



**2016-2017**  
**PROVIDENCE ACADEMY**  
**PARENT/ATHLETE HANDBOOK**

**ATHLETIC LEADERSHIP TEAM**

**Mr. Rick Johns, CMAA, Athletic Director**  
**Mr. Darin Waldo, Assistant Athletic Director**  
**Mr. Tim Subialka, Stadium/Dome Manager**  
**Mrs. Kate Gregg, US Administrative Assistant**

## FROM THE ATHLETIC LEADERSHIP TEAM

Thank you for making the decision to support your son/daughter in his/her choice to participate in the Providence Academy Upper School athletic program. In order to help you through the process, we have devised this Parent-Athlete Handbook which is intended to give you as much information as possible.

As you and your family enter the athletic arena, there are several points that we would like to stress. First, it is very important that all of the information needed in order for your son/daughter to be involved in interscholastic athletics is submitted to the Athletic Leadership Team before the start of the season. This will ensure that your son/daughter will have the full benefit of early season practices and an entire season of competition.

Secondly, if the aims, opportunities and benefits of the total educational curriculum are to be attained, close cooperation must exist between the student-athlete, his/her parents/guardians, and the school.

Finally, Providence Academy strives to provide the highest quality education, in a culture of teamwork, service and personal responsibility. Our athletic staff is committed to ensuring that all students pursue their athletic goals with confidence, competence and within the principles of the Mission of Providence Academy.

We are pleased that you have chosen to become an integral part of our athletic family. We hope that your experience in our athletic program is a satisfying, fun-filled, exciting time that will leave your family with many pleasant memories for years to come.

### Athletic Leadership Team

Mr. Rick Johns, Athletic Director, CMAA

Mr. Darin Waldo, Assistant Athletic Director

Mr. Tim Subialka, Stadium/Dome Manager

Mrs. Kate Gregg, US Administrative Assistant

## ATHLETIC PROGRAM PHILOSOPHY AND OBJECTIVES

Providence Academy Athletics reflect the mission of the school in its desire to instill faith, knowledge and virtue in student athletes. Our goal is to develop excellent Christian athletes who play to their potential, put forth maximum effort, seek their personal best and develop character that serves them well for life. The Providence Academy athlete and coach place academics before athletics, show respect for everyone and approach each contest as though God is the only spectator, accepting victory and defeat with equal grace. It is our belief that the experience of being an athlete at Providence Academy will enhance the character and virtue of all students at the school, and its reward will be lasting and lifelong.

- The athletics program of Providence Academy reflects the mission of the School and is an integral part of the curriculum;
- Providence Academy believes that interscholastic athletic is an essential portion of the education of the “whole student” and that athletic participation should provide a variety of experiences that will prepare our students for adult life, presenting lessons in sportsmanship, competition, responsibility, teamwork, cooperation, leadership, and winning and losing with grace and dignity;
- The athletics program help students gain self-confidence, develop discipline and responsibility in team play, improve their skills and experience the enjoyment of athletic competition. Playing time per game may vary at the coach’s discretion, depending upon the player’s attendance at practice, attitude, effort, skills, and the skill level of the competition;
- The Varsity program is the highest level of interscholastic competition at Providence Academy. Varsity athletes and coaches strive for excellence and a winning spirit in this competitive environment. Game participation by all team members is not guaranteed;
- The Junior Varsity and C Squad programs strives for a balance among competitive play, individual participation, and skill development, while fostering a winning spirit;
- While it is recognized that choices regarding starting line-ups and playing time are made by coaches and can sometimes appear very subjective to spectators, especially parents/guardians, it is expected that any decisions by coaches involving “playing time” will be respected and honored as being within the purview of the coach;
- Providence Academy is committed to the safety and physical and emotional health of its athletes;
- Providence Academy expects athletes, coaches, parents and fans representing PA to practice good sportsmanship and behave ethically and honorably before, during, and after athletic competitions and practices;
- Providence Academy supports coaches in their understanding of and commitment to its student-athletes. The School will ensure that coaches have appropriate training in coaching and first aid procedures;
- Providence Academy will strive to educate parents about its policies and expectations and encourage effective, constructive communication among parents and coaches;
- Providence Academy complies with the rules and policies of the governing bodies of the sports in which it participates;
- While participating in School-sponsored activities, students must observe all rules of Providence Academy;
- Athletic participation is a privilege that require responsibility to the School, to the community, to the student body, to the activity, and to the student them self.



