

# Trinity Junior High & High School

## Home of the TITANS

### Athletic Department Eligibility Rules and Expectations



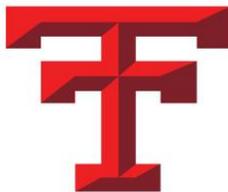
*We'll stand and cheer for Trinity  
the school that's always in the lead.  
We'll thunder echo forth her honor as  
we sing of her glorious deeds.  
For all she stands for we will ever be true.  
Loyal Titans we'll fight for you.  
Hail! Hail! To Trinity always leads us to victory!  
Rah! Rah! Rah!  
T-R-I-N-I-T-Y, T-I-T-A-N-S  
Trinity Titans, fight, fight, fight!*

The athletic program at Trinity Junior High and High School is an integral part of the educational process. Athletics offer a positive and meaningful experience that will enhance the growth and development of all young men and women who participate. The mission of our school is to educate the whole person—mind, body, and soul. The athletic program has an active part in guiding and assisting the school’s mission, so that each student-athlete reaches his or her potential as a person created by Almighty God.

The main purpose of interscholastic athletics is to teach life-long lessons that can be learned from participation in sports. In this way, Titan athletics becomes a formation for life, not just minutes on a court or field. The student-athlete will learn the value of hard work, caring more for others than self, positive competitive spirit, a healthy lifestyle, personal accountability, and a sense of pride and unity that embraces the whole school.

Participation on an athletic team is a privilege and not a right. High standards of conduct will be expected of all athletes on and off the playing courts and fields. As a Titan athlete, students are expected to follow the rules of the athletic code from the time they join their first athletic team until they graduate. The Athletic Department is very proud of the traditions that have been established over the years by many people who have committed themselves to excellence. As a Titan athlete, you are part of that rich tradition of excellence in all you do.

Athletics offer students the opportunity to build confidence and discipline, and our coaching staff works hard to ensure that all student athletes put forth their best effort every day. In accordance with our mission, students know that academics come first -- and our student athletes are just as productive in classroom as they are on the field. Titan athletes learn important lessons in the areas of leadership, teamwork, sportsmanship and balance. Trinity's athletic program supports our students as they enrich their minds, strengthen their bodies and develop their souls through team prayer and an active sacramental life.



## **ATHLETIC DEPARTMENT GOALS**

1. Promote the development of favorable habits and positive attitudes in students that will prepare them for adult life.
2. Promote academic excellence in the classroom.
3. Recognize and promote the lessons learned regarding good sportsmanship, ethics, teamwork and the value of competing - win or lose.
4. Ensure a safe and secure environment for practice and competitions.
5. Recognize and promote the accomplishments of athletic teams and individuals.
6. Encourage coaches to be leaders, role models and persons of character.
7. Emphasize and encourage positive lifestyles that will assist in striving to be the best.
8. Promote cooperation throughout the athletic department, while supporting all other athletic and co-curricular programs.
9. We expect all athletes to adhere to high moral and ethical standards.
10. Trinity High School coaches will be charged with modeling these expectations.

## **SCOPE**

Trinity Junior High & High School follows the minimum rules of the North Dakota High School Activities Association governing co-curricular activities. In addition to the NDHSAA rules, Trinity has adopted these eligibility rules and those included in the Student Handbook. Students involved in co-curricular activities must abide by all NDHSAA, Student Handbook, and these eligibility rules. Trinity Junior High & High School co-op student-athletes follow the rules of the sponsoring school, (Dickinson High School) for the season or seasons they co-op.

## **GRADE REQUIREMENTS**

A student must be academically eligible to participate in any school activity. To be eligible, a student must maintain a 70% average or above in each class. The following guidelines will apply:

1. Student eligibility will be checked on a weekly basis. Grades will be turned in Monday by 4:00 PM. Those students with a failing (F) current quarter grade in a particular class will be considered ineligible (69% and below). Eligibility runs from Wednesday through the following Tuesday. These students and their parents will be notified by the Dean of Students on the Tuesday prior to the beginning Wednesday of their ineligibility.
2. When a student receives a failing grade in any class, he or she will be ineligible for that week's activities (Wednesday through the following Tuesday), but he or she will be allowed to practice with the team, but not travel if school time is missed.
3. Faculty are encouraged to notify parents of students who are nearing ineligibility by way of phone call or email.
4. These rules apply to all students in grades 7-12 who are participating in Trinity sponsored activities or co-op activities, including club sports sponsored by local clubs and organizations upon administrative discretion.
5. Allowance for documented special education students will be reviewed on an individual basis in accordance with their I.E.P. (Individual Education Plan) or Principal Intervention Plan.
6. Instructors will make all class requirements and expectations known to students at the beginning of the school year. Students who transfer after the year starts, will also be notified at that time. (See course syllabus.)

7. NDHSAA eligibility rules will apply to areas not covered under these rules. Please note that NDHSAA has minimum standards and the Dickinson Catholic Schools enforces the above policy with respect to the local policy is more narrow than the Association's.
8. A review of all students for academic eligibility will occur after a minimum of ten (10) days of class each quarter, or the third Monday of the respective quarter. This applies to each quarter.

The Administration may determine to continue ineligible status even though academic eligibility is mathematically attained. In addition, the Administration may establish on a case-by-case basis, specific grade point average achievement levels for each course in which a student is enrolled.

### **ATHLETIC ELIGIBILITY**

Students who are on suspension from an athletic activity for either lack of academic progress or for a violation of the NDHSAA rules:

- Will be at all practices unless excused by the coach.
- May be in the locker room before and after the game but not during the game.
- May not be in the team area during a game (bench area, sidelines, ect.).
- May not ride the team bus.
- May not wear the uniform.
- May not participate in any team activities (pictures, potlucks, ect.).

