students must requalify with the nurse before each sports season.

Aquinas Sports Boosters

Bob Ebert

P.O. Box 14382

Rochester, NY 14614

(585) 507-1231

The Aquinas Sports Booster Club was organized in 1970 for the purpose of providing support (through funding and services) to Aquinas' athletic program and its athletes. All parents and friends of Aquinas are invited to become members.

The Aquinas Sports Booster Club has contributed to the enhancement of the interscholastic athletic program over the years. A summary of the clubs activities and accomplishments for the 2009-2010-is listed below:

Production and distribution of the Aquinas Athletic Publications

Operation of the concession stand for all events in the Wegman Napier Gym

Co-Sponsorship of the Aquinas Hall of Fame Dinner

Purchased program ads in a variety of publications in support of our student athletes

Provided refreshments at all pre-season coaches meetings

Sponsored holes and supported several golf tournaments which benefit Aquinas

Purchased flowers given to the parents at all senior recognition nights

Purchased Awards for the Mike Dianetti Basketball Tournament

Purchased Awards and T-Shirts for the Rich Pilliter Baseball Tournament

Funded electrical work done on the softball field

Provided pre-game meals for a variety of teams when they were unable to go home prior to a game.

Funded the repair of football head phones

Purchased replacement jerseys for the football team

Provided \$4,000.00 to Aquinas to be used at their discretion for uniforms and equipment.

The Aquinas Sports Booster Club seeks new, active members who are interested in helping us continue our support of the athletic program at Aquinas. If you are interested in becoming a member, simply send a check (made payable to the Aquinas Sports Boosters) in the amount of five dollars to the address listed above. If you have any questions regarding the Aquinas Sports Booster Club please feel free to give me a call.

Sincerely,

Robert J. Ebert Jr.

President

Aquinas Players' Code of Conduct:

Print Player Name

Print Team

I hereby pledge to live up to the following standards designed by Aquinas for all Players to adhere to:

- I will encourage good sportsmanship from fellow players, coaches, officials and parents at every game and practice by demonstrating good sportsmanship.
- I will attend every practice and game that I can, and will notify my coach if I cannot. I will give 100% effort at games and practices.
- I realize that academics come first; I will seek extra help from teachers when needed, even if that means missing practice.
- I will do my very best to listen and learn from my coaches.
- I will treat my coaches, other players, officials and fans with respect regardless of race, sex, creed, or abilities and I will expect to be treated accordingly.
- I deserve to play in an environment that is free from drugs, tobacco and alcohol and expect adults to refrain from their use at all youth sports events.
- I will refrain from using profanity or negative gestures to my fellow teammates, opponents, coaches, officials and parents.
- I will not make negative comments about my teammates, other players, coaches, officials or parents.
- I will strive to be the very best student in school; I will adhere to the Aquinas attendance policy as outlined in the Aquinas Student Handbook.
- I will remember that sports are an opportunity to learn and have fun. I recognize that it is a privilege to participate in the Aquinas athletic program.
- I will adhere to the dress code set by the school and coaching staff.
- I understand that I am playing for an Aquinas team and no individual comes before the team and no team comes before Aquinas.
- I will refrain from the use of alcohol and drugs. I understand that the drug and alcohol policy for Aquinas student athletes has been strengthened. I have read the new policy and agree to abide by it and realize the consequences of any violations.

Signature of Parent

Date

Signature of Participant

Date

Signature of Coach

Date

Aquinas Parents' Code of Conduct:

Print Name

Team

I hereby pledge to live up to the following standards designed by Aquinas for all Parents.

- I will provide positive support, care, and encouragement for my child participating in all AQUINAS athletic events.
- I will encourage good sportsmanship by demonstrating positive support for all players, coaches, and officials at every game, practice or other AQUINAS athletic events.
- I will support coaches and officials working with my child, in order to encourage a positive and enjoyable experience for all.
- I will demand a sports environment for my child that is free from drugs, tobacco and alcohol and will refrain from their use at all AQUINAS athletic events.
- Pregame gatherings that include alcohol are strictly forbidden. Anyone thought to be under the influence of alcohol will be asked to leave the event.
- I will remember that the game is for youths not adults. Please refrain from coaching or critiquing from the stands.
- I will insist my child treat other players, coaches, fans and officials with respect regardless of race, sex, creed or ability.
- I will not belittle other players, officials & coaches. It is imperative I set a good example for my student by treating others with dignity.
- I will uphold the AQUINAS Drug & Alcohol Policy by not hosting or allowing my child to attend parties where drugs and alcohol will be present.
- I will insist my student puts forth his best effort academically.
- I have read the AQUINAS attendance policy and will do my best to see that my student abides by it.
- I have read the attached Sportsmanship/Spectator Code of Conduct and agree to abide by it.

FAILURE TO ADHERE TO THIS CODE OF CONDUCT WILL RESULT IN MY BEING PROHIBITED FROM ATTENDING AQUINAS CONTESTS.