## INTERSCHOLASTIC OFFERINGS

### Girls Offerings

Alpine Skiing  
Basketball  
Cross Country  
Golf  
Hockey  
Nordic Skiing  
Soccer  
Softball  
Swimming and Diving  
Tennis  
Track and Field  
Volleyball

### Boys Offerings

Alpine Skiing  
Baseball  
Basketball  
Cross Country  
Football  
Golf  
Hockey  
Lacrosse  
Nordic Skiing  
Soccer  
Swimming and Diving  
Tennis  
Track and Field

# SPORTSMANSHIP CODE OF CONDUCT AND EXPECTATIONS

## KEYS TO SPORTSMANSHIP

- Know the rules of the game;
- Recognize good play by both teams;
- Respect your opponents and their spectators;
- View the game with your head, not your heart;
- Exhibit respect for officials;
- Show pride through your actions

## FAN CODE OF CONDUCT

All cheering must be positive and focused on Providence Academy teams, not our opponent.

Never single out a player, coach, or fan from another team or school.

Never use derogatory, profane, demeaning, or suggestive language in any chants or cheers.

BE LOUD, BE PROUD, BE POSITIVE, HAVE FUN

## SPORTSMANSHIP EXPECTATIONS

Providence Academy is proud of its athletic program and holds its student-athletes as well as our spectators to a high standard of conduct and sportsmanship. In order to portray good sportsmanship, we have the following expectations for our spectators:

### Sportsmanship Expectations - **Spectators**

- Support School administration in their efforts to emphasize the educational benefits of interscholastic athletics;
- Respect the judgment and strategy of the coach;
- Be a positive role model through your own actions by censuring those around you whose behavior is unbecoming;
- Remember that you are at a contest to support and cheer for your team, their participation, and effort;
- Learn the rules of the game so that you understand what is going on;
- Respect the integrity and judgment of contest officials even if you disagree with them;
- Praise student-athletes in their attempts to improve themselves. Participation in interscholastic athletics provides learning experiences for students and mistakes are made;
- Recognize and show appreciation for an outstanding play by the other team;
- Show respect for opposing players, fans and coaches;
- Stay off the playing area at all times and refrain from throwing objects onto the playing surface;
- Show respect for property and equipment;
- Refrain from all forms of harassment or fighting before, during, or after games;
- Artificial noise makers, including whistles, bells, horns and kazoos, are not allowed;
- Only approved signs are allowed at athletic and activity events.

### Sportsmanship Expectations - **Participants**

All students are expected to adhere to the following expectations of good sportsmanship both on and off the play surface:

- Accept and understand the seriousness of your responsibility and the privilege to represent our School and your community;

- Live up to the standards of good sportsmanship established by your coach, our School, our conference, and the MSHSL;
- Be committed, dedicated and determined;
- Be chemically free;
- Display a willingness to learn and develop skills necessary for their sport;
- Learn the rules of the game and assist parents and fans by discussing the rules with them;
- Treat your opponents with respect;
- Refrain from taunting, trash-talking, or making personal or derogatory remarks or gestures to your opponents or their fans before, during, and after the contest;
- Refrain from intimidating behavior or drawing attention to yourself;
- Wish opponents “good luck” before a game and congratulate them in a sincere manner following defeat or victory;
- Respect the judgment of officials even if you disagree with their judgment;
- Win with humility; lose with grace. Do both with dignity.

#### Sportsmanship Expectations - **Band**

In order to portray good sportsmanship, we have the following expectations for our Band:

- Accept and understand the seriousness of your responsibility and the privilege to represent our School and your community;
- Choose appropriate music and time for performing;
- Dress in school-approved uniforms;
- Show respect at all times for officials, opponents and spectators;
- Show respect at all times for school property and equipment;
- Avoid offensive gestures or language.

# The Providence Academy Approach to Successful Athletic Participation

## *A Guide for Parent-Athlete-Coach Communication*

The contents of this guide are designed to help establish standards of behavior and provide direction for the student-athletes, coaches, and parents during their athletic experience at Providence Academy. The student-athletes' learning and development will always be the central focus throughout all aspects of their educational based athletic experience. We believe that educational based athletics should provide a variety of experiences that will prepare our students for adult life, presenting lessons in sportsmanship, competition, responsibility, teamwork, cooperation, leadership, and winning and losing with grace and dignity. Athletic participation is a privilege that requires responsibility to the school, to the community, to the student body, to the activity, and to the student them self.

