

# Athletic Handbook

## 2024-2025

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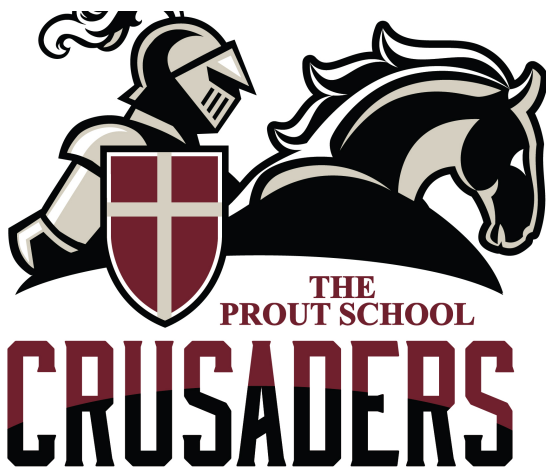
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# I. Crusader Athletic Program Philosophy

The **Prout School** is a vibrant Catholic community that educates the whole person for productive membership in the global community by fostering quality in spiritual, academic, artistic and athletic pursuits. The interscholastic athletic program at The Prout School is an accepted and integral part of the curriculum which produces many benefits difficult to achieve in other areas of education. Students on interscholastic teams can often achieve greater measures of physical fitness, motor skills, and the development of sound social, emotional, and mental attitudes.

The Athletic Department will strive to develop good sportsmanship, team play, a competitive spirit, and team and school loyalty in every athlete. Program participants will be expected to display the proper ideals of ethical conduct and fair play, and to show respect to officials, opposing teams, and fellow players. Also, the athletic program will strive to encourage a winning attitude while not losing sight of other related ideals.



The athletic program will provide instruction and encourage maximum participation in a wide variety of activities that should satisfy most of the needs and interests of the students. The health and welfare of the participants shall be the primary consideration in conducting the athletic program.

Every student wishing to take advantage of the athletic program at The Prout School should make certain that they are well aware of the rules and obligations they are assuming before deciding to try out for an athletic team. The student's first athletic obligation is to the school team. All other conflicting sports obligations shall be secondary. Each student and parent should realize that participating in the school athletic program is a privilege of representing themselves and their school.

## II. The Prout School Athletic Program Player Guidelines

1. A parent's or guardian's completion of the online sports registration is required for students to participate in a sport. This must be done each season of participation. No athlete may participate until cleared by athletic department.
2. A complete physical examination by a physician is required before students may participate in athletics. (Current physical dated within 13 months.) This must be uploaded to the student's Magnus account. Please contact [nurses@theproutschool.org](mailto:nurses@theproutschool.org) with any questions regarding this.
3. Parents or guardians must read and sign the Rhode Island Interscholastic League Assumption of Risk Form. (Blank form is available in online registration or on RIIL.org.) This form must be notarized. This is required one time throughout years at Prout. A hard copy must be turned in to Athletic Dept.
4. Athletes must maintain academic eligibility as stated in the Student Handbook. Any athlete deemed academically ineligible will not attend practices and will not be allowed on team sideline during competitions during ineligible period. It is coaches' discretion if an athlete can return once academically eligible.
5. Athletes will be on time for all practices and games. Each coach will deem consequence for tardiness and express at team/parent meeting.
6. Any athlete ejected from a game will receive a one-game suspension from the Rhode Island Interscholastic League and is subject to further penalties from the Prout athletic department. Athlete and his/her parent/guardian will be notified in these cases.
7. Athletes should remember that they represent The Prout School at all times. They should wear their team uniform proudly. Athletics is a privilege, not a right.
8. Vulgarity (words or gestures) at practice or games will not be tolerated and is subject to penalties.
9. Athletes who present themselves in an unethical or unchristian manner in school, competition, or community will be subject to penalties or dismissal by the athletic department.
10. The use of alcohol, nicotine, controlled substances, or steroids will result in suspension or dismissal from the team and further participation in athletic programs. It is the responsibility of the parent(s) or guardian(s) to provide treatment for the athletes. Please see more specific information under Rules section.
11. Athletes will attend practice in proper attire as indicated by their coach.
12. Each athlete is responsible for the security of their own equipment and uniform. If any piece of issued equipment or uniform is lost, athletes will not be allowed to compete in any other activities until restitution is made. All athletes have the opportunity to get a sports locker during their season. There is also a locked Athletic Storage Closet for larger items.
13. Any athlete who is disrespectful to a member of the coaching staff, administration, a team member or an official will be subject to suspension or dismissal.

