

Notre Dame-Cathedral Latin School

ATHLETIC HANDBOOK



For Student-Athletes
And Parents

2023-24

INTRODUCTION

Welcome to the NDCL Interscholastic Athletics family! We are glad you have become part of the LION pride.

Your experience as an NDCL athlete will be interesting, challenging, educational, successful, and fun!

The following pages describe our athletic programs, policies, and procedures. If you have a question about anything, please call the Athletic Office directly. We are looking forward to great things this year.

Good Luck this season!



MISSION

Notre Dame-Cathedral Latin is a Catholic co-educational, college preparatory school sponsored by the Sisters of Notre Dame. Like Mary, who gave Christ to the world, NDCL educates leaders who transform the world as Jesus did, by living the truth in love.

VISION

Notre Dame Schools will engage students from preschool through high school in an exceptional Catholic education.

We will focus on loving, respecting, and educating all to discover and develop their God-given talents.

We will challenge our students to respond faithfully to Jesus' call to transform the world by consciously doing good and bringing hope to the hearts of all.

CORE VALUES

As a community of faith and learning rooted in the enduring values of Notre Dame Academy and Cathedral Latin School, NDCL seeks

- Justice
- Respect
- Integrity
- Community
- Excellence

COLORS AND NICKNAME

NDCL is the home of the royal blue and gold LIONS. The blue of Notre Dame Academy and the gold of Cathedral Latin School symbolize devotion to Mary. The LION symbolizes a sense of pride and power.

NDCL and ATHLETICS

Education is one of the greatest gifts any person can be given. At NDCL parents choose to give their sons and daughters a Catholic education centered in Jesus Christ and his hope for our world. NDCL's vision, mission and core value statement root, focus, and direct us to empower all in our community "to use their talents and gifts to make an impact in an increasingly diverse world."

Together we contribute to the common good and NDCL's strong sense of purpose. Athletics is a prime vehicle for developing all aspects of leadership skills. It is a public arena where students learn future, community-oriented behavior by their athletic experiences. Athletics is not about becoming a star; it is about helping the team, uniting the school, connecting with tradition across generations, and serving the community.

Right here and right now, participating in NDCL's athletic program provides our students with important real-world lessons in excellence, community, integrity, respect and justice. The athletic department and coaching staff bear the responsibility to constantly shape our student-athletes' experiences within the context of NDCL's mission and core values.

That's why we can never be content with merely winning the game, changing the score, adjusting the line-up, or revising the playbook. Through athletics and every other aspect of life here at NDCL, we are changing so much more: We are preparing leaders who transform the world by doing the truth in love.

INTERSCHOLASTIC ATHLETICS PHILOSOPHY

The purpose of NDCL's interscholastic sports program is to:

- Provide student-athletes with the opportunity to use and develop their talents while participating in competitive contests under the direction of qualified and dedicated coaches.

- Instill in student-athletes the Christian values and attitudes of sportsmanship, teamwork, respect, and dedication.
- Allow student-athletes the opportunity to learn, grow, and develop as students and athletes, integrating into their lives a sense of priority, commitment, and dedication that will prepare them for future challenges.
- Educate the whole person, physically, mentally, and spiritually to use their God given talents wisely.

LION INTERSCHOLASTIC ATHLETICS

NDCL offers 29 interscholastic sports:

Fall	Winter	Spring
Cheerleading (G)*	Basketball (B/G)	Baseball (B)
Cross Country (B/G)	Swimming (B/G)	Softball (G)
Football (B)	Cheerleading (G)*	Tennis (B)
Golf (B/G)	Ice Hockey (Coed)	Lacrosse (B/G)
Soccer (B/G)	Gymnastics (G)	Track/Field (B/G)
Tennis (G)	Wrestling (B)	Volleyball (B)
Volleyball (G)	Bowling (B/G)	
	Indoor Track (B/G)*	

- JV Programs are offered in Cheerleading, Football, Golf (b/g), Lacrosse (b/g), Soccer (b/g), Tennis (b/g), Volleyball, Basketball (b/g), Bowling (b/g), Baseball, and Softball.
- Freshman programs are offered in Football, Volleyball, Basketball, Baseball, and Softball when numbers are sufficient.
- Baseball, Basketball, Cheerleading, Soccer, Softball, Lacrosse, Tennis, Golf, and Volleyball athletes are chosen by tryouts. Tryouts are organized by the coach who conducts the tryouts and practices in accordance with the rules and regulations of the OHSAA.
- Cross Country, Football, Ice Hockey, Swimming & Diving, Track & Field and Wrestling are no-cut sports.
- Travel squads may be determined by coach and athletic directors based on need.

