

**NOTRE DAME
HIGH SCHOOL
ATHLETICS HANDBOOK**



2023-2024

INTRODUCTION

Participating in interscholastic athletics is a great opportunity for your daughter. With that opportunity comes responsibilities. In order to provide a quality program for all, we have outlined the major policies governing the program here at Notre Dame. It is our intention to provide a program in which your daughter can participate, grow and succeed. In order to do that, we need your cooperation as parents/legal guardians to help us meet those goals. Please review this handbook carefully. Notre Dame reserves the right to change the Athletic Handbook and Notre Dame Student Handbook in conjunction with the MSHSAA Handbook.

ATHLETIC DEPARTMENT INFORMATION

Athletic Director: Dan Grumich
AD Office Phone: (314) 544-1015 x1016
AD Fax: (314) 615-1020
AD e-mail: dgrumich@ndhs.net
Notre Dame Website: www.ndhs.net

NOTRE DAME SPORTS BY SEASON

FALL

Cross Country	Varsity
Golf	Varsity-Junior Varsity
Softball	Varsity
Volleyball	Varsity – Junior Varsity – Freshmen
Field Hockey	Varsity-Junior Varsity
Tennis	Varsity-Junior Varsity

WINTER

Basketball	Varsity-Junior Varsity
Cheerleading	Varsity-Junior Varsity
Racquetball (Club)	Varsity – Junior Varsity
Swimming	Varsity

SPRING

Soccer	Varsity – Junior Varsity
Track and Field	Varsity
Lacrosse	Varsity-Junior Varsity

NOTRE DAME HIGH SCHOOL MISSION STATEMENT

The Notre Dame High School mission statement states that “Notre Dame High School educates young women to become confident, compassionate Christian leaders. Each student is guided to reach the fullness of her potential and to use her gifts to make a difference in the world.”

NOTRE DAME ATHLETIC PHILOSOPHY

The Notre Dame Athletic Philosophy supports and builds upon the High School’s Mission Statement in the following ways:

- Athletics should supplement the secondary curricular program and, as such, become a vital part of a student’s total educational experience. These experiences contribute to the development of learning skills and emotional patterns that enable the student to make maximum use of her education.
- Athletics should be an integral part of the total secondary educational program which should provide experiences not otherwise provided that will help students acquire additional knowledge, skills, and emotional patterns necessary as attributes of good citizenship.
- Athletics provide invaluable training in character building, teamwork, commitment, hard work, self-esteem, respect for others and the process of learning how to win and lose.

Catholic schools strive to be exemplary models of Christian behavior and sportsmanship in all athletic events. Administrators, coaches and moderators should consistently model and emphasize the importance of Christian behavior and sportsmanship and should frequently emphasize its importance to participants and spectators, including parents and other fans.

STATE AND LEAGUE AFFILIATIONS

Notre Dame High School is a voluntary member of the Missouri State High School Activities Association, a not for profit educational association of junior and senior high schools. MSHSAA was established for the purpose of working cooperatively with its members for adopting standards and regulating interscholastic contests.

As a member of MSHSAA, Notre Dame High School has agreed to those rules and by-laws as applied to their sport and stated in the MSHSAA official handbook. Notre Dame High School also applies those rules to all club sports as well.

Questions concerning MSHSAA by-laws may be forwarded to the Athletic Director for clarification. The Athletic Director will contact MSHSAA office for interpretation if necessary.

AAA LEAGUE AFFILIATION

Notre Dame High School is a member of the Archdiocese Athletic Association (AAA). Presently there are 11 members. Notre Dame has agreed to adopt and follow all AAA league rules. Coaches are responsible for knowing these rules as well. The AAA members are:

Bishop DuBourg	Fr Tolton
Christian	St. Dominic
Duchesne	Notre Dame
Lutheran St. Charles	St. Mary's
Rosati Kain	Cardinal Ritter
St Francis Borgia	

Notre Dame will move to the Girls Independent School League (GISL) beginning with the 2024-2025 school year. In addition to the Rebels, the GISL will include Incarnate Word, Visitation, Villa Duchesne, Cor Jesu, Nerinx Hall, Ursuline, St. Joseph's Academy and St. Dominic.