The Providence Academy tradition has been to win with honor. We desire to field excellence and a winning spirit at the varsity level, but only by maintaining the integrity of our athletes, our school, and our community. At the sub-varsity levels, we strive for a balance among competitive play, individual participation, and skill development, while fostering a winning spirit. Our goal is that this, in conjunction with the lessons of sportsmanship, responsibility, and teamwork, will provide a meaningful, educational based athletic experience

### **The Coaches' Role**

Providence Academy coaches are teachers of their sports. The professional behavior of each coach continues from the classroom to the athletic fields and courts. Providence Academy coaches strive to:

- Provide a safe, positive environment for all athletes.
- Communicate team goals, schedules, and expectations to players and parents.
- Possess current knowledge and skill to instruct players competently and to assess their progress.
- Treat all athletes consistently and fairly—especially in administering consequences for failure to follow policy.
- Be positive role models on the sidelines as examples for players, parents, and other coaches to follow.
- Assist and counsel athletes and parents in the college recruiting process.

### **The Athletes' Role**

Young people who elect to participate in athletics at Providence Academy are voluntarily making a commitment to be student-athletes. This commitment to a team, coach, school and community assumes great responsibility, yet provides immense personal rewards. Providence Academy student-athletes strive to:

- Commit to academics while fulfilling their commitment to Providence Academy athletics.
- Represent their team, family, Providence Academy, and community in a positive manner at all times.
- Abide by all Providence Academy, IMAC, and MSHSL guidelines, rules and regulations.
- Practice good sportsmanship at all times.
- Communicate with their coaches regarding any issues of team obligations, guidelines, or rules.

### **The Parents' Role**

Providence Academy parents have an opportunity to observe their children in an athletic setting and be supportive fans of their children, team, sport, and school. Providence Academy parents strive to:

- Guide their children as these students take on tasks of time management, sport-specific skill development, and responsibility.
- Support the team and coach from the stands.
- Encourage their children to communicate with the coaching staff.
- Encourage their children to commit to a team and program.

## **“24-Hour Rule”**

Athletics can be an emotional endeavor and occasionally conflict will arise. If you have an athletic issue concerning your student-athlete, please consider the “24-hour rule” – that is, please wait 24 hours before contacting the coach. We have found that if all parties involved with an athletic conflict take time to reflect on the situation, the ensuing conversation will be based less on emotions and more on facts. While the “24-hour rule” may not resolve your concern, it might prevent a misunderstanding from escalating into an adversarial situation.

If after 24 hours you still feel that the situation merits attention, please follow the grievance procedures listed below:

1. The student-athlete should communicate concerns or issues first with the coach of that specific team. This meeting should be at a scheduled time and not during practice or a contest. No other outsiders other than the athlete and coach(es) should be present.
2. If not resolved in the first step, then the parent and athlete together should request a meeting with the coach(es) involved at a time outside of practice or a contest.
3. If not resolved in second step, the parent, athlete, and coach(es) should meet with the Athletic Director at a time outside of practice or a contest.
4. In a rare case the Head of School would become involved.
5. **It is important that the above steps be followed in sequence.**

**Of course the safety and well-being of our student athletes is our primary concern. If you ever feel you have an issue that redounds to student safety you should certainly go directly to the student safety hotline at 763-258-5551.**

## **Playing Time**

One of the primary sources for conflict in athletics is the issue of playing time. Please keep the following distinctions in mind as you consider your athlete’s experience.

- The Upper School athletic programs help students gain self-confidence, develop discipline and responsibility in team play, improve their skills, and experience the enjoyment of athletic competition.
- The Upper School sub-varsity programs strive for a balance among competitive play, individual participation, and skill development, while fostering a winning spirit. Playing time per game may vary at the coach’s discretion, depending upon the player’s attendance at practice, attitude, effort, skills, and the skill level of the competition.
- The Upper School Varsity program is the highest level of interscholastic competition at Providence Academy. Varsity athletes and coaches strive for excellence and a winning spirit in this competitive environment. Game participation by all team members is not guaranteed.