GENERAL POLICIES

- NDCL is a member of the Ohio High School Athletic Association (OHSAA), which allows us to conduct interscholastic sports under the direction of the State Association and to participate in state sponsored post-season tournaments.
- NDCL is a member of the Crown Conference. The conference is composed of Catholic schools in Northeast Ohio: Beaumont, Lake Catholic, NDCL, Padua Franciscan, and Walsh Jesuit.
 - * The Crown Conference sponsors schedules in Football, Volleyball, Basketball, Baseball, Lacrosse, Softball and Soccer
 - * The Crown Conference sponsors league championship meets in cross country, boys golf, girls golf, girls tennis, track and field and wrestling.
- The athletic teams of NDCL represent their parents, their school, and themselves. Coaches, student athletes, faculty, parents, and fans are expected to bring pride to themselves, their family, and their community by their conduct and participation in the interscholastic sports program.
- Because student-athletes represent the school and play under the school's sponsorship and authority, they are expected to adhere to the school's dress and grooming policies. In all instances, the judgement of the school's administration is final in matters of dress and grooming. The NDCL dress code is in effect for all athletes - male and female – at athletic functions including interscholastic events and school-sponsored awards / Lion Pride nights.
- All male athletes must be clean shaven; beards, mustaches, and sideburns extending below the ear lobe or onto the cheek are not permitted. Male athletes' hair must not extend beyond the top of the shirt collar. Extreme spiking, shaved sides or backs, carvings, long tails or curls are some examples of extreme styles, and are not permitted. For all athletes, unnatural colors or combinations of colors are not permitted. For all athletes, extreme hairstyles are not permitted.
- Full t-shirts must be worn at all times on the NDCL campus including all practices and conditioning sessions both indoors and outdoors.
- For all female athletes - Sports bras as sole garment are not

appropriate apparel for training/practice. T-Shirts with cutaway sides over sports bras are also not acceptable. All changes from practice attire to street clothes or the reverse must be done in the locker room not the parking lot or the gymnasium.

- Uniforms (with the exception of sports with uniforms that are retained by the student-athlete such as swimming and gymnastics) and Spirit Packs are covered by School Tuition. Club Athletic teams are totally funded by parents. •
- On game days, student-athletes are permitted to wear designated spirit shirts to signify their membership on the team and to generate interest and support from students, faculty, and staff of NDCL. These team spirit shirts are part of the spirit pack provided by the school. *Please note:* This means spirit wear, not a uniform top.
- Team uniforms are only to be worn during athletic competition. To preserve the condition of the uniforms, they may not be worn during school or given to another individual to wear. In addition, in most cases, student-athletes are not permitted to wear uniforms home from a contest. They are to bring and change into other clothing after competition.
- In accordance with OHSAA policy, student-athletes must have a physical exam. It is suggested that this physical exam be taken in the months of June or July and reported on the official OHSAA form. All forms (OHSAA Pre-Participation Physical Exam, NDCL Consent to Participate, and NDCL Emergency Contact Form) are to be submitted to the Main Office where they will be logged in and secured on file. No athlete may practice or participate until all forms are on file.
- In accordance with the policies of the Ohio High School Athletic Association, *"only authorized personnel assigned to work an athletic contest are permitted in the contest area which includes the contest field, sidelines, and track area. This will include keeping spectators, fans, and parents from the field, sidelines, track, floor and all contest areas."*

COMMUNICATION

- All head coaches have an NDCL email address and should be contacted in that manner
(first name.last name@ndcl.org)
- Athletic Department Phone/Email directory
 - Athletic Director Jason Baxter
440-279-1076 / jason.baxter@ndcl.org
 - Associate Athletic Director Devin Hernandez
440-279-1076 / devin.hernandez@ndcl.org
 - Manager of Athletic Operations Justin Tuskes
440-279-1071 / justin.tuskes@ndcl.org
 - Manager of Athletic Communications Rachel Breckenridge /
Rachel.breckenridge@ndcl.org
- Please consult the NDCL Athletic website or follow on Twitter regarding scheduling updates and cancellations at:
www.ndclathletics.org/ / @NDCLathletics
- If you have a concern to discuss with a coach, make an appointment.
- Do not attempt to confront a coach before, after or during a practice or a game. These can be emotional times for both the parent and the coach and this situation does not promote resolution or objective analysis. The NDCL athletic department observes the 24-hour rule – wait 24 hours before calling for a meeting