NOTRE DAME ATHLETIC CODE OF CONDUCT

Notre Dame High School believes that students who are selected for team membership should realize that **participation is a privilege** which carries with it responsibilities to the entire school community and to the student herself. Student-Athletes have the opportunity to participate at a school with athletic traditions that have taken years to build. Coaches and players have responsibilities both on and off the field, on campus and off campus. The Student-Athlete is also required to follow the school's student handbook as well. Any behaviors that warrant disciplinary action could include the President, Principal, Grade Leave Coordinators and Athletic Director. Both the school and athletic handbook consequences will apply. Expulsion or suspension from a team will apply depending on the severity of the situation.

CITIZENSHIP

The Student-Athlete must meet all Notre Dame High School, MSHSAA, and AAA standards for eligibility, citizenship, and sportsmanship. Parents also must meet sportsmanship expectations and violations could result in being barred from attending games. If a student is arrested or has a pending legal issue, the student **IS NOT ALLOWED TO PARTICIPATE** in sports until all matters are resolved.

NOTRE DAME ATHLETICS TRAINING RULES

As members of Notre Dame High School student-athletes are expected to adhere to the following training rules **at all times, in season or out of season**. The Administration and Athletic Director reserve the right to discipline Student-Athletes who break these rules at any time during their time at Notre Dame. In addition, there are specific rules that apply to Student-Athletes who violate these rules during their sports season.

THE RULE: Any student who is participating in the school Athletic program shall not possess, use, buy, or sell alcohol, tobacco or other drugs, including steroids, performance enhancing drugs or any other controlled substances. It is important to understand that these training **rules are in effect at all times** and violations are cumulative. This includes off campus social function, out of town trips, and school functions. Parents are expected to support these rules and regulations and help students set high standards and make responsible decisions throughout a Student-Athlete's career. Violations will be observed by the following: members of the coaching staff, faculty, administrators and law enforcement agents. Possession shall be defined as on/in the body of the Student Athlete. Is also very important to remember the role internet can play in identifying these violations through Facebook, U-Tube, Instagram, TikTok, Snapchat, Twitter, cell phone cameras, etc.

PROCESS FOR DEALING WITH VIOLATIONS

If a violation has been reported, the Athletic Director will meet with the student in question, along with a member of the School Administration. Information about such situations will be handled as described in the student handbook.

FIRST VIOLATION – IN-SEASON: After confirmation of the first violation of the above training rules regarding alcohol and drugs, the Student-Athlete shall lose eligibility for the rest of that season. If less than 50% of that season is left, then the suspension will carry over into the next sport's season in which that Athlete participates, even if that next sport is next year. For possession of tobacco products students will lose 25% of that season. That same rule applies if less than 25% or the season is left. It will carry over into the next sport played. It is recommended that, when appropriate, the school refer the student to a community agency or counselor for assessment of abuse.

OUT-OF-SEASON: Disciplined at the discretion of the Athletic Director and Administration.

SECOND VIOLATION – IN SEASON: After confirmation of a second violation of ANY kind, the Student-Athlete shall lose eligibility for a period of one year from the time of the violation. In addition the student will not be eligible to receive any awards for that season. It is recommended that before being re-admitted to competition following the suspension, the student shall demonstrate evidence she has sought counseling.

OUT-OF-SEASON: Disciplined at the discretion of the Athletic Director and Administration

THIRD VIOLATION – IN-SEASON: After confirmation of the third violation of the training rules, the student shall lose eligibility for the rest of their high school career.

OUT-OF-SEASON: Disciplined at the discretion of the Athletic Director and Administration.

REVIEW PROCESS: If a conference is needed to review any offenses, the Athletic Director will follow the guidelines set forth by the student handbook. The Athletic Director will be a part of this process along with a member of the Administration.

TEAM SELECTION PROCESS

In some cases teams have size limitations. A competitive try-out will be conducted to determine the make-up of the team. Try-out times will be announced and posted. Individual team coaches will be responsible for explaining the guidelines for their team's try-out procedures. Team membership does not guarantee playing time or position. Student-Athletes may not try-out for more than one team during the same sports season. If you are cut from a team, please see the Athletic Director about opportunities for another sport that season. The 1st eligible date of practice is the date try-outs start and practices continue. Do not schedule vacations/trips during the sports seasons for which you want to participate.