## GOVERNANCE

### **PROVIDENCE ACADEMY**

Specific rules for students participating in the interscholastic athletic program at Providence Academy are included in this Athletic Handbook.

Coaches are responsible for establishing rules and procedures for teams under their jurisdiction. While rules and safety procedures may be reiterated orally on a regular basis, information that is needed by student-athletes on an ongoing basis will be distributed in writing to all athletes.

### **INDEPENDENT METRO ATHLETIC CONFERENCE**

The Independent Metro Athletic Conference consists of six mission-driven, independent, liberal arts college preparatory schools. Its members are committed first and foremost to academic excellence and believe that our athletic programs must always support the school's educational mission.

The Independent Metro Athletic Conference was formed in 2014 and was based upon an agreement among Blake School, Breck School, Minnehaha Academy, Mounds Park Academy, Providence Academy, and St Paul Academy and Summit School. The conference was formed in the interest of creating consistency, cooperation, support and balance among member schools while keeping an appropriate perspective on the role of athletics in secondary education.

The primary mission of the Conference is to provide a broad range of athletic opportunities to our scholar-athletes, ensure competitive balance between member schools, promote optimal recognition of individual scholar-athletes as well as the Conference as a whole, and to deepen professional development of athletic coaches in a manner consistent with the commitment to academic excellence and shared philosophies of the member schools.

Parents/Students may learn more about the IMAC on their website at [www.imacmn.com](http://www.imacmn.com)

### **THE MINNESOTA STATE HIGH SCHOOL LEAGUE**

All schools are voluntary members of the Minnesota State High School League (MSHSL). As a school member, Providence Academy agrees to abide by all rules and regulations endorsed by this league.

The primary role of the State High School League is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees and coaches' associations.

The State High School League attempts to enforce such rules that assure the greatest good for the greatest number and to ensure the competition is conducted in an appropriate manner.

Some information regarding MSHSL Rules and Regulations is included in this manual. Parents/Students may access the entire MSHSL Handbook on their website at [www.mshsl.org](http://www.mshsl.org).

## BASIC REQUIREMENTS FOR PARTICIPATION

### SPECIAL CONDITIONS

The courts have ruled that participation in interscholastic athletics is a privilege, and not a right; therefore, student-athletes are often held to a higher standard than other students by virtue of the fact that they are highly visible representatives of Providence Academy.

### PHYSICAL EXAMINATION

Any student who intends to participate in interscholastic athletics must have on file record of a physical examination performed within the previous three years.

MSHSL Physical form is available online at [mshsl.org/mshsl/publications/code/forms/PhysicalExam.pdf](https://mshsl.org/mshsl/publications/code/forms/PhysicalExam.pdf).

### MSHSL ELIGIBILITY FORM

Any athlete who participates on a C-Squad, JV or Varsity Team must annually sign the MSHSL Eligibility form. In addition, a parent or guardian must sign the MSHSL Eligibility form. This form is available online at [providenceacademy.portal.rschoolday.com](https://providenceacademy.portal.rschoolday.com).

### EMERGENCY INFORMATION

Any athlete who participates interscholastic athletics must annually complete the Providence Academy Coaches Emergency Information Form. This form is available online at [providenceacademy.portal.rschoolday.com](https://providenceacademy.portal.rschoolday.com).

### BEHAVIOR COVENANT

Any athlete who participates on a C-Squad, JV or Varsity Team must annually sign the Providence Academy Behavior Covenant. In addition, a parent or guardian must sign the Providence Academy Behavior Covenant. This form is available online at [providenceacademy.portal.rschoolday.com](https://providenceacademy.portal.rschoolday.com).

### ATHLETIC FEES

Athletic fees are charged in most sports. Also, most varsity sports require athletes to purchase certain apparel items. If athletic fees cause a hardship for any athlete, the Athletic Director.

**Please Contact Darin Waldo at [darin.waldo@providenceacademy.org](mailto:darin.waldo@providenceacademy.org) with questions.**

**Please turn in all athletic forms to the Upper School Office.**

### GOOD STANDING

A student in good standing is eligible to participate fully in the life of the school and enjoys all privileges and opportunities Providence Academy offers.