STUDENT-ATHLETE ELIGIBILITY

To be a member of an interscholastic sports team, a student-athlete, manager, or trainer must:

- Adhere to the rules of the OHSAA
- Have a current OHSAA Pre-participation Physical Form (6 Pages), an NDCL Consent to Participate Form (2 Pages), and an NDCL Emergency Form on file.
- Abide by all Athletic Department and team rules •
Maintain a favorable standard of conduct
- Follow all rules regarding academic eligibility of the State of Ohio, the OHSAA, and NDCL
- Submit all paperwork required by coaches/ADs

CHEMICAL ABUSE POLICY

NDCL's policy regarding chemical abuse as stated in the NDCL Parent-Student Handbook will be in effect. In the event of a violation of the NDCL Chemical Abuse Policy by an athlete, the athlete will receive a suspension from all athletic participation and contests for a **minimum** period of time that corresponds with the OHSAA suspension time for an ejection resulting from unsportsmanlike conduct in that sport. Additional disciplinary action may be taken by the administration of Notre Dame-Cathedral Latin School.

ACADEMIC ELIGIBILITY

Academic eligibility at NDCL is three-pronged. Student-athletes must be eligible by: (a) State standards; (b) OHSAA standards; and, (c) NDCL In-House standards

State Standards: The student-athlete must earn at least the minimum GPA, as stated in the NDCL student handbook, in the immediately preceding grading period. Failure to meet this requirement will result in the student-athlete being ineligible for the entire next grading period.

OHSAA rules include but are not limited to the following:

- A student-athlete must be enrolled as a pupil no later than the 15th school day after the start of a semester in which the contest occurs.
- In order to be eligible, a student-athlete must be currently enrolled and must have been enrolled in school the immediately preceding grading period. A student-athlete must have received passing grades in a minimum of five one-credit courses, or the equivalent, in the immediately preceding grading period.
- By state law, the individual school adopts a minimum grade point average (GPA) for participating in interscholastic extracurricular activities. At NDCL, a student-athlete must have a 1.5 GPA in the immediately preceding quarter to be eligible for interscholastic sports.

- A student-athlete enrolled in the first grading period after advancement from the eighth grade must have passed a minimum of five of **all** subjects carried the preceding grading period in which the student was enrolled.

Eligibility: Notre Dame-Cathedral Latin School

- At the middle and end of each quarter, the academic performance of all students will be reviewed by the school administration, which will report to the Athletic Director the names of student-athletes who have earned any F grade and/or two or more D grades.
- Following the mid-quarter review, the Athletic Director and appropriate representatives of the school administration, Counseling Department, and/or coaching staff will confer and then communicate with the student to assist him/her in improving the unsatisfactory academic performance. Student athletes will be notified that they are on "Academic Watch" and have ten (10) school days to improve the unsatisfactory grades to eligibility standards. If performance does not improve to this level by the specified date, the student-athlete will be declared ineligible until the student brings the unsatisfactory grades up to eligibility standards.
- Following the end-of-quarter review, any student-athlete who earns any F grade and/or two or more D grades will be declared ineligible. *The provisions described in the preceding paragraph for mid-quarter reviews do not apply to end-of-quarter reviews.*
- If a student-athlete is declared ineligible following the end-of quarter academic review, the period of ineligibility will begin on the effective date established by the school administration without regard to specific events or contests.
- Student-athletes who have been declared ineligible at the end of the quarter can be re- evaluated six (6) school days after the effective date of ineligibility. At that time, if academic performance has improved to 74% or better, eligibility will be reinstated.
- The re-evaluation in the form of a written document from the relevant teachers(s) will be the responsibility of the student athlete.

Academically ineligible student-athletes may practice, with the approval of the coach, but may not dress for games, matches

or meets. The coach has the discretion to determine whether the non-uniformed student-athlete will be on the bench during the game.