14. Any athlete caught stealing or vandalizing Prout school property or that of another school may be dismissed from the athletic program.

15. Any athlete who leaves school early (without permission of the Administration) will not attend practice or a game.

16. Any athlete who has detention will serve detention as the first priority. The athlete's eligibility to practice or play will then be determined by the coach. Any athlete who skips detention will risk suspension from the athletic program. Please refer to Student Handbook for other restrictions with assigned detention.

17. Athletes are expected to attend a full day of school. Please see attendance policy in Rules/Regs in this handbook.

18. The head coach must be notified of all injuries. In particular, the head coach should be notified of injuries which require medical attention. Any injured athlete under a doctor's care (for injury) must get doctor's clearance before returning to play.

19. Injured athletes should attend practice and competitions. In the event the athlete is unable to attend, the approval of the head coach is required.

20. Athletes will use school transportation, when provided, to and from athletic events. Any athlete who has special circumstances must file the appropriate waiver one school day prior to the event. All waivers are subject to the approval of the athletic department.

21. Athletes are expected to attend all try-out dates. Those who do not will not be considered for a varsity spot, unless absence has been excused.

21. Playing time is not guaranteed on the varsity level. All JV players can expect to participate in to the majority of competitions.

22. **Not all athletes on a varsity roster will earn a varsity letter. Each coach will provide team specific standards at the parent meeting at the start of each season. Coaches will also provide the list of those earning a varsity letter at the end of the season and will alert those not lettering.**

These guidelines should be saved and referred to throughout the year. If there is a question about a student's participation you should contact the Athletic Director.

### III. Procedure for Handling Athletic Complaints

All coaches, athletes, and parents/guardians are expected to read and follow the guidelines below. In order to ensure the reasonable expression of differences that can occur in athletic activities, these procedures have been developed to establish a line of communication between school, parents, athletes, and coaches when a problem arises.

Prout Administration will review these procedures with all athletic personnel at the start of each season. Parents should remember that all Prout athletic staff and students are required to follow these procedures. Should need arise, parents are expected to adhere to this process as well.

#### Standards for Conflicts:

1. No conflict between a parent, student, official, or coach should be addressed during or immediately following a game or practice. The game sites, practice field, lobby, or locker rooms are not appropriate places to handle conflict or disagreement.
2. Coaches are NOT to meet or deal with conflict at these times or places.
3. We ask that parents and guests respect the decisions of the coaches and officials during contests and practices. We realize that you may disagree with these decisions from time to time. In order to teach sportsmanship and fair play, we need the adults to be visible role models. Keep cheering and comments in a positive mode and encourage our athletes.
4. There will be no discussion on the following topics: other athletes, playing time, strategies and tactics.

#### Procedure for Conflicts:

1. If an issue arises, a meeting should be arranged between the player and coach to discuss the situation. This should always be the first step with any conflict.
2. If a further meeting is needed, the coach, athlete, and/or parent may request the meeting. This should be done at a mutually agreed upon time.
3. If the conflict is still not resolved, the Athletic Director will become involved by contacting all parties and deciding on how to proceed.

#### Group Conflicts

No group shall meet at Prout to discuss team problems without representatives from Prout, which can include the Athletic Director, the Principal, and/or the coach. At any group meeting, individuals must speak for and represent themselves, not other individuals or groups.