ATTENDANCE AT PRACTICE/GAMES

Each Coach will present a copy of team rules and practice schedule. Practices are typically 5-6 days a week depending on when games are scheduled. Practices are left up to the coaches and approved through the Athletic Director. **Attendance is expected at all times. Attendance will be taken at practices and note excused/unexcused. In both cases the coach needs to be notified by the Student-Athlete or parent in advance of missing a practice or game. Consequences for absences could include reduced or no playing time. Dismissal from the team may also occur. Excused absences for sickness, emergencies/academic conflicts may occur. Excessive excused absences could result in penalties, also. Fall/Winter/Spring Vacations or Spring Break Trips are not excused. If your team has practice and games you are expected to be there.**

ATTENDANCE AT SCHOOL

Students must have 4 hours of in-school attendance on any date she is scheduled to participate in an after school activity, unless an excused absence was issued by the office. Coaches need to be **informed in advance** by the Student-Athlete or parent when you miss a practice

CHANGE/CANCELLATION OF PRACTICES/GAMES

Weather and other unforeseen circumstances can cause changes in times. In-school announcements and e-mails will be sent out as information becomes available. In case of rain, snow or ice, play/no-play decisions will usually be made by 1:00pm.

TRAVEL TO GAMES

Depending on game times, students maybe dismissed early to travel to games. Coaches will announce those times. Students are responsible for all work missed. Parents are responsible for travel to and from games. For special travel situation, bus transportation may be provided. Overnight bus rental expenses and motel stays are the responsibility of the parents. You will be notified well in advance. Coaches will not provide transportation. If overnight travel is involved, all school rules apply and students will be responsible for their actions. They must obtain permission slips signed by parents to be returned to their coach.

When students are transported in private vehicles, these criteria must be met:

1. Driver must have a valid, non-probationary driver's license and no physical disability that may impair the ability to drive safely.
2. The vehicle must have a valid registration and meet state safety requirements.
3. The vehicle must be insured for minimum limits of \$100,000 per person; \$300,000 per occurrence.
4. Drivers should be experienced and demonstrate maturity necessary to provide for the safety of those that they are transporting.
5. **Drivers must submit a copy of their valid driver's license and proof of insurance to the coach, to be filed in the Athletic Director's office.**
6. Every person in the private vehicle must wear a seat belt.

GUIDELINES FOR PARTICIPATION:

1. Students must have a sports physical, participation agreement form and medical permission form (which are all on the same form) filled out correctly and on file in the Privit system before the first day of practice of any sports season. This is a MSHAAA rule. The form is available on the Notre Dame website. Make extra copies.
2. **IF YOU DO NOT HAVE YOUR MSHSAA PHYSICAL FORM ON FILE IN PRIVIT YOU MAY NOT PARTICIPATE.**
3. Once selected for team membership parents must attend a MANDATORY parent meeting. All transportation/Code of Ethics/emergency forms must be filled out in the Privit system as well. This information must be filled out for each season a student participates in a sport. If these are not complete, there is no playing until they are completed.

4. A student who has been selected for a sports team then quits of her own accord, will not be eligible to play a sport the next sport season in which she typically participates. If this happens in the spring, the following fall season would be considered the next season. Before you quit a team please consult with the Athletic Director. Deliberate breaking of rules to get removed from a team will carry the same penalty. If there is a second occurrence, the athlete would sit out their next two seasons, etc. **EVERY ATHLETE SHOULD UNDERSTAND THIS POLICY.**
5. If it is necessary to be absent from practice, the student is expected to obtain permission from the head coach prior to the scheduled practice. If a practice is missed and unexcused before the day of the game, it is the head coach's prerogative to decide on the consequences. He/she may wish to not start the individual or reduce their playing time based on the reason for the absence.
6. If a student faces a conflict between two Notre Dame school-sponsored activities, she must see the Athletic Director. Most school academic activities will have priority.
7. In the event that truancy or suspension by a student takes place, the student will not be eligible for participation until she has fulfilled the disciplinary requirements established by the administration.
8. In the event that a student is assigned an afternoon detention, she is not allowed to use the excuse of "I have practice, so I can't stay." The detention obligation always comes first. This would also be considered an unexcused absence from the team.
9. A student who has been selected to participate on a fall sports team may not participate as a Fall Festival cheerleader or any sporting event without their coach's permission if their season is still in progress. Please confer with the Athletic Director if this situation occurs.
10. Personal Property: Notre Dame is not responsible for the loss, theft or damage of your personal property. **Each student is responsible for her own things!**

