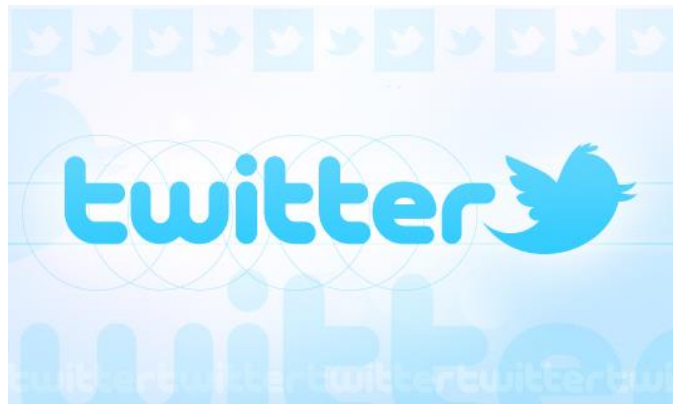


St. Paul Catholic High School



Communication & Athletic Info.



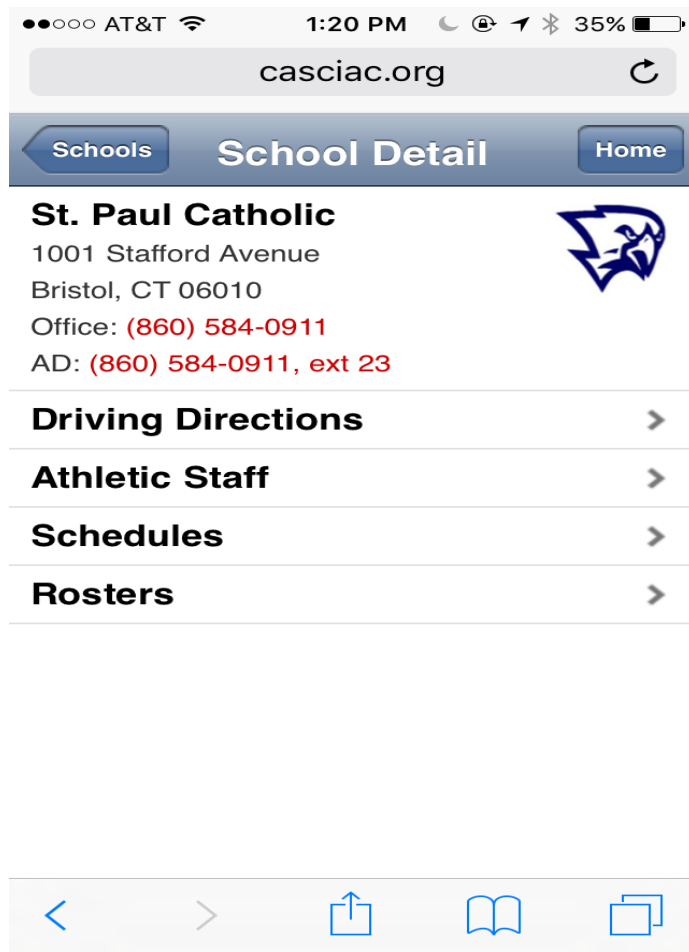
<http://www.casciac.org/>

- Sign up for Alerts / Schedule Changes / Cancellations
- Can also check teams schedules on the school website
- Internal school communication - announcements & Twitter Postings on TV's.



Mobile Access to Athletic Schedules & Info.

CAIC App: ciacmobile.com



St. Paul Athletic Requirements

- **Updated Physical Form** – handed into the school Health Office. It is valid for 13 months.
- Each Season of Participation – **1.) St. Paul Athletic Permission Form, 2.) Concussion Consent Form, & 3.) Cardiac Arrest Consent Form** – Completed electronically on the school website.
- **Travel Release Form** – if not traveling home with team it must be filled out ahead of time. Can be found on School Website.
- **Baseline Concussion Test** on File @ SP. Gets taken freshman year and updated junior year.

CIAC & SP Rules & Regs.

- Rules of Eligibility

- Be familiar with CIAC rules and regulations. * Example/ask myself or your coach

- St. Paul Student Handbook

- * Academic requirements, eligibility & expectations.