The Prout Athletic Program is a part of the overall educational program of the school. We recognize that the athletic program is meant to serve the development and enhancement of the participating athletes, within the framework of the school's philosophy. As difficult as it can be at times, parents are expected to abide by coaches' decisions regarding a student's playing time and related issues.

## IV. Injuries/Medical Insurance Information

Injuries can and will happen in athletics. The purpose of this section is to make sure everyone is aware of the responsibilities the coach, player and parent/guardian have in the event an injury occurs. The Prout School is not responsible for the payment of medical bills.

### **RII Injury Fund**

Parents and athletes in the State of Rhode Island are very fortunate to have available to them the Rhode Island Interscholastic Injury Fund. We are the only state in the country that affords this to their athletes. Here's how it works:

- a.) an athlete who suffers an injury throughout the season during an interscholastic practice, scrimmage or game that requires any medical attention, the head coach and/or athletic trainer must fill out an injury report within 24 hours of being notified and submit the report to the Athletic Director
  - b.) it is then the responsibility of the parent(s)/guardian to submit copies of all invoices indicating the out of pocket expenses acquired as a result of the injury to the athletic department for reimbursement. The Rhode Island Interscholastic Injury Fund will reimburse all out of pocket expenses to parent(s)/guardians with the following stipulations:
    - a.) no claim will be accepted if the original claim is submitted in excess of four months from the last day of the season the injury occurred in
    - b.) if the athlete is not covered by either private or school insurance, the Injury Fund pays nothing. If the billing amount is simply applied to a deductible, the Injury Fund pays nothing
    - c.) if an athlete is covered by an insurance policy and the total amount of out of pocket expenses for the entire claim is between \$1 - \$999, the Injury Fund will reimburse the parent(s)/ guardian 100%
    - d.) if an athlete is covered by an insurance policy and the total amount of out of pocket expenses for the entire claim is between \$1,000 - \$4,999, the Injury Fund will reimburse the parent(s)/guardian 75%
    - e.) if an athlete is covered by an insurance policy and the total amount of out of pocket expenses for the entire claim is between \$5,000 - \$9,999, the Injury Fund will reimburse the parent(s)/guardian 65%
    - f.) the maximum payout on any claim is \$10,000
    - g.) regarding rehabilitation: non-surgical rehab: the Injury Fund will reimburse for up to ten (10) visits, surgical rehab: the Injury Fund will reimburse for up to fifteen (15) visits,
    - h.) Prescriptions needed as a result of any injury are not covered by the Injury Fund
- If you have any questions please contact the athletic Director at 789-9262 X536.

**\*\*Injured athletes should attend all practices and competitions. In the event the athlete is unable to attend, the approval of the head coach is required.**

**\*\*Injured athletes who are under a doctor's care will not be eligible to return to play until medically cleared by said doctor. If the injured athlete is under the care of our athletic trainer, he/she must be cleared by AT before returning to play.**

# V. Crusader Athletic Program Rules and Regulations

All rules apply to athletes, managers, and all other students representing a team from The Prout School.

## **Try Outs/Cuts**

Participation in athletics is a privilege, not a right. Students try out voluntarily and for some teams, risk being cut. Athletes are expected to attend ALL tryout dates for the full time, unless otherwise excused. Athletes who do not comply will not be considered for a varsity spot. During the try out period, the coach will provide an explanation of his/her expectations. It is the student's responsibility to demonstrate that he/she can meet them. Students who are cut from a team will be informed individually by the coach.

## **Attendance**

Regular school attendance is required of all athletes. A student who is absent for any part of the school day without advanced permission from the athletic director or school administration is not permitted to participate in a practice or game that day. This includes arrival to school after 9am and any early dismissal. Any athlete who arrives after 9:00 am will need a waiver from administration or athletic director in order to participate in athletics that day.