NOTRE DAME PARTICIPATION FEE

Each student will be assessed a \$150.00 participation fee per sport. This fee must be paid or the student will not be allowed to practice or play in games until the fee is paid in full.

ATHLETIC PURCHASES

Any items purchased for any athletic team at Notre Dame must first have the approval of the Athletic Director. This includes t-shirts, hooded sweatshirts, any equipment, or uniforms. All student purchased items must be paid for in advance

WINNING ATHLETIC CERTIFICATES

For any athlete to earn a Varsity Certificate she must compete in more than 50% of the games for that particular team. An athlete could still receive a certificate if the coaching staff feels she did the best of her ability, however, was injured or could not otherwise meet the requirement. Team managers can also earn a certificate by attendance at all practices and games comparable to that of other team members. If the athlete is removed from a team because of academic ineligibility, improper behavior, or any other reason, the Student-Athlete will not earn a certificate.

ATHLETIC AWARDS

Varsity athletes will receive one Notre Dame certificate and sport specific pins. Junior Varsity and Freshmen athletes will receive a Notre Dame certificate. Head coaches may also give out special awards for their respective sport. All awards must be under the \$50 value per MSHSAA rules. AAA, District and State Honors will be announced as earned. Other special recognition awards are: the St. Louis Post-Dispatch Scholar Athlete Award

SPORTS BANQUET

Each season will have a sports banquet. Head coaches will coordinate the dates and specifics with Athletic Director for approval. No banquets will be held without prior approval from the Athletic Director. **Banquet reservations will be made and banquet fees will be paid to the Athletic Director prior to the banquet date.**

MANDATORY PARENTS MEETING

There is a mandatory parent meeting for at least one parent or legal guardian to attend for each sport season. Coaches will explain philosophy, team rules, team expectations and other procedures.

NON-SCHOOL COMPETITION

Students are not permitted to play the same sport during the same school season. Students are permitted to play different sports during a season as long as 1) no school time is missed 2) the student shall not practice for or compete in a non-school competition on the same date she practices or competes for the school team without seeking approval from the coach and Athletic Director. *Swimming and Diving, Cross Country, Golf, Tennis, Track and Field and Wrestling are exceptions. For specific rules and regulations in these sports consult the with Athletic Director.*

SPORTS PHYSICALS AND INSURANCE FORMS

The MSHSAA handbook states: The school shall require of each student participating in athletics or an activity performance group a physician's certificate stating that she is physically able to participate in athletic contests or performance groups. *The certificate must be entered in the Notre Dame Privit system before the student will be allowed to try-out for any Notre Dame High School athletic team.* A student shall not be permitted to practice or compete for the school until it has verification that she has basic athletic health insurance coverage. The medical certificate is valid for two years (730 days) unless otherwise indicated on the certificate.

UNIFORMS

Student athletes are responsible for all equipment and uniforms issued to them for a sport season. It is the athlete's responsibility to keep the equipment and uniform in general good care. If equipment or uniforms are not returned, returned damaged, or returned not in general good care, the student athletes is financially responsible for the replacement of this equipment or uniform. Replacement costs are generally much more expensive than an initial cost as often times purchasing one of an item is much more costly. Academic grades, diploma, and transcripts can all be held until all equipment and uniforms has been either returned and/or paid for. If a student athlete is issued equipment or a uniform not in general good care, it is their responsibility to return it immediately to the coach that issued her the equipment or uniform. Equipment and uniforms are to be returned immediately following the conclusion of that individual sport season.

CONCUSSIONS

Return to Play Guidelines for Concussions:

All athletes sustaining a head injury MUST complete these rules in order to be progressed and return to play:

Rule #1- Athlete MUST consult a physician if a concussion is suspected for academic and physical accommodations, per NDHS school policy.