The above policies refer to academic eligibility. If a teacher experiences a problem with a student-athlete's behavior, the teacher is encouraged to speak with the Dean of Students and/or the Athletic Directors. The school administration has the authority to revoke eligibility as a consequence for disciplinary infractions.

STUDENT-ATHLETE CONDUCT

NDCL, its administration, faculty, coaches, and staff support the belief that the student-athlete influences the community and student body. A student-athlete has the responsibility to show good leadership and exemplary behavior at all times. Student-athletes are expected to behave appropriately in all situations. This includes travel to and from contests, in restaurants and hotels and on social media. Any inappropriate behavior may result in suspension from athletic participation.

ATHLETIC TRAINING ROOM

The goal of any sports program is to have an injury free and safe program. We all have the responsibility to provide the safe administration of our sports program. NDCL has partnered with Precision Orthopaedic Specialties to provide student-athletes with the best care possible.

TEAM DOCTOR/TRAINER

NDCL has an athletic trainer available M-F from 2 p.m. until the completion of the last event. Athletic trainers are permitted to perform specific duties as per their certification. The athletic trainers may suggest that student-athletes receive treatment from a doctor and may refuse to allow a student-athlete to practice or play until a doctor has examined and issued a written release for that athlete to return to practice or competition. The athletic trainer's decision for practice and game participation will be final. Reasons for nonparticipation will be on file in the athletic trainer's office.

Dr. Michael Kellis, D.O., Dr. Greg Sarkisian, D.O. and Dr. Jamie DeVecchio, D.O. are our team doctors. One of the doctors will be

available after school one a day a week to provide clinic services.

The athletic training room is reserved for injured athletes or those who need taping. Student-athletes should inform the coaches and the athletic trainer of all injuries as soon as possible. The athletic training room is not a place to hang out or socialize.

Dr. Kellis, Dr. Sarkisian and Dr. DelVecchio offer consultation at Precision Orthopaedic Specialties for student-athletes by appointment, or at the school designated clinic times (subject to change.)

***Student-athletes who see any doctor for any reason must have a note signed by the doctor before returning to sports activity.*

INSURANCE

Student-athletes who are injured while participating in a supervised interscholastic sport must file through their personal insurance carrier. The OHSAA also provides member schools with catastrophic insurance protection.

PARTICIPATION ON MORE THAN ONE TEAM

No student-athlete may participate on more than one sport team per season without the expressed permission of the athletic director and the school principal. In the event of such a request, a pre-season meeting must be held with the head coaches of both sports and the athletic director to discuss the justification for and ramifications of multiple sport participation. No student-athlete should be contacted until this meeting takes place.

Participation on sports teams outside the jurisdiction of the OHSAA is strongly discouraged. By OHSAA rule, student-athletes may not participate on an interscholastic (NDCL) team and an independent team of the same sport simultaneously. The student-athlete's commitment to an NDCL athletic program must be his/her top priority. Non-school athletic teams (AAU, CYO, JO, travel, club, etc.) are not excused absences from NDCL practices or games.

STUDENT MANAGERS AND TRAINERS

- Any student may apply to be a student manager or trainer.

Application must be made to the head coach or athletic trainer depending on the sport. Coaches or athletic trainers then submit a list of managers/trainers to the Athletic Directors.

- Head coaches are responsible to have an accurate and detailed position description for managers. The athletic trainer will provide the same for student trainers.
- Student managers and trainers are closely supervised by the head coach/athletic trainer.
- Managers and trainers are to wear attire that identifies them with NDCL and is in compliance with Athletic Department and school and school guidelines.
- Managers/trainers are required to attend practices as scheduled by the head coach or athletic trainer.

ATTENDANCE

Attendance is required at all games and practices. School attendance policies will be followed regarding excuses for illness or emergency. Students must be in school no later than 11 a.m. the day of a game. However, excused absences that follow the school's established procedures from the school day (i.e., field trips, funerals, doctors' appointments, etc.) will not prevent a student from participating in after-school or evening contests.

TRANSPORTATION

Generally, student-athletes are transported to and from away events by NDCL vans or busses, or, if needed by rental vans or busses. A parent may transport his/her own student-athlete home from an event by notifying the coach. Student-athletes may not leave a contest with anyone other than a parent. If a parent wishes a student-athlete to be transported by another parent, a request in writing must be given to the coach or to the Athletic Directors prior to the event. No student-athlete will be permitted to leave an event with another student.

