



CEDAR VALLEY

CATHOLIC SCHOOLS

To provide an exceptional Catholic education to every student, built on the foundation of faith, discipline, knowledge and service

Activity Handbook

2020-2021

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I. Philosophy

A. Statement of Purpose

Welcome to the activities program at Cedar Valley Catholic Schools (CVCS). We are excited about your participation in one or more of our activities and hope that you have a positive learning experience from your efforts.

The contents of this handbook are designed for CVCS students, their parents/guardians, and coaches. Hopefully this document will answer any questions you may have about the operation of our activities program.

CVCS will strive to continue to provide the students with the best possible opportunities for a very rewarding experience. On behalf of the administration and staff at CVCS we welcome you.

Best of luck for a very successful year!

Taylor Hotek
9-12 Activities Coordinator

Aaron Ferrie
6-8 Activities Coordinator

B. Mission Statements

Mission of Cedar Valley Catholic Schools

The mission of the Cedar Valley Catholic Schools is to provide an exceptional Catholic education to every student, built on the foundations of faith, discipline, service and knowledge.

Mission of CVCS Activities

To provide a positive experience for all involved by building better people through a foundation of faith, family, community, group, and self.

C. Principles (Pillars)

1) Put God first (Faith)

The Catholic Faith is what fuels CVCS and it's activities. All members of CVCS Activities will put being a devout Catholic before all things.

2) Be an inspiring representation of your family (Family)

No matter how big, small, diverse, or nontraditional, each student at CVCS is a representative of their family. All members of CVCS activities will represent their family in a positive light locally, state and nationwide.

3) Be involved in the CVCS community (Community)

Making a positive impact on others in the community is an important component of CVCS activities. All members of CVCS activities will give back to both the internal (CVCS) community and external community.

4) Commit to the group before yourself (Group)

Whether participating in a team or individual competition, members of CVCS activities will always put others before themselves. In order for each individual to have success, it requires a group effort, just as for the group to have success, every individual must contribute to the best of their abilities.

5) *Attitude and Effort (Self)*

CVCS activity members will only focus on what they can control: their attitude and effort. Everything else within practice, competition, or life comes from outside influence and is out of students' control. If all CVCS activity members give maximum effort and do so with a positive attitude, great things will happen on and off the competition surface.

D. Objectives

It is the goal of all CVCS activity groups to complete the following objectives in each tier:

Tier One: Social

- Activity groups and all members attend at least one mass at a CVCS parish. Parish rotation appointed by the Activities Department*
- High school activity groups and all members attend at least one other group's (CHS or BMAP) event throughout its respective season.*
- Activity groups and all members provide at least one service project for, or volunteer their time to, a charitable cause.*

*Activity groups shall dress respectfully and similarly while in attendance.

Tier Two: Academic

- It is not everyone's path to pursue a college education. The CVCS activities program asks that each student-athlete have the criteria needed for college enrollment, should they so choose to apply for a higher education. By doing this we are creating a more educated student and putting them on the path to success in more ways than just activities.
- Average GPA of 3.0 for each activity group throughout its respective season.
- Every member of activity groups stay eligible for all competitions and events.

Tier Three: Participation

- All CHS athletes participate in a comprehensive, year-round approach to strength and conditioning through the Columbus Catholic strength and conditioning program.
- School-wide average of 2.0 school activities per student throughout the year.
- All activity groups qualify and participate in postseason competition if applicable.

E. Expectations

Students

- Commitment to the team before themselves.
- Willingness to be involved in the CVCS community.

- Follow all guidelines set by law, school, and coaches.
- Take responsibility for all actions on and off the competition surfaces.
- Commit to academic success.
- Respect opponents, fans, officials, coaches, and all others.
- Willingness to be coached/mentored, and work their hardest.
- Accountable and reliable.
- On time for all scheduled practices, games, meets, tournaments, meetings, etc.
- Represent CVCS in a positive light.
- Be there for teammates when they need it.

Parents

- Influence and support students positively.
- Support all activities programs (coaches, other students, administration etc.)
- Listen, encourage and communicate constructively with your student.
- Be involved (fan, booster club member, parent rep, signup.com etc.)
- Respect the “line of communication.” Talk to students first, level-coach second, head coach third, activity administration fourth, building administration 5th, chief administrator 6th, and school board 7th. (Before, during or after a competition is not an appropriate time for discussion)

F. Activity Staff - 4 C’s

Commitment:

CVCS coaches/moderators will...

- demonstrate full dedication to the program, fellow coaches, athletes, fans and community around us.
- commit to the plan set forth by the head coach. Any concerns, suggestions, or conflict that arises should be discussed in private, never on the competition surfaces, in front of athletes or fans.
- commit to being at least 10 minutes early to all meetings, film sessions, workouts, practices and competition days. Time management is crucial to our success and exemplifies those values in our athletes.
- commit to get the best out of all athletes on the team, not just the starters. All athletes are valuable to the success of the team, and should be treated as such.
- commit to be a positive example of character for those around us. We will demonstrate integrity, hard work, honesty, and courage among others.

Community:

CVCS coaches/moderators will...

- collaborate efficiently and effectively with fellow coaches and students. We will make the most of our time together, constantly striving for improvement toward the ultimate goal of success.

- ❑ ensure that students have a voice in the process. Players will have a say in certain, predetermined decisions including team motto, equipment, choosing weekly themes, as well as providing ideas for improvement as they feel necessary.
- ❑ build positive relationships with students, encouraging them to be the best version of themselves.
- ❑ be willing and ready to listen, giving athletes the best opportunity to succeed by working to their strengths.
- ❑ treat all students on our campus with respect, seeking to understand first, willing to help, and giving support and compassion. The support of our campus and the community around us are essential to the success of our program.

Charity:

CVCS coaches/moderators will...

- ❑ be willing to give themselves to those in need. This extends well beyond the giving of money, as they will give their time, give help to those in need, or give a positive interaction, such as a smile or compliment, to those struggling.
- ❑ help those in need out of kindness and compassion, rather than to gain something.
- ❑ encourage, and set up opportunities for our students to get involved in the community through participation in a variety of charitable events.

Competitiveness:

CVCS coaches/moderators will...

- ❑ strive to win always, seeking to improve ourselves individually and as a team. We compete with ourselves to be greater than we were yesterday.
- ❑ encourage students to maintain a competitive spirit in the classroom, giving 100% effort at all times, and striving to improve daily.
- ❑ never give up, even in the face of adversity or defeat, and instill the same in our students.
- ❑ work consistently to improve their coaching practices, knowledge of and approach to the sport or activity. CVCS strives to have the best staff in the district, the conference, and the state.

II. Communication

The CVCS activities department uses a variety of electronic communication tools in an effort