Athletes who are dismissed early from school may not participate in any practice or game without a waiver granted by the athletic director or administration. Waivers may be granted for emergency, bereavement, religious, family, or medical reasons.

A student who has been

suspended from school, out of school or in school, shall not participate or attend in any role a practice or game during the period of suspension. All student athletes that go home due to illness are not permitted to participate in athletics that day for any reason.

## **Vacation Policy**

Athletes who miss consecutive practices or games due to vacations, family trips, etc. will be ineligible for participation until they make up the number of games missed. For those missing practices/games during school vacation weeks, the athlete must sit out at least one competition before being eligible to play. In the case of these absences, the coach may choose to not play an individual regardless of eligibility status. For example, if a student misses a full week of practices/games, the coach may choose to play other individuals who have been present and the coach feels are better prepared during this time. The coach cannot override the policy to sit the athlete minimum of one competition.

## **Alcohol, Narcotics, Tobacco and Controlled Substances**

Any member of an athletic team who engages in substance use will face the consequences outlined below in addition to any sanctions assigned by the Prout Administration.

### **Off Campus**

If it is determined by the Athletic Department and School Administration that an athlete has:

1. Consumed, possessed, or transported alcoholic beverages during that sports season
2. Used, possessed, or transported any controlled substances during that sports season
3. Used or possessed any tobacco product, including vaping, during that sports season

First Offense: suspension from team for up to one month



Second Offense: suspension from team for up to the remainder of season

### **On-campus or at School Sponsored Activity**

- a. If it is determined by the Athletic Department and the school administration that an athlete has reported for practice or a scheduled contest, school function, or anywhere on school grounds, while under the influence of alcohol, THC or any illegal substance, that athlete will have the following consequences:

First Offense: suspension from team for up to the remainder of season

Second Offense: suspension from team for up to remainder of season and potentially the next season of athletic eligibility.

- b. If it is determined by the Athletic Department and the School Administration that an athlete has used any tobacco product, including vaping nicotine, at a practice, game, school function or anywhere on school grounds, that athlete will have the following consequences:

First Offense: suspension from team for up to one month

Second Offense: Suspension from team for up to the remainder of that sports season.

\*\*Please note these offenses may be cumulative throughout the four years.

## **Travel**

All athletes are required to travel to and from out-of-town contests on a bus with their team when one is provided. Permission may be granted by the coach to allow an athlete to be released to a parent or guardian following the competition if requested in writing 24 hours prior to such release.

Athletes are expected to be neatly groomed and attired when traveling to contests. General conduct in and out of school shall bring no discredit to the athlete, school, team, or the athlete's parents.

## **Uniforms and Equipment**

Athletes will assume responsibility for all equipment/clothing, and will be assessed for any lost or damaged items. All equipment and clothing must be turned in to the head coach. No school equipment or clothing should be used or worn except when participating in a practice or a game. Wearing an athletic team uniform in physical education class will result in an automatic zero for the day.

It is the athlete's responsibility to bring a complete uniform on game days.

## **Miscellaneous**

All team members will abide by any additional in-season training regulations set forth by the coach and approved by the Athletic Director. Each team member will be given a copy of these additional rules and/or regulations prior to enforcement.

Coaches shall have the discretion to hold students on their team accountable for clearly established rules and expectations that may not be covered in this handbook. However, the penalty of dismissal must be approved by the Athletic Director and school administration. The administration's decision will be final, and the athlete will be notified of any infraction and subsequent penalty.

## Dual Participation Rule

During the 2015 summer meeting of the Rhode Island Principal's Committee on Athletics (RIPCOA) a rule was passed that an athlete may participate in two sports in the same season at the same time. The rule also states that it is the decision of each and every school individually, whether or not they will choose to implement this particular rule at their school and what stipulations are attached to this new rule. We at The Prout School have decided to implement this rule but with certain stipulations being followed.