## ELIGIBILITY REQUIREMENTS FOR PARTICIPATION

### EXTRACURRICULAR ELIGIBILITY

Given Providence Academy's commitment to academic success, student's academic performance is linked to his or her eligibility for extracurricular activities. If a student fails to achieve a 70% (or "meet standard") on a given assessment, he or she is given a period of seven to fourteen days to meet that standard for that item. If this time elapses and the standard is still not met, he/she may likely become ineligible. A grade of Incomplete will trigger automatic ineligibility. Eligibility is restored as soon as the instructor notifies the Academic Dean.

### ATTENDANCE

Consistent attendance at Providence Academy is an essential part of a student's academic obligation and good standing in the community. Students who miss class cannot make up that shared classroom experience. Our attendance policy reinforces this value.

Attendance is checked by the teacher at the beginning of the first period and by each teacher during the school day. Daily attendance is managed by the Upper School Office in consultation with the Upper School administration. Providence expects its students to attend all classes unless there becomes a need for a school-approved student absence. Attendance on Field Days, School Retreats, Semester Exams, and other such school functions is mandatory.

Please review "Attendance Policy and Procedures" section of the [Parent/Student Handbook](#) for all requirements related to attendance.

### DISCIPLINE POLICY

Students in good disciplinary standing conduct themselves in accordance with Providence Academy's Code. They respect the values of Providence Academy's Mission and adhere to the policies. In keeping with the school's Code, Providence Academy will strive to teach and encourage students to behave in ways that reflect a commitment to virtue, honesty, respect for others, and respect for self. In effect, discipline should be self-discipline. Every effort will be made to support students who make errors of judgment and find themselves in poor standing, so that they may return to good standing in our community.

The Dean of Students is responsible for the day-to-day administration of student conduct and discipline in the Upper School. Teachers are responsible for classroom supervision, management, and behavior. Teachers communicate classroom conduct using the CAP score rubric. Faculty, staff, and students should immediately refer more concerning conduct or violation of school rules to the Dean of Students. These may result in further disciplinary action.

Please review "Discipline Policy" section of the [Parent/Student Handbook](#) for discipline requirements.

### CHEMICAL USE & VIOLATION AS A RESULT:

Providence Academy prohibits the use, possession, sale, or transfer of any medically unauthorized drugs, tobacco, e-cigarettes or alcohol while on school premises. Further, in union with expectations of the Minnesota State High School League, students are expected to remain free of possession or use of any legally unauthorized drugs, tobacco, e-cigarettes or alcohol at any time during the calendar year, at any place on or off school property, while enrolled or re-enrolled at Providence Academy. Students found to be in violation of these expectations are subject to school discipline.

Please review "Alcohol, Tobacco, and Drug Policy" section of the [Parent/Student Handbook](#) for all requirements related to chemical violations.

## **BASIC ATHLETIC DEPARTMENT POLICIES**

### **ADMISSION CHARGES**

Admission will be charged for some PA home and away events as well as all MSHSL Tournament events.

Admission to Invitational Tournaments may vary from this policy depending on the site of the tournament.

### **ATHLETIC AWARDS**

In order to receive an award, a student-athlete must finish his season in good standing, including competition in the required number of contests as established by the coach, regular attendance at practice sessions, commitment to training, exhibiting good sportsmanship, and adhering to the provisions of the Behavior Covenant and the principles of the Parent/Student Handbook.

Any player who ceases to be a member of the team by reason of dismissal by the coach or school, or who voluntarily quits the squad of his own accord, forfeits their rights to receive any awards. Any player who has been ill or injured and has failed to meet all of the requirements, may, upon recommendation of the coach and/or Athletic Director receive a letter.

Coaches, with the approval of the Athletic Director, will establish the specific criteria for awards for student-athletes participating in a particular sport, and will distribute the criteria to all student-athletes in writing at the beginning of the season PRIOR to the first scheduled contest.

Any questions regarding lettering requirements should be directed to the head varsity coach of that sport.

### **CUT POLICY**

Each athlete regardless of grade earns his/her position on a varsity team during an evaluation period. In some sports it is necessary to make cuts. When it is necessary to make cuts the coach has the sole responsibility of selecting the team. If an athlete is cut from a team, the athlete may join another sport that does not make cuts. There are sports during all three seasons that do not make cuts.