Rule #2- Athlete must be asymptomatic at rest for 24 hours before initiating stage 1 of "RTP functional Progression" outlined below.

Rule #3- If ANY symptom returns after attempting Stage 1, rest for 24 hours; if symptoms resolve, attempt Stage 1 again. If symptoms resume & persist longer than 24 hours, wait until symptom free for 24 hour again before starting Stage 1.

Rule #4- If unable to progress, seek another medical evaluation

Rule #5- Each stage of the RTP Functional Progression takes 24 HOURS; hence, **NO ATHLETE** will return to play in less than 5 days after sustaining a documented concussion or demonstrating signs/symptoms related to a concussion.

Return to Play Functional Progression

Stage #1: Light Aerobic Activity (Goal is to increase heart rate)

Stage #2: Sport Specific Training (Goal is to have increased heart rate and add in movement)

Stage #3: Non-contact Training Drills (Goal is to have exercise, coordination, and a cognitive load)

Stage #4: Full Contact Practice (Goal is to restore confidence and assess functional skill level)

Stage #5: Return to game play.

PROTECT YOUR ACADEMIC STANDARDS FOR ELIGIBILITY

To be academically eligible a student must have completed 3 credits or 80% of the credits enrolled in, whichever is greater, in the preceding semester.

Credits earned or completed after the close of the semester will not fulfill this requirement. Summer high school courses for academic eligibility may count provided the course is necessary for graduation or promotion (**No Electives**), and it is placed on the school transcript. No more than one credit in summer school shall be counted toward eligibility. Correspondence courses do not count.

Consequences for not being academically eligible:

1. No participation in any school sports for the current or next semester which includes:
 - a. Turning in one's team uniform within three days of being informed of ineligibility
 - b. If a senior, not being recognized as a member of the team on Senior Night or participating in any of the Senior Night ceremonies
 - c. Not attending or being recognized as a member of the team at school sports banquets
 - d. No affiliation with the team for practices, trips, or presence on the playing or Team bench areas
2. No participation in any extra-curricular activities requiring academic eligibility.

3. No recognition for participation on teams or other extra-curriculars such as Honors Assembly or Baccalaureate.

Consequences for not making consistent academic progress within a semester:

Academic Standards for Eligibility:

The following groups require Academic Eligibility for student participation:

- Sports Teams
- All Honor Societies
- Cheerleading
- NDHS Academic Scholarship Recipients
- Academic Coaching
- Drama Productions
- Student Ambassadors
- Student Council
- Prom and Junior Ring Chairpersons
- Fall Festival Candidates, Cheerleaders & Campaign Managers

To be academically eligible a student must have completed 3 credits or 80% of the credits enrolled in, whichever is greater, in the preceding semester. Credits earned or completed after the close of the semester will not fulfill this requirement.

Consequences for Not Being Academically Eligible:

1. No participation in any school sports for the next semester
2. No participation in any extra-curricular activities (those designated as requiring academic eligibility – see list above) associated with Student Council, club leadership roles, Drama (cast, crew, technical production, etc.) and Honor Societies
3. No recognition for participation on teams or other extra-curriculars (those requiring academic eligibility – see list above) for End of Year Activity Sheet, Honors Assembly, or Baccalaureate

Important dates for Academic Eligibility:

- July 31, 2023 Deadline for eligibility for first semester
- December 22, 2023 Deadline for eligibility for second semester
- July 31, 2024 Deadline for eligibility for first semester

Academic Intervention: Every three weeks all student grades will be reviewed. If a student has two or more grades below 75%, she will be placed on an Academic Intervention plan. The Friday before the review takes place, all student work that is submitted by 3PM will be assessed. If a student maintains two or more grades below 75% after three weeks, she will progress to the next tier. Personalized letters will go home to notify parents of the policy and interventions.

When a student is placed on Academic Intervention, several interventions are put in place to help her improve her performance in her classes including: required meeting times scheduled with teacher, time spent in teacher classrooms or library instead of the Commons, loss of senior privileges, loss of extracurricular activities including sports/clubs/theater, structured free mods, loss of field trip attendance, and staffing. If

student consistently is on Academic Intervention, she may be asked to find an alternative learning environment.