### Rule Stipulations:

- 1.) We have identified the following sports we offer at Prout as "Team Sports": boys & girls soccer, volleyball, boys & girls basketball, hockey, baseball, softball, competitive cheer, golf, boys & girls lacrosse, boys & girls tennis and football.
- 2.) We have identified the following sports we offer at Prout as "Individual Sports": boys & girls cross country, boys & girls indoor track, boys & girls swim, and boys & girls outdoor track. The Rhode Island Interscholastic League has always allowed boys and girls in the above named "Individual Sports" to compete as individuals.
- 3.) If an athlete would like to try and compete in two sports at the same time in the same season, the athlete can only choose to from one (1) "Team Sport" and one (1) "Individual Sport". You are not allowed to participate on two "Team Sports" at the same time in the same season, however, you are allowed to participate in two (2) "Individual Sports" at the same time in the same season. Exceptions are allowed in rare situations.
- 4.) You must attend ALL "Team Sport" practices, scrimmages, league and non-league events over any "Individual Sport" practices, scrimmages, league and non-league events. Only the head coach from the "Team Sport" can give you permission to miss a practice, scrimmage, league or non-league event.
- 5.) If an athlete chooses to compete on two (2) "Individual Sport Teams" simultaneously, it is the responsibility of the athlete to work out a satisfactory attendance.
- 6.) Both coaches must approve the dual sport participation.

## VI. Crusader Athletic Program Eligibility for Participation

To be eligible for interscholastic athletics, students must meet all requirements set up by the Rhode Island Principal's Committee on Athletics, as well as those of The Prout School. The three main requirements for Prout athletes are as follows:

1. The academic eligibility of students to participate in interscholastic activities will be reviewed subject to the following four marking periods. First quarter, first semester, third quarter, final grade. It is the established rule of the school that eligibility may begin or end, depending upon the circumstances on the day grades are due.
2. Students must be regularly enrolled and may not be failing more than one subject at the end of the quarter or semester in order to be eligible to compete during the next quarter.
3. Athletes on Social Probation at any time during an athletic season (including try-out period and postseason play) will be ineligible for the remainder of the season.
4. Students are eligible for eight semesters after first enrolling as a freshman in high school.
5. Students become ineligible if their nineteenth birthday falls prior to September 1.

Before a student can participate in athletic try-outs, the following must be completed:

Online Registration

Assumption of Risk Form

Updated Physical on file

\* Students are expected to attend all days of tryouts. Those unable to do so will not be considered for a varsity spot. Exceptions can be made due to extenuating circumstances, as determined by the athletic director. Families should plan vacations accordingly, as missing tryouts for vacations will not be considered excused.

## VII. The Prout School Athletic Program Responsibilities of Coaches

Coaches are responsible for:

1. Making certain athletes have completed all necessary registration to be cleared for play.
2. Giving the Athletic Director their Eligibility list/roster one week prior to the first athletic event, including the Injury Fund.
3. Maintaining all necessary certifications.
4. Working with the Athletic Director to track each athlete's educational progress.
5. Supervising athletes during and after practice or an event. Coaches should remain until all athletes have left.
6. Obtaining a written request signed by a parent/guardian before releasing an athlete from riding the team bus.
7. Locking the gym and storage facilities after practice or a game.
8. Calling in scores to RIIL and The Providence Journal immediately after a home game.
9. Informing the Athletic Directors of any practice cancellations before 11:00am.
10. Maintaining equipment, and reporting any damage to the gym, fields, or equipment to the Athletic Director.
11. Promoting sportsmanship and representing The Prout School in a positive way at both home and away games.
12. Keeping good rapport with the Athletic Director, communicating any suggestions, comments, or problems.
13. Allowing a team prayer as a part of pre-game activities.
14. Meeting with the Athletic Director for a season ending evaluation.
15. Holding a parent/player meeting at the start of each season.