

## ATHLETIC HANDBOOK FOR STUDENT-ATHLETES

This athletic booklet is designed to inform athletes and their parents or guardians of the rules, regulations, and information that has shaped the tradition of competition at Brebeuf Jesuit Preparatory School. Participating in high school athletics is a privilege that carries with it honor, responsibility and sacrifice. Since competition is a privilege and not a right, those who choose to participate will be expected to follow the rules and regulations established by Brebeuf Jesuit along with any additional rules that coaches have for their respective sports. You are expected to represent Brebeuf Jesuit, your family and community in a positive manner. The policies in this handbook are in force during all four years of your Brebeuf Jesuit career and apply to IHSAA sanctioned sports, cheerleaders and the Brebeuf Jesuit sanctioned club sports of hockey, lacrosse, crew and bowling.

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## PHILOSOPHY OF BREBEUF JESUIT ATHLETICS

The interscholastic athletic program is an integral part of the total education and growth experience at Brebeuf Jesuit Prep. Our athletic program is designed to affirm and promote Ignatian values of the *Profile of the Graduate at Graduation* and in doing so engage student-athletes fully in mind, body and heart.

The Brebeuf Jesuit student-athlete is Open to Growth. Prep student-athletes desire excellence and are in a continual self-improvement mode. They are coachable. They take criticism and complement with equal ease. The Brebeuf Jesuit student athlete will also take responsibility for personal growth by developing loyalty, pride, integrity and commitment.

The Brebeuf Jesuit student-athlete is Intellectually Competent. Prep athletes must first be committed students. They must recognize and live by the relationship between preparation and performance. Brebeuf athletics provides the opportunity for the student-athlete to exhibit a progression of physical skills and knowledge of a particular sport. In turn, these skills and knowledge can be applied to new situations and learning formats.

The Brebeuf Jesuit student-athlete is Religious. Prep athletes have an awareness of and gratitude for God's presence in all that they do. Through participation in athletics the student-athlete learns that God is active in all things and that by participating, a closer relationship with God can be developed. The student-athlete realizes that he or she is known and loved by God, and that God's love invites a personal response through the athletic endeavor.

The Brebeuf Jesuit student-athlete is Loving. Our athletes demonstrate unselfishness for the common good. To be a team member and to accept a team role without complaint is a loving act.

The Brebeuf Jesuit student-athlete is Committed to Justice. On the playing field or court, Prep athletes demonstrate sportsmanship under pressure and accept responsibility for personal actions and decisions. Braves learn the rules and abide by them.

The student-athlete is called to be conscious of the Jesuit, Catholic and inter-faith dimension of Brebeuf Jesuit. Student-athletes, coaches and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which those Ignatian values can be revealed, tested and proven relevant to the entire Brebeuf Jesuit community.

## **PURPOSE OF BREBEUF JESUIT ATHLETICS**

The primary purpose of athletics is to help young adults grow into respectable citizens. By following the guidelines set forth in this handbook, the ideals you exemplify in athletics will become a part of your personality and character and will be a model to those who watch you perform. You assume many responsibilities as a member of a Brebeuf Jesuit athletic team. Most athletes are responsible people and succeed because of this characteristic. Those who fail to meet their responsibilities as an individual and team member may be a detriment to themselves, the team and the school.

Interscholastic athletics comprise a significant part of the total educational program. Participating in the Brebeuf Jesuit interscholastic athletic program adds value to the total educational experience by providing competitive opportunities, fostering initiative to succeed and by providing leadership experiences. Athletics also provide numerous opportunities for developing self-discipline, self-reliance and self-confidence.

You have inherited a great athletic tradition built by many coaches and athletes over a 40 year history. One of your challenges is to contribute to that tradition with your best efforts and enjoy a very satisfying experience. The success and tradition of the Brebeuf Jesuit Athletic Program involves responsibilities for all prospective and participating athletes. Those entering the program should have an idea of these responsibilities and have the willingness to accept and maintain them. Taking advantage of the opportunities presented by the Brebeuf Jesuit Athletic Program can contribute to the successes that will be yours as you participate in the future.

## **STUDENT ATHLETE DEFINED**

A student athlete is defined as all young men and women who represent a team that engages in interscholastic competition. This includes cheerleaders, student managers, statisticians and all other students who may assist a team.