Student Athlete Care

- Athletic Training Solutions:
 - Not always trainers at other schools

- Baseline:
Concussion Testing



- Injury Reports: School insurance acts as a secondary insurance.

Strength & Conditioning

- The athletic department has a full time strength and conditioning coach – Coach Joe
- The weight room will be open to everyone (schedules will be posted) for In & Out of season workout programs.
- **Injury Prevention** is a main focus of our strength & conditioning program.

Academic Requirements for College Bound Athlete (Div. 1 or 2)

- [NCAA Clearinghouse](#) & Academic Eligibility.
- If this is something that is a goal for your child be sure they check in with their guidance counselor and get registered.

Other Athletic Dept. Resources

- **CorecourseGPA.com** – [website](#)
- ID: 070082
- School Code: 700298950

Expectations of the Athletic Dept.

- We want students to use athletics at St. Paul to serve as a vehicle to make healthy life decisions.
 - All student athletes will sign a team drug and alcohol contract which also focuses on Vaping and appropriate Social Media use.

SP Core Values

- Faith
- Character
- Community
- Excellence
- Service

2019-20 STUDENT-ATHLETE CONTRACT

As a student athlete at St. Paul Catholic H.S., I understand that participation on an interscholastic team is a privilege and a commitment, not a right. I have read and understand the expectations for student-athletes contained in the St. Paul Student Handbook. I also understand that this contract shall be in effect for this academic year.

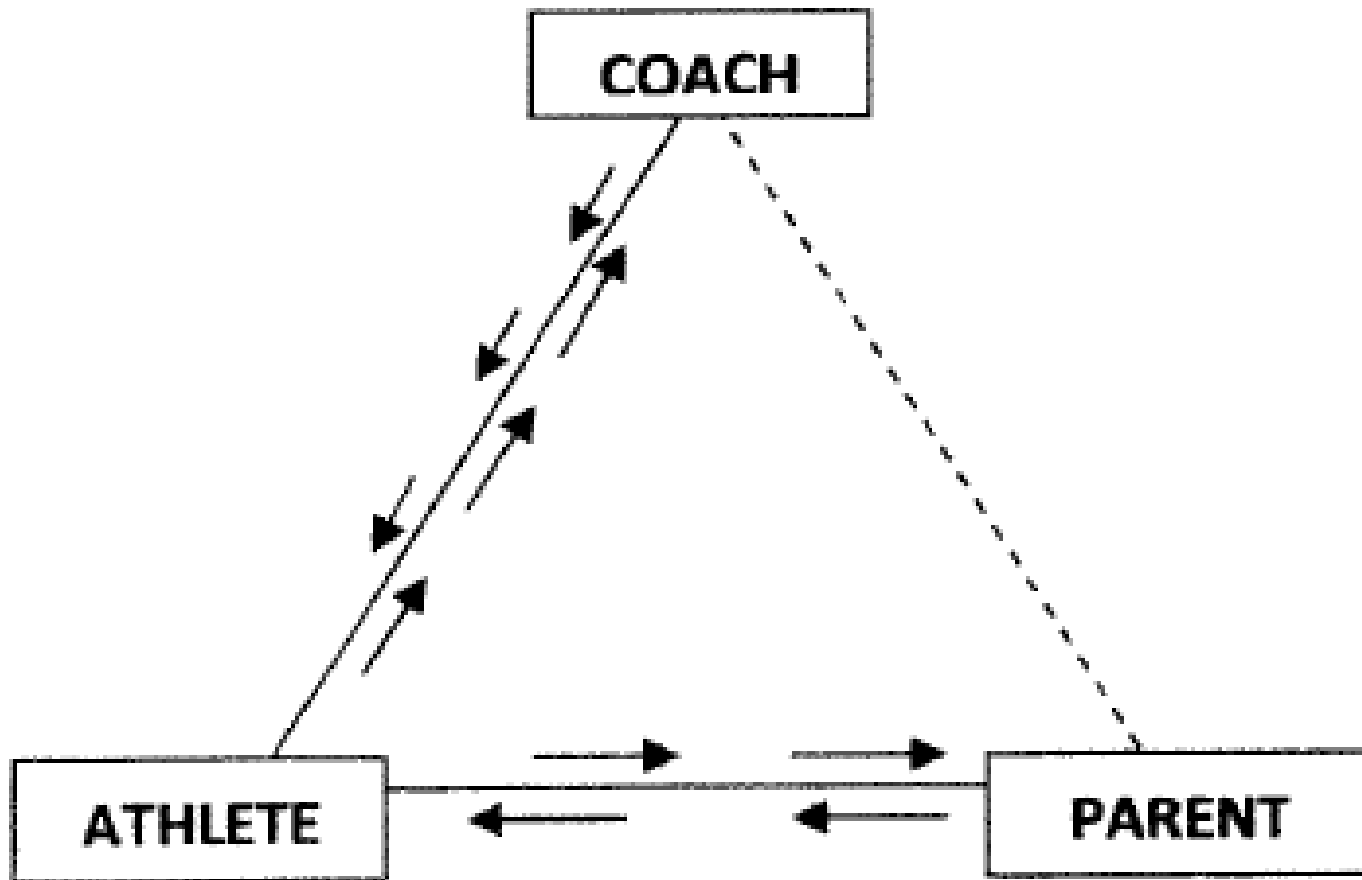
As a team member, I am dedicated to keeping myself in the best physical condition possible in order to perform to the best of my ability and to contribute to the success of the team. As such, I agree that I will not use, consume, possess, buy, sell, or distribute alcohol, any tobacco product, marijuana, steroids, or any other illegal drugs. I also agree that I will look out and care for my teammates and will not be involved in any type of hazing activity.