Signature of Parents

Date

Signature of Participant

Date

Signature of Coach

Date

SPORTSMANSHIP/SPECTATOR POLICY

Visiting team members, students and adult spectators are guests and are to be accorded all the courtesy and consideration that a friendly well-mannered host would normally give. The visitor, in turn, is to act as an invited guest, using the home school's facilities with care and respect.

Officials are the proper authorities to make decisions regarding rules and their interpretation of these decisions should be accepted.

Spectators, student athletes and coaches must recognize that their school conduct plays an important role in establishing the reputation of their school. Their positive actions can relate directly to the success of their team.

Remember that an athletic contest is only a game – not a matter of life and death for the player, coach, school, official, fan or community.

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FAILURE TO ADHERE TO CONDUCT AND EXPECTATIONS FOR ATHLETES AND SPECTATORS Will RESULT IN APPROPRIATE DISCIPLINARY ACTION.

AQUINAS HANDBOOK ATTENDANCE POLICY

PARTICIPATION IN CO-CURRICULAR ACTIVITIES

Students must be in school on time and in attendance for the rest of the day in order to attend or participate in any co-curricular activity that day. A student who has a pre-scheduled medical appointment may be absent for the time of that appointment with a note from the doctor's office indicating the time that the appointment ended. Students absent on Friday may not participate in any activity on Saturday. Students who have an unexcused absence or tardiness on the day following an activity will receive an automatic detention.

WAIVER

The principal has the authority to waive parts of the attendance policy where it is determined that the circumstances warrant such action and comply with the New York State Education Law.

CAPTAINS

One of the goals of the Aquinas Athletic Program is to develop young men and women who are leaders. It is an honor for an athlete to be selected as a captain on a team. With that honor comes responsibility.

There are a number of ways for a captain to be a leader. Some captains are vocal and enthusiastic on the court or field. Others lead by example. Regardless of their style, it is important that captains set the tone for the rest of the players. This starts with attendance at practice and games. It is important for captains to be at practice or games promptly so they can prepare themselves and their teammates to do their best that day.

Aquinas team captains are expected to be leaders on their teams and in the school, foster team and athletic program spirit and pride, set examples of academic integrity in the classroom and follow the policies and procedures outlined in this handbook. In addition, they must serve as positive role models to the youth of Aquinas and the community at large.

A captain may be chosen in a number of ways. A captain may be chosen by team vote or appointed by the coach based on past performance and leadership qualities demonstrated. The captain is not necessarily the strongest player on the team. Choosing the team captain should not be a popularity contest. Strong consideration will be given to seniors. Selection of a junior could occur if there are no qualified seniors who meet the criteria. **All captain nominees are subject to approval by the athletic director.**

The role of a team captain is a key leadership position and carries with it a tremendous responsibility. The captain is viewed as a mature leader who is looked upon by students, athletes, coaches and administrators to set a positive example for team pride, fair play, dedication and school spirit. He must demonstrate a willingness and desire to lead prayer at team gatherings and before competitions. Aquinas captains are expected to have the following attributes: honesty, leadership, compassion, loyalty, courage and integrity. Captains who are unwilling or unable to meet these requirements may be relieved of their positions.

All captains must read and sign the pledge contained in the handbook.

Print Name

Team

CAPTAINS PLEDGE

I realize being selected to the position of team captain carries with it more responsibility than being just a team member; others in the school and greater community look up to me as a leader and role model. I will do my best to exemplify the qualities that the administration, athletic department, coaches and Aquinas community expect of me. I pledge to adhere to this Code of Conduct all year.

I pledge to:

- *Be an extension of the coaching staff. Loyalty to coaches and Aquinas is a must.*
- *Work with coaches to address destructive behavior, be it drug/alcohol infractions, poor sportsmanship, poor effort, divisiveness, or disrespect for coaches, teammates, officials, opponents or other Aquinas teams.*
- *Work with coaches and other team captains to promote school camaraderie among all Aquinas teams and groups.*
- *Adhere to the Aquinas Drug and Alcohol policy set forth in the Athletic Handbook. I will not use tobacco, alcohol or illegal drugs.*
- *Conduct myself in a manner consistent with the Aquinas Sportsmanship Policy as outline in the Athletics Handbook.*
- *Earn the respect of my teammates, the school community and the community at large.*
- *Be a good citizen. I will demonstrate respect, loyalty, cooperation, trustworthiness, selflessness, honesty, compassion and pride in Aquinas and its positive reputation.*
- *Demonstrate good school behavior. I will be punctual and abide by school rules.*
- *Demonstrate positive athletic qualities. I commit myself to good skills, dedication, commitment to the sport, good sportsmanship, hard work, teamwork and communication skills.*
- *Be willing to act as the liaison between teammates, coaches, director of athletics and other appropriate school personnel.*
- *Lead team prayers.*

Signature of Captain

Date

Signature of Coach

Date

Signature of Athletic Director

Date