## **BREBEUF JESUIT APPROVED CLUB SPORTS**

Brebeuf Jesuit approves and sanctions the following club sports: Boys hockey, boys and girls lacrosse, boys and girls crew (in cooperation with the Indianapolis Rowing Center), Dance Team and bowling. The Brebeuf Jesuit athletic department partially administers these club sports but they receive no financial support. Student athletes participating as members of these club teams are generally subject to all of the rules and bylaws of the IHSAA, and specifically to the rules of Brebeuf Jesuit Preparatory School and the Brebeuf Jesuit athletic department. Questions regarding these rules should be directed to the head coach of the club sport.

## **ELIGIBILITY STANDARDS FOR PARTICIPATION IN ATHLETICS AT BREBEUF JESUIT PREPARATORY SCHOOL**

The Indiana High School Athletic Association has minimum requirements for participation in high school athletics, conditioning programs and camps. Failure to meet these requirements will render the student athlete ineligible for participation. The following are basic requirements for athletic participation at Brebeuf Jesuit that must be met before participation can begin.

- Students new to Brebeuf Jesuit who have transferred in from another high school must first be enrolled in Brebeuf Jesuit and must have completed an IHSAA Transfer Form before they can begin practice with a team.
- Students new to Brebeuf Jesuit who have transferred in from another high school are ineligible until an IHSAA Athletic Transfer Form from the previous school has been completed and ruled upon by the IHSAA. The new student, through the athletic office at Brebeuf Jesuit, must initiate this transfer. The athlete will not be allowed to participate with a team until the transfer has been completed.
- The transfer student must have been in good standing in their previous school to begin participation at Brebeuf Jesuit. Penalties imposed by the athletic department and/or the previous schools administration will be applied or the equivalent Brebeuf Jesuit athletic department penalty will be applied to those students transferring into Brebeuf Jesuit. Student athletes who have been denied athletic participation at their previous school will be denied participation at Brebeuf Jesuit.
- Every Brebeuf Jesuit student athlete is required by the IHSAA to have an IHSAA physical examination form completed and on file with the athletic office before conditioning, participation in a camp and when practice begins in any sport. Physical exams are the responsibility of the athlete and their parents.
- Student athletes must be enrolled in at least five solid subjects per semester.

### **INDIANA HIGH SCHOOL ATHLETIC ASSOCIATION RULES THAT WILL RESULT IN A STUDENT ATHLETE BEING DECLARED INELIGIBLE**

The following are brief guidelines to a variety of rules that might cause a student athlete to be declared ineligible. This is a partial list of minimum requirements. Student athletes and their families are encouraged to contact the Brebeuf Jesuit athletic department for further clarification and specific information.

- A student athlete who is or shall be twenty (20) years of age prior to or on the scheduled date of the IHSAA State Finals in a sport shall be ineligible for interschool athletic competition in that sport.
- A student athlete will violate their amateur standing and will be declared ineligible if they play under an assumed name, accept remuneration directly or indirectly, sign a professional contract or participate in athletic activities, tryouts, auditions, practices or games held or sponsored by professional athletic organizations, clubs or their representatives.
- A student athlete will be declared ineligible if they accept commercial awards that advertise any business firm or individual, accept awards, gifts, trips, or honors

from colleges or their alumni or accept awards or prize money for contests that they have entered.

- A student athlete will be declared ineligible if undue influence has been used to attract that student athlete to Brebeuf Jesuit for athletic purposes.
- A student athlete will be declared ineligible if they participate in a sport under an assumed name representing another school.
- A student athlete will be declared ineligible if they participate in sports in excess of eight semesters of high school education beginning with the ninth grade.
- A student athlete that has been absent for five (5) or more days must complete four (4) separate days of practice before they can compete in interscholastic competition.
- With the exception of girls golf, a student athlete must complete ten (10) separate days of organized practice under the supervision of the coaching staff in order to participate in a contest.

### **PARTICIPATION STANDARDS FOR BREBEUF JESUIT STUDENT ATHLETES**

As stated, participation in interscholastic athletics is a privilege, not a right. It must be earned through demonstrated commitment, honesty, loyalty and hard work. The coaches of each sport, with the authority of the athletic department and the high school principal, will enforce the specific elements of the Code of Conduct and Standards of Participation.