OTHER MSHSAA ELIGIBILITY REQUIREMENTS:

1. You must be a credible school citizen as defined in the MSHSAA Handbook.
2. Transferring Schools – If you transfer schools and your parents do not move to your new school district, you may be ineligible for 365 days unless you met one of the exceptions to the transfer or promotion rules. (See Athletic Director)
3. Participation Limits
 - a. You are eligible to participate in any sport for a maximum of four seasons. Any part of a game played during a season counts as a season of participation.
 - b. Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for the first eight semesters that you are enrolled in high school. Your eighth semester must immediately follow your seventh semester.
4. You must enter school within the first 11 days of the semester to be eligible.
5. Awards Standards
 - a. You may not receive cash, merchandise or gift certificates for participating in an athletic contest.
 - b. You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc., for participating in a school athletic program. These awards may be received only from your school, from a school hosting an event, or from MSHSAA.
 - c. You may accept awards for participating in non-school sponsored athletic competition only if the awards are symbolic in nature, such as medals, trophies, ribbons, plaques, etc.
6. If you reach the age of 19 prior to July 1, you will be ineligible for the interscholastic competition for the next school year.
7. You may participate in an “audition” or “tryout” for a college team only after you have completed your last season of eligibility in the sport for which you wish to tryout. See Athletic Director.

8. In order for any Student-Athlete to consider a NCAA Division I or II, or NAIA College, she must be processed through the NCAA Clearinghouse. If interested in college sports please see Athletic Director for more information.

PARENT AND COACHING STAFF COMMUNICATION

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to students. As parents, when your daughter becomes involved in our program you have a right to understand what expectations are placed on her. This begins with clear communication from the coach of your daughter's program.

WHAT TO EXPECT FROM YOUR DAUGHTER'S COACH

1. Philosophy of the coach.
2. Expectations the coach has for your daughter as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. fees, special equipment, off-season conditioning.
5. Procedure should your daughter be injured during participation.
6. Discipline that results in the denial of your daughter's participation.

WHAT COACHES EXPECT FROM PARENTS

1. Positive discussions with your daughter about the program and the coach at home.
2. Notification of any schedule conflicts well in advance.
3. Attendance at games and support of the team.

As your daughter becomes involved in the programs at Notre Dame, she will experience some of the most rewarding moments of her life. It is important to understand that there may also be times when things do not go the way you or your daughter wishes. At these times, discussion with the coaches is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your daughter mentally and physically.
2. Ways to help your daughter improve.
3. Concerns about your daughter's behavior.

It is very difficult to accept that your daughter may not play as much as you had hoped. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can, and should be discussed with your daughter's coach. Other things, such as those listed next, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Playing time.
2. Team strategy.
3. Play calling.
4. Other athletes playing time.

There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issues of concern.

IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH THE FOLLOWING PROCESS SHOULD BE FOLLOWED

1. Have your daughter set up a meeting for her to discuss these issues with her coach.
2. Discuss the results of that meeting with you daughter. Encourage your daughter to attempt to do what the coach has suggested.
3. Call the coach and set up a meeting with him/her.
4. Contact the Athletic Director for a meeting.
5. **Do not attempt to confront a coach before or after a contest or practice.** These can be emotional times for both parties. Meetings of this nature usually do not promote resolution.

EQUIPMENT POLICY

Whenever possible it is the goal of the Athletic Department to provide school owned uniforms and equipment. All equipment and uniforms are to be turned in within three days of the end of the season or when the coach schedules a time for their return. For any uniform not turned in by this deadline, the player will be assessed a fine of \$10.00 per day. If the uniform is not returned within 30 days of the conclusion of the season, parents will be charged replacement costs for the uniform. Grades could be held until this is completed. If the uniform is destroyed by negligence, then replacement charges will apply.

ATHLETIC INJURIES

If you are injured during practice or a game, let the coaches know immediately. At any time you are injured during your sports season and you see a medical person you must bring a release note back to your coach from a doctor or medical professional. If you have certain limitations they need to be listed. **NO NOTE, NO PLAY, NO PRACTICE!**