### **DOUBLE PARTICIPATION**

No student may participate on more than one athletic team during any one sport season. There may be special circumstances in which a coach may request the services of an athlete currently out for another sport during that season. For example, the football coach may request the services of a soccer player to kick at football games. In these circumstances, permission must be granted by the parent/guardian as well as by the head coaches of both sports and the Athletic Director. If event or practice conflicts arise, the priority rests with the primary sport of the athlete during that season.

### **EARLY DISMISSAL**

In the event that a team needs to be excused early from school, the Athletic Director sets a release time that has the least negative effect on academic class time and allows for a safe warm-up period.

## **INFORMED CONSENT**

Prior to participating in interscholastic athletics, it is important for the student and the parents/guardians to understand that injuries can occur. These could include minor injuries such as bruises or abrasions. Occasionally, students incur injuries such as muscle strains, sprains, or broken limbs. Although the occurrence of catastrophic injuries is minimal, it is possible that a catastrophic injury can occur rendering the participant paralyzed in varying degrees. Death as a result of a catastrophic injury is also a possibility.

During the teaching of skills, coaches will explain the ramifications of performing a skill incorrectly and will take steps to ensure that the student-athletes understand all necessary safety precautions, the correct manner of performing a given skill, and the correct spotting techniques necessary in a given skill or sport.

## **INSURANCE**

All student-athletes must have adequate health insurance coverage in cases of accident or injury. No cost of medical conveyance or treatment will be borne by Providence Academy or any of its employees or representatives. Due to the nature of certain events, there may be an ambulance and/or a physician present at the expense of Providence Academy.

## **PLAYING TIME POLICIES**

One of the primary sources for conflict in athletics is the issue of playing time. Please keep the following distinctions in mind as you consider your athlete's experience.

Our athletic program helps students gain self-confidence, develop discipline and responsibility in team play, improve their skills and experience the enjoyment of athletic competition.

While it is recognized that choices regarding starting line-ups and playing time are made by coaches and can sometimes appear very subjective to spectators, especially parents/guardians, it is expected that any decisions by coaches involving "playing time" will be respected and honored as being within the purview of the coach.

Playing time per game will vary at the coach's discretion, depending upon the player's attendance at practice, attitude, effort, skills, and the skill level of the competition. Playing time for all members is not guaranteed at any level.

Upper School sub-varsity programs strive for a balance among competitive play, individual participation, and skill development, while fostering a winning spirit. Playing time per game may vary at the coach's discretion, depending upon the player's attendance at practice, attitude, effort, skills, and the skill level of the competition.

Upper School Varsity program is the highest level of interscholastic competition at Providence Academy. Varsity athletes and coaches strive for excellence and a winning spirit in this highly competitive environment. Game participation by all team members is not guaranteed.

## **LOCKER ROOMS**

Only coaches and players are allowed in the locker room. Friends and family members are not allowed in the locker room before, during, or after practices and games. In the case of unusual extenuating circumstances, permission should be secured from the coach or athletic administrator prior to entering the locker room.

Athletes are expected to keep their lockers and the surrounding locker room areas clean. Litter receptacles are provided for this purpose.

Loitering is not prohibited at any time in the locker room.

A student's athletic locker is the property of Providence Academy. This locker must be used only for the purposes intended – storage of athletic apparel, clothes and personal belongings during practices and games. School officials reserve the right to search the locker, with or without the student's permission, knowledge or consent if it is deemed necessary to do so by school administration.

## **PRACTICE**

Upper School athletic teams often practice during school vacation times. The amount of involvement varies with each sport, but is often essential to maintain the team's ability to compete. An athlete must communicate with the coach of his sport to understand expectations and training required. This is the athlete's responsibility!

Providence Academy supports the need for athletes and their families to take vacations at various times of the year, but practices and contests should be considered when making vacation arrangements. A student who misses practice during an official school vacation will be less prepared than his teammates and could thus lose playing time and a starting position. We expect all students whose teams reach the state tournament level to participate.

As families make Easter/Spring Break plans please bear in mind that mandatory practices may be held during Break for students interested in playing on varsity teams during the spring season.

Throughout the year, varying with each sport, there are Saturday practices and Saturday games/meets. Holiday practices or meetings are discouraged, but on rare occasions will take place. Sunday practices are prohibited by the MSHSL.