- The good of the team is first and foremost.
- Athletes are responsible for their uniforms and equipment. The athletic department will replace uniforms and equipment damaged or destroyed by competition. Student athletes will reimburse the athletic department for uniforms and equipment that has been lost or damaged.
- The coaches of individual teams may supplement the Brebeuf Jesuit athletic department Student Athletic Handbook with their own additional rules that are specific to their sport. These rules carry the same weight as do those of the athletic department and may carry specific penalties that would be administered and enforced by the coach of that team.
- Brebeuf Jesuit student athletes are expected to be a positive role model to the other students in our school.
- Student athletes are expected to read, understand and abide by the rules found in this handbook.

### **STANDARDS OF GOOD SPORTSMANSHIP**

Good sportsmanship will always be the focal point of the Brebeuf Jesuit athletic department. It will be reflected in how we treat our teammates, coaches, officials and opponents.

- Student athletes at Brebeuf Jesuit will place the positive and supportive relationship with their teammates and coaches as their highest priority. Regardless of the sport, individual or team, we are only as strong as how we treat each other.

- After all contests, Brebeuf Jesuit athletes are expected to shake hands with the athletes and coaches from the team(s) that we have competed against.
- Team areas and benches, both home and away, will be picked up and cleaned.
- After all contests, regardless of whether we agree or disagree with their calls, Brebeuf Jesuit athletes will thank the officials for their work in officiating the contest.
- After any contest where ribbons, medals or trophies are presented to the opposing team(s), Brebeuf Jesuit athletes will stay and watch and applaud the efforts of the athletes and team(s) involved in that contest. At no time will Brebeuf Jesuit athletes ever leave the field or floor while a presentation is being made.
- Brebeuf Jesuit athletes will not use inappropriate language while taking part in any contest.
- Though all sports have some level of physical contact, and recognizing that hard physical aggressive contact is a major and important part of all sports, at no time will a Brebeuf Jesuit athlete engage in physical play that would result in unsportsmanlike conduct that would jeopardize the safety of the opposing athlete or the integrity of the Brebeuf Jesuit team.

## **CODE OF CONDUCT FOR BREBEUF JESUIT STUDENT ATHLETES**

**Athletic Season:** The athletic season is defined as the period of time that commences from the first legal day of practice, as defined by the IHSAA or the club program, and concludes with the athletic department award program.

**Athletic Schedule:** The athletic schedules are those contests beginning with a scrimmage, if applicable, or the first contest of the season, and ending with the final contest of the season.

**Removal from Participation Defined:** Removal from participation as used in the following rules means, as a minimum, the removal of the student athlete from participation in interscholastic contests while practice may continue. There are occasions, due to the severity of the violation, when removal from participation will also include practices, competition and any other function that would be part of the responsibility that the student athlete has with their team. The coach of the sport will advise the student athlete as to the level of the removal.

**Percentage of Schedule Defined:** Removal from participation for a percentage of the schedule would be a removal from a percentage of the total remaining games of the regular season schedule plus the potential IHSAA or club tournament games for that sport or, if at the end of the season, a removal from a percentage of the total potential remaining tournament games.

**Self-Report Policy:** It is the intent of the Brebeuf Jesuit athletic department to assist student athletes with developing a sense of responsibility for their actions and to encourage honesty. Any student athlete who has violated any section of the Code of Conduct for Student Athletes found within the Athletic Student Handbook and reports that violation to their coach and/or the athletic department within a reasonable time, will be permitted leniency in their penalty.

## RULES FOR PARTICIPATION IN BREBEUF ATHLETICS

**Rule 1.** Student athletes shall not knowingly possess, use, transmit or be under the influence of any narcotic drug, hallucinogenic drug, stimulant, depressant, anabolic steroids, marijuana, counterfeit caffeine pills alcoholic beverages or tobacco products or possess, use or transmit any paraphernalia for use of such substances. **Consequence:** A student athlete knowingly violating this substance abuse rule, on the **first offense** or, after having **self-reported on a previous offense**, will be removed from participation from the team on which the student is participating for **fifty percent (50%)**. The **second** offense will be removal from participation for **six (6) months** and any **subsequent offense** will result in removal from participation in athletics for a minimum of **one (1) calendar year (12 months)** from the date of the infraction. Interscholastic competition, practice, conditioning and participation in team camps are prohibited.

**Rule 2.** Student athletes shall not participate in interscholastic sports if convicted of committing a crime. **Consequence:** A student athlete **convicted** of a **felony** at any time shall be excluded from athletic participation for **one full year (12 months)** from time of conviction. **Consequence:** A student athlete **convicted** of a **misdemeanor** at any time shall be removed from athletic participation for twenty percent **(20%) of the athletic schedule** on the **first offense**. The **second or succeeding offense** will exclude an athlete for **one (1) calendar year**.