### **ATHLETIC COMPLAINT PROCEDURE**

When an athlete and/or parents have a complaint concerning athletics, the complaint shall be addressed in the following manner:

- Athlete and coach resolve the matter; if not:
- Athlete, parents, and coaches meet to resolve the matter; if not:
- Athlete, parents, coach, and Activities Director must meet to resolve the matter; if not:
- Athlete, parents, coach, Activities Director, Dean of Students and president must meet to resolve the matter; if not:
- Athlete, parents, coach, Dean, president, and Board of Directors will meet to make a final decision on the issue.

## **HOURS**

A student engaged in a co-curricular activity must be prepared for the activity. Adequate rest is as important in preparation for a co-curricular activity as it is in preparation for academic endeavors. A coach or advisor may establish mandatory rest hours to be applicable during a co-curricular season or to be applicable prior to co-curricular activities.

## **ATTENDANCE**

A student must attend the entire school day to be eligible to participate in co-curricular daily practice, games or events unless prior arrangements are made with Administration. A student may be excused from co-curricular daily practice, games or events for medical appointments, emergencies, other co-curricular activities or religious observances.

## **TRAVEL**

A student must travel with his/her team or group to an out-of-town co-curricular activity unless a signed permission slip is delivered to the coach or advisor in advance of departure. A student must return with his/her team or group from an out of town co-curricular activity unless a signed permission slip is delivered to the coach or advisor and the student is released by the coach or advisor to the custody of the student's parents or guardian only.

## **SEASON LENGTH**

The length of the season for a co-curricular activity shall be governed by NDHSAA rules, or in the absence of a governing rule, by the advisor.

## **EXPENSES AND FEES**

A co-curricular fee per student per sport is charged for participation. When a student is allowed to use a school-owned uniform or equipment, the student is expected to maintain, clean or launder it so that it is both useful and appropriately presentable. The student is to return the uniform or equipment at the end of the season cleaned and in good condition, ordinary wear accepted. The parents or guardian of a student violating this policy must pay for the cost of replacement, cleaning or repair. Travel gear, although ordered and managed through the school, is sold to each student-athlete who participates in varsity sport and is owned by the student-athlete.

## **WARNING**

Participation in any co-curricular activity creates risk of serious injury, paralysis or even death. This risk is assumed by the student seeking to join an co-curricular activity and by the student's parents or guardians. The student seeking to join an co-curricular activity and the student's parents or guardian are recommended to participate in a risk assessment session and execute a release, on a form provided by Trinity prior to participation. Trinity does not provide

medical insurance or life insurance for any student. A student must provide proof of appropriate medical insurance before being allowed to participate in an athletic activity.

## **USE OR POSSESSION OF TOBACCO, ALCOHOL, OR ILLEGAL DRUGS AND NARCOTICS**

Use or possession of tobacco, alcohol or illegal drugs or narcotics at any time by a student is prohibited. In the case of use or possession, Handbook 5.21 will be followed. In addition to this school policy, adherence to NDHSAA rules will also be enforced.

If a violation of this policy occurs while the student is not engaged in a co-curricular activity, the suspension will begin on the first day of practice for the next co-curricular activity in which the student participates. If the period of suspension does not end before the co-curricular activity ends, the remainder of the suspension will be served during the next co-curricular activity in which the student participates. If the period of suspension does not end before the school year ends, the remainder of the suspension will be served in the following school year during the first co-curricular activity in which the student participates.

For a period of suspension to expire, the student must be a participant in at least one co-curricular activity for the entire length of that co-curricular activity and must abide by all other eligibility rules for the entire length of that co-curricular activity. If the student quits the co-curricular activity before the period of suspension expires, the full suspension will be served in the next co-curricular activity in which the student participates.

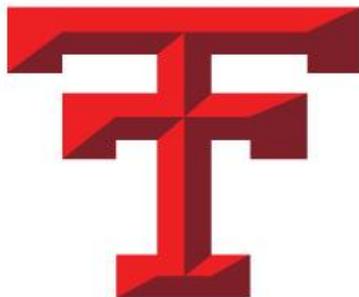
Any subsequent violation of this policy in a 12-month period will result in an 18-week suspension from all co-curricular activities in addition to the 6-week suspension imposed for the first violation.

**During the suspension, your son/daughter must continue to practice, but is not eligible to participate in a contest, game, performance, or other interscholastic event and is not allowed to miss school or travel with any team or activity group.**

## **CONDUCT**

A student's actions may be inappropriate and require suspension even though use or possession of tobacco, alcohol or illegal drugs and narcotics are not involved. In addition to any discipline required by NDHSAA Rules or permitted by the Student Handbook, the Administration may impose a period of suspension from co-curricular activities, determined on an individual basis, for conduct including but not limited to: vandalism, theft, false fire alarms, bomb scares, abusive language, fighting, bringing weapons to school, harassment, repeated traffic violations, any violation of the Student Handbook resulting in suspension from class or school, and any further violation of expectations communicated by the Student Handbook

*St. Sebastian, patron saint of athletes, pray for us!*



Definition of “Titan”

- 1 : capitalized : any of a family of giants in Greek mythology born of Uranus and Gaea and ruling the earth until overthrown by the Olympian gods
- 2 : one that is gigantic in size or power; one that stands out for greatness of achievement

\*from Merriam-Webster Dictionary

*The Trinity Titan worships the one, true God in Jesus Christ.  
The Trinity Titan, whether in the classroom, on the court, or on the stage, seeks authentic greatness of achievement for both crowns, the satisfactory grade, the State Championship, or the Star, all of which can certainly be a means to the other crown, the one that does not perish—the eternal reward of heaven.*