## **PROSPECTIVE COLLEGE ATHLETES**

Some student-athletes have a goal to participate in athletics at the collegiate level. The Providence Academy Athletic Department, College Counselors, and coaching staffs are very willing to help student-athletes pursue this goal. To this end, we offer the following advice for our student-athletes:

- Communication with PA coach(es) is essential. Student-athletes who have a strong desire to compete at the collegiate level should consult with their coach prior to their junior sport season;

- The driving force behind college selection should be the academic fit. Athletes should identify their desire to compete at the next level and work in conjunction with their College Counselor to develop their list of potential college choices;
- Athlete should create a resume and cover letter that represents their overall high school experience and highlights their athletic accomplishments. Their college counselor should review the resume before submission to coaches/college personnel;
- Encourage athletes to be proactive in marketing themselves to college coaches by creating a highlight video, forwarding game schedules, completing the online recruitment questionnaire in the college's website, etc.;
- PA videotapes games for coaching purposes and not all games are documented. Coaches will help secure copies of any game videos when they are available. If a family wants additional games documented, they may do so at their own expense;
- If athletes are considering NCAA Division I or II institutions encourage them to meet with their College Counselor to discuss the process of registering with the NCAA Clearinghouse;
- Remember that NCAA Division II and III institutions have separate academic requirements.

#### **REMOVAL**

Although infrequent, if a student does not regularly attend practice, is not an active participant, does not make a reasonable effort at skill development, and/or does not display a cooperative, supportive attitude, this student may be removed from a team.

#### **TOURNAMENT ATTENDANCE**

When a Providence Academy team is involved in a state playoff, administration will determine who may attend.

#### **UNSPORTSMANSHIP CONDUCT/FLAGRANT FOULS**

An athlete disqualified from any contest by an official for a flagrant foul or by a coach or an official for unsportsmanlike conduct will be suspended for at least the next scheduled contest and must meet with the Athletic Director.

#### **UNIFORMS/EQUIPMENT**

The athlete is responsible for the uniform and equipment they check out. Each athlete is responsible to keep it clean and in good condition. Loss of any uniform or equipment is the athlete's financial obligation.

## SPORTS MEDICINE

### **ATHLETIC TRAINER**

Athletic Trainers are contracted by the school to serve our student-athletes and are available for consultation each day after school from 3:15 until the last practice ends. Athletes who need to see the Trainer should advise their coaches that they may be absent from a portion of practice. Parents desiring specific information regarding a student-athlete's injuries or rehabilitation are encouraged to call the Athletic Trainer at 612-296-2711.

### **BASIC RETURN TO PLAY**

If an athlete is seen by a physician for an injury or illness that keeps him out of practices/games, he MUST have a signed doctors' note or "Return to Play" form before he is allowed to resume participation. The paperwork can be faxed to the athletic office at (763) 258-2501 or given directly to the athletic trainer.

### **CONCUSSION GRADUATED "RETURN TO PLAY" PROTOCOL**

Please review "Concussion Graduated "Return to Play" Protocol." It may be downloaded at [providenceacademy.org/Concussion-Return-to-Play-Protocol](http://providenceacademy.org/Concussion-Return-to-Play-Protocol)

### **IMPACT TESTING**

Providence Academy and Sports and Orthopaedics Specialists offer an innovative concussion management program for athletes or individuals who are at risk for a concussion. The program is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) and involves an online exam that each athlete takes prior to the athletic season and is good for two seasons. Note: Some sports will mandate retesting annually. This baseline test can be administered at Providence Academy or at a Sports and Orthopaedic Specialists clinic. Retesting every year is recommended for maturing individuals. Baseline testing is done on the PA campus, administered by our athletic trainer.

### **MEDICAL COVERAGE FOR ATHLETIC EVENTS**

An Athletic Trainer will be on campus during most home athletic events to ensure the safety of the participants. Through the use of cell phones, the Athletic Trainer is accessible in case of emergency.

It is important for parents/guardians to note that in cases of injury at an event, or during practice, the School will attempt to honor the parents'/guardians' request regarding the choice of a personal physician or a designated hospital of choice; however, the School reserves the right to secure the most available and qualified assistance in cases of injury to a student.

### **TREATMENT/INJURY REHAB**

The PA Athletic Trainer is health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Several therapeutic modalities such as ice, hot packs, and manual therapy (with doctor's or physical therapist's recommendation), as well as some rehabilitation tools, are available when space and time allow. Appointments may be necessary as game coverage varies.