**Rule 3.** Student athletes that have been arrested and charged with a crime may be removed from participation until a court renders a verdict.

**Rule 4.** A student athlete that has violated a school rule and has completed a disciplinary hearing with a Brebeuf Jesuit administrator may be subject to additional punishment under the Brebeuf Jesuit Athletic Student Handbook and/or an individual coaches policy. Student athletes suspended out of school are also removed from participation for the duration of the suspension.

**Rule 5.** A student athlete that has violated any portion of the Brebeuf Jesuit Athletic Student Handbook other than Rules 1, 2, 3 and 4 is subject to a disciplinary hearing and potential punishment that may range from a warning to removal from a team.

**Rule 6.** The coach of each sport may set specific teams rules in addition to those found in the Athletic Student Handbook. These rules will be given to the athletes by the coach at the first meeting or practice of that sport.

**Reporting Of Violations:** Violations of the Code of Conduct for Student Athletes and/or violations of any portion of the Athletic Student Handbook should be reported immediately to the appropriate head coach or to the Brebeuf Jesuit athletic department.

**Carry Over Of Penalties From Season To Season:** If the violation of the Code of Conduct for Student Athletes or a violation of Brebeuf Jesuit rules occurs in the last part of an athletic schedule or athletic season and the student athlete cannot fulfill the remaining terms of their penalty in that sport, the remaining portions of the removal from

participation will carry over into the next interscholastic sport in which the student athlete will be involved.

**Serving of Penalties:** Penalties for violations of the Code of Conduct for Student Athletes or any other violation of Brebeuf Jesuit rules or those rules of the coach within a sport will be imposed immediately and will be served in the order that the contests are scheduled.

**Athletic Participation during a Period of Removal from Participation:** During the period of time that a student athlete has been removed from participation, and with the exception of the student athlete that has been removed from participation for practices and contests, the student athlete is expected to be present at all athletic contests and practices involving their team. The student athlete is a member of the team and is expected to fulfill this responsibility. If the athlete does not attend a contest or practice or any other function scheduled by the coach, credit will not be given toward fulfilling the requirements of the removal from participation.

**Appeals to the Athletic Department:** A student athlete and their parent(s) or guardian(s) have the right to a hearing on a removal from participation by notifying the Brebeuf Jesuit athletic director by phone or in writing within two (2) school days after the removal. The right of appeal is forfeited if this is not requested within this two (2) day limit. The purpose of the appeal hearing is to inquire into the student athlete's alleged violation and allow the athlete and parents or guardians to present evidence on behalf of the student athlete. The removal from participation will remain in effect during the appeal hearing.

**Appeals to the Principal:** The student athlete has the right to appeal the decision of the athletic department to the building principal. The notification of the intent to appeal to the principal must be made by phone or in writing within two (2) school days after the removal. The right of appeal is forfeited if this is not requested within this two (2) day limit. The purpose of the appeal hearing is to inquire into the student athletes alleged violation and allow the athlete and parents or guardians to present evidence on behalf of the student athlete. The removal from participation will remain in effect during the appeal hearing. Following the hearing with the principal, the student athlete and the parent(s) or guardian(s) will be notified within two (2) school days by the principal as to the decision.

## GENERAL INFORMATION FOR STUDENT ATHLETES

**Accidents / Injuries:** All accidents or injuries incurred in practice or a contest in the IHSAA sanctioned sports and cheerleading are to be reported to the trainer and/or coach immediately. All accidents or injuries incurred in practice or a contest in the club sports are to be reported to the coaching staff immediately. This will allow for the appropriate sports medicine support from our sports medicine staff or the club coaches and their medical personnel and it begins the first step for a potential insurance claim.

**Changing a Sport:** If a student athlete is cut from a team, they may join another team in that sport season. A student athlete cannot quit one sport to join another sport until their original sport season has concluded. However, athletes will be allowed to transfer from one sport to another during a given season upon mutual agreement of both coaches and the athletic director.

**Practice Pack Purchases:** Student athletes who purchase equipment and apparel as part of being rostered on a team are responsible for the cost of those items regardless of whether they remain with the team or quit prior to or during the season. Failure to pay will result in those costs being placed on the arrears list with the Brebeuf Jesuit business office.