SUMMER CAMP TRANSPORTATION

Transportation to outside summer camps (i.e. Ohio State, Kent State, Eastern Ohio, etc.) is the sole responsibility of parents. At no time can a student-athlete transport another student-athlete to a summer camp.

PRACTICE AND PICK UP

Student-athletes are expected to attend all practices. Most practices are from 1 ½ hours to 2 ½ hours in length. Exceptions are made for early season conditioning, two-a-day practices, and post season practices. Injured players should attend practices. Coaches make every effort to complete their practices on time. Student-athletes may need 20 minutes following practice to shower, get their belongings together, and exit the building. Please be considerate of the coaches and arrange for timely pickup of student-athletes. Parents should pick up student-athletes near the gym lobby entrance of the athletic complex. Using the bus lane behind McGarry Gym is not permitted since it is a one-way fire lane.

ATHLETIC FACILITIES

NDCL is proud of its beautiful athletic complex. Student-athletes are expected to respect the facilities and the people who work to maintain it. Every person who uses the facilities has a responsibility to keep the facilities clean. This includes lockerrooms, lockers, lobby, and grounds. Team rooms are available for athletes in season. Team lockerrooms are off limits during the school day. They will open from 7:30 - 8 a.m., be locked during the day, and reopen at 2:45 pm.

Off-campus training of any kind must be approved through the athletic office, and must be closely supervised by an approved NDCL coach. Student-athletes are NEVER permitted to run or train in any way on the roads surrounding the NDCL campus at any time. Doing so will result in disciplinary action up to and including removal from the team.

All student-athletes will be issued an athletic locker for their use during their particular sports season. All lockers should be kept locked at all times. Bags and equipment must be kept in the team lockerrooms in the lockers. These are not to be left in the main office of the school. No student-athlete is permitted to change in the gym or hallway area. This is in effect for both practices and contests.

RESIGNING A TEAM

NDCL strongly discourages student-athletes from quitting teams. If, for some reason, a student-athlete must quit a team, he/she must notify the coach and return all equipment. After notifying the coach, the student-athlete must schedule a meeting with the Athletic Director or the Associate Athletic Director. Any student-athlete who quits a team will be placed on probation status

for future participation in athletics at NDCL. No student-athletes may try out for another team after quitting a team in the same season without a prior meeting with and permission from the Athletic Director.

TEAM RULES

Team rules and standards for specific sports are an integral part of the total training package. Student-athletes are expected to adhere to the rules specific to their sport and designed by their coach. Each head coach submits a copy of team rules, standards and expected behaviors to the Athletic Directors.

UNIFORMS

Athletic uniforms/warm-ups are the property of NDCL and may be worn only when in competition representing the school. Team uniforms are assigned by coaches prior to the first contest. Student athletes are responsible for the care of their uniforms and are not to alter the uniforms in any way. All uniforms must be returned to the head coach after the last contest of the season. If uniforms are not returned in good condition or not returned at all, student-athletes will be charged the cost of replacing the uniform. Replacement costs are generally twice the original cost of the uniform. Because of the nature of some sports, the student-athlete may be required to purchase personal clothing items that cannot be worn by others in subsequent years. NDCL issued warm-ups should only be worn when the uniform for that particular sport is worn to and from the contest.

Only official NDCL uniforms are permitted to be worn as a uniform or warm-up.

PRE-GAME MUSIC

NDCL pregame music is played to welcome fans to our athletic competitions and to help create an atmosphere of excitement and good sportsmanship. The music played via our public address system will be representative of our values and goals as a Catholic athletic program. Pre-game music must be screened and approved by the Athletic Director or designee before it may be played. Music must be submitted at least 72 hours in advance of a contest in order to be considered.

ADMISSION TO GAMES

Admission pricing for all **regular-season home** football, volleyball,

soccer, basketball, hockey, lacrosse and wrestling contests is as follows:

Adults/High School Students: \$8.00

Students/Sr. Citizens: \$5.00

NDCL Students – Admission free with Student ID (*Home games only*)

Admission for **away** contests varies by school and is determined by the home site or its league.