- **DRUG & ALCOHOL POLICY:** I am aware of the consequences of its violation. (Refer to student-athlete handbook for the full version). *During the season any student-athlete involved with illegal drugs and/or alcoholic beverages will be suspended for the remainder of the season. Further, “involved with” also includes remaining at any party, gathering, school function, home, or motor vehicle where illegal drugs are present. It is the responsibility of the student-athlete to make a good faith effort to anticipate any situation where **illegal drugs, alcoholic beverages & vaping products** may be present. Any student-athlete who intentionally misuses any legal substance during the season including but not limited to over-the-counter medication, nutritional supplements, inhalants, performance-enhancing products, etc., will be suspended for the remainder of the season.*
- **INITIATION AND HAZING:** *Any attempt by a team or individual to “haze” or any form of “initiation” toward another athlete is forbidden, this includes **social media related situations** & cyber bullying. Athletes who participate in or who are with athletes who participate in such activity will be suspended or terminated from the team.*

Print Student-Athlete’s Name: _____ Date: _____

Signature of Student-Athlete: _____

The Communication Triangle



Sportsmanship

- We hold our students to a high standard **and** need **YOUR** help in modeling those behaviors!!!!!!!
- Last year our athletic participation rate was @ nearly 80%.
- If as a community everyone involved is not working toward the same goal;
“To Be A Truly Great Catholic High School”
it will be difficult to achieve.

Sportsmanship Expectations for St. Paul Parents / Fans

- Creating a welcoming environment @ St. Paul.
- [Model good sportsmanship when at home & away games!!!](#)
Parents are often most at fault with the treatment of officials.
- **Officials** – I understand that officials do not always make the right call but please keep in mind that we need them in order to play our games. There is a shortage of officials in CT & regardless of the job that you think an official is doing it does no one (**ESPECIALLY OUR KIDS**) any good to challenge them.
- Parent Athlete Video - CAAD – Video [Clip](#) and [supplemental document](#).

School Policy on Concussions

- Whenever a student is diagnosed with a concussion, the school must be notified in the form of a Dr's. note - goes directly to the school nurse.
- Any accommodations that need to be made with regards to academics should be communicated in the doctor's note.
- When a student has been medically cleared by a doctor to resume normal activities, a new doctor's note should be sent to school. - **Return to play protocol.**
- **Education is King when it comes to this topic!!!!!!!!!!**

Medical Referrals for Concussions

- **Elite Sports Medicine**
 - Connecticut Children's Medical Center,
Farmington.

Online Presentation

- You will be required to completed the on-line presentation and sign off on the electronic acknowledgment form.
- Most of it I have walked through with you tonight – the focus for you when you view it will be the [Concussion Education Video](#) (please review video in its entirety).

David Dennehy

- Contact info:
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