**College-Bound Athletes and Recruiting:** College recruiters visit Brebeuf Jesuit regularly to talk about their school with our student athletes. These visits should be arranged between the school, the family and the coach. Student athletes will not be dismissed from classes to meet with a college recruiter. These appointments should be made during PRTs or after school.

**Conflicts Between Activities:** Student athletes at Brebeuf Jesuit are involved in a great number of school related activities away from sports. Conflicts are going to happen between a student athlete's commitment to their sport and other school related activities. If the conflict is between an academic class resulting in a credit and grade and an athletic contest or practice, the academic class takes precedent. Student athletes are encouraged to review their time commitment very closely before becoming involved in too many activities. Because of the demands of athletics at Brebeuf Jesuit, it is very difficult to miss practices and contests and not get behind.

**Dress during the school day:** On game day, student athletes are permitted to wear their uniforms if appropriate for the classroom. No athletes are permitted to wear gym shorts or game shorts that are similar to a gym uniform.

**Hazing/Initiations:** Hazing or an initiation of any team member by other team members is prohibited

**NCAA Clearinghouse Form:** Student athletes who expect to compete on the collegiate level must first enroll with the NCAA Clearinghouse. No college coach will speak with a prospective student athlete until the form has been completed and approved by the NCAA. These forms may be obtained from the guidance office.

**Participation in Two Sports in One Season:** Student athletes may participate in more than one sport during a season. The coaches involved with this athlete will be expected to

meet with the prospective student athlete and discuss and agree as to how this will take place. The student athlete will be asked to declare one of the sports as their primary sport for the duration of the season. This declaration will be used to resolve any conflicts that might arise between the two sports.

**Participation after an Injury:** A student athlete cannot return to a practice/contest after an injury until released by an appropriate licensed medical authority. Parents cannot grant approval to return to practice/contest that would be against the judgments of licensed medical personal.

**Practices: Regular, Vacation and on School Closing Days:** Student athletes are expected to attend all practices unless excused by their coach. This includes practices set up by the coach during vacation periods such as Thanksgiving and Christmas. If there is a weather-related school closing, the coach will contact the individual team members with practice plans and instruction.

**School Day Attendance:** Student athletes must attend school every day for every period on their schedule unless excused by the Brebeuf Jesuit principal. Student athletes are encouraged to check with the athletic office if they are not sure.

**Selection of Teams:** Each varsity coach of the twenty-one sports and four club teams at Brebeuf Jesuit will have their own policy as to how they will choose their teams. Some of our sports allow all those who come out to participate while others require a selection process in order to have the appropriate number of student athletes on the teams. At the beginning of the season, if appropriate for that sport, the head coach will review with the student athletes who are trying out for the team what selection criteria will be used for selection to a team.

**Training Room:** The Brebeuf Jesuit training room is located in the athletic corridor. Student athletes are not permitted in the training room without the sports medicine trainer or coach being there.

## AWARDS INFORMATION FOR BREBEUF JESUIT STUDENT ATHLETES

At Brebeuf Jesuit all student athletes participating in IHSAA interscholastic sports, cheerleading and the sanctioned club sports are eligible for athletic awards. All sports give the same athletic awards. The awards are described below along with the following basic guidelines.

- Student athletes must complete their season in good standing in order to receive their award.
- Student athletes earn their awards based upon criteria established by the head coach.
- The club sports must purchase their awards from the athletic department.

The following information indicates the types of awards that can be earned by a student athlete and the normal progression for these awards. All student athletes are eligible for varsity competition and can earn their varsity award at any time.

**Numerals:** First award for any athlete not earning a junior varsity or varsity award or certificate.

**JV Pin:** First junior varsity award earned by a student athlete.

**6" Monogram B:** First varsity award earned by a student athlete.

**Special Sports Award:** These are individual sport awards given by the coaches on any level of the sport, such as Most Improved Player or Good Sportsmanship Award.

**Chiefs Award:** The Chiefs Award is the highest honor a Brebeuf Jesuit student athlete can receive. It is voted on by teammates and coaches and generally recognizes the *most valuable person* on a given team.

**Letter Jacket:** Brebeuf Jesuit letter jackets are available for purchase in the bookstore after a student athlete has received his or her first athletic award, beginning with freshman numerals. The bookstore manager will ask for numerals and patches which will be given to the vendor with the order.