Sport Specific Season Passes are also available for NDCL Home Games. These are on sale online at www.ndclathletics.org/tickets. These passes vary in price depending on the sport, and the amount of home games.

AWARDS

All student-athletes meeting the general rules and regulations regarding academic standards, character, and conduct will be eligible to receive awards. The awards given are:

- First Year – Pin / Numerals
- Second Year – Sport specific patch
- Third Year – LION patch
- Fourth Year – Plaque

SPECIAL NIGHTS

LION PRIDE NIGHTS

NDCL hosts a pre-season Lion Pride Night before every sports season. Attendance at Lion Pride Night is mandatory for student-athlete and one parent.

SPORTS AWARD NIGHTS

NDCL will honor its student-athletes with individual Sports Award Nights will be scheduled at the end of each sports season. Dates and times will be announced by the Team Coordinator and the Head Coach. All team members are expected to be in attendance. Student-athletes should be dressed appropriately for this event.

HOME SITES

- Tennis, Volleyball, Basketball, Wrestling, Cross Country, Football, Soccer, Lacrosse, Baseball, Softball, and Track & Field games and practices are held at the NDCL Athletic Complex.

- Ice Hockey games and practices are held at the Mentor Civic Ice Arena.
- Golf matches and practices are held at Fowler's Mill Golf Course or Quail Hollow Golf Course
- Swim practices and meets are held at an off-campus natatorium.
- Gymnastics practices are held at an off-campus facility.

SCHEDULES/DIRECTIONS TO GAMES & MATCHES

Schedules of games as well as locations/sites will be posted on the NDCL athletic website - ndclathletics.org. Every effort will be made to post games and sites in a timely fashion.

At times, schools will agree that if one site is unplayable, every effort should be made to play the varsity contest at the playable site. This could cause a home game to become an away game on short notice.

ATHLETIC BOOSTER CLUB

The NDCL Athletic Booster Club is a vital and important part of the interscholastic program at NDCL. Without its support, the effectiveness of NDCL's sports programs would suffer. All parents of student-athletes are encouraged to become active members of the Athletic Booster Club.

Volunteers are needed at home events to staff the many jobs necessary for a smoothly run home sporting event. It is through the efforts of our Athletic Booster Club and the NDCL parents working in conjunction with the Athletic Department that our athletic teams continue to grow and succeed.

SPORTSMANSHIP AND FAN BEHAVIOR

All NDCL sports fans are expected to abide by the sportsmanship expectations of NDCL and the OHSAA. All NDCL sports fans are expected to conduct themselves in a manner that is respectful to the school, players, coaches, officials, opponents and guests. NDCL reserves the right to exclude from school premises or school sponsored activities persons whose conduct is determined by NDCL to exhibit poor sportsmanship.

NON-ALCOHOL POLICY FOR ATHLETIC EVENTS ON CAMPUS

Because Notre Dame-Cathedral Latin “educates leaders who transform the world, as Jesus did, by living the truth in love,” we ask the NDCL adult community, whether parent or guest, to support us in our mission. Therefore, we ask adults who plan or participate in pre game socialization on campus, not to bring or consume alcohol **anywhere** on the campus before, during or after any event. This includes but is not limited to: parking lots, field, bleachers, cars, etc.

We have shared this information with local law enforcement officials, who support the no-alcohol policy and will help the school enforce it.

As a member school of the Ohio High School Athletic Association, NDCL is bound to uphold the OHSAA guidelines: *“The sale of, the distribution of, or the consumption of alcoholic beverages or illegal drugs is not permitted at the site of any contest involving OHSAA member schools.”* (*OHSAA Handbook*, pg. 77)

Follow NDCL Athletics

Twitter/Instagram - @ndclathletics

Facebook - NDCL Athletics

www.ndclathletics.org

NDCL ALMA MATER

The memories of our high school
days Bring joy for years to come.
The faith and friendship that we share
Will always make us one.
In Mary's spirit, we will wear
With pride our gold and blue.
Hail, Notre Dame-Cathedral Latin
School, We'll be true to you.

NDCL FIGHT SONG

Here come the LIONS bursting with pride Beware,
opponents, now step aside.
We're got courage; we've got skill.
We've got the strength; we've got the
will. Challenge calls forth the best in our
game; NDCL, we're proud of that name.
Victory is our destiny, so,
FIGHT, FIGHT, FIGHT!