### Proper Placement of Awards On The Letter Jacket

- The varsity **B** should be placed on the left breast of the jacket.
- Placing your name on the jacket is permissible.
- Numerals should be placed on the top of the left sleeve

**Rings:** Members of IHSAA State Championship or runner-up teams or individual IHSAA Champions or a runner-up may purchase an IHSAA ring, at their expense, from the athletic department.

## **TEAM REQUIREMENTS FOR A VARSITY LETTER**

Each team has a different set of requirements for a student athlete to earn a varsity letter. These requirements are listed below by sport. Several criteria for the awarding of a letter are applicable to all sports.

- The student athlete must be in good standing with Brebeuf Jesuit Preparatory school, the athletic department and their individual team.
- The head coach has the discretionary power to award letters as they feel best applies to the student athlete.
- All letter award winners must have the recommendation of the head coach and their coaching staff.

### **Baseball**

- Each player, except the pitchers, must play in a minimum of fifty (50) innings for the season.
- Pitchers must pitch at least twenty five (25) innings during the season.

### **Basketball**

- Players must play in sixty five percent (65%) of the total varsity quarters available for the season.

### **Cheerleaders**

- Must complete both the football and basketball season in order to earn a varsity letter.

### **Cross Country**

- To earn a varsity award an athlete must score in two varsity events.

### **Dance**

- Dance Team members must attend all performances and practices and be in good standing at season's end.

### **Football**

- Players must participate in one-half ( $\frac{1}{2}$ ) of the total quarters available for the season to earn a varsity letter.
- Seniors finishing the season in good standing will earn a varsity letter.

### **Golf**

- Play in sixty five percent (65%) of the total varsity golf matches available during the season and/or be placed on the Sectional Roster.

### **Hockey**

- A player must participate in at least sixty percent (60%) of the regular season varsity halves.

### **Lacrosse:**

- A player must participate in at least sixty percent (60%) of the games.

**Soccer**

- A player must participate in at least fifty percent (50%) of the regular season varsity halves.

**Softball:**

- Each player, except the pitchers, must play in a minimum of fifty percent (50%) of total innings played.
- A pitcher must have four (4) or more decisions or pitch in 25% of all innings played.

**Swimming:**

- Accumulate meet points by placing in meet.
- Achievement points earned for quality of swims.

**Tennis:**

- A varsity singles or doubles team member must play in fifty percent (50%) of the season matches to earn a varsity award.

**Track:**

- Score 20 or more team points in varsity competition.
- Establish a new North Central indoor/outdoor record in an individual event.
- Place in an individual event in Conference, Marion County or IHSAA tournament series.
- Meet the performance standard in a single event in four (4) different meets.

**Volleyball:**

- Varsity letter is awarded to a girl who has played in at least fifty percent (50%) of all varsity matches.

**Wrestling:**

- A wrestler can earn a varsity award in wrestling competing in a minimum of fifty percent (50%) of the scheduled varsity matches.
- And/or be a sectional champion or runner-up and qualify for subsequent advancement in the IHSAA state series competition.

## Acknowledgement of the Risk of Injury Found in High School Sports

Participation in high school athletics carries with it the very real potential for injury. It is reasonable to believe that at least one time during the four-year career of our student athletes, that they will face an injury that will result in missing one or more days of practice or contests.

The Brebeuf Jesuit athletic department provides our athletes with the best sports medicine care that is available. We have three trainers who are associated with St. Vincent Sports Medicine. Through St. Vincent we have additional access to an orthopedic surgeon and a sports medicine doctor to assist our athletes when they are injured.

*It must be clearly understood by our student athletes and their families that even with the proper coaching and support of our coaching staff, the use of proper equipment and tremendous facilities, injuries will take place. These injuries can range from, but not limited to, mild soreness, bruises, sprains and strains, dislocations, broken bones and concussions. It should also be clearly understood that some of these athletic injuries might result in catastrophic injuries including partial or full paralysis and in some instances the athlete may die.*

We need your help as a student athlete and as a family. Proper rest, nutrition and the adherence to the rules and guidelines established by the Brebeuf Jesuit athletic department and the coaches of your sports, will go a long way to assure that injuries do not happen.

I have read the Brebeuf Jesuit Preparatory School Athletic Handbook for Student Athletes and agree to abide by its rules.

Student Athlete \_\_\_\_\_

Parent \_\_\_\_\_

Sport(s) \_\_\_\_\_

Date \_\_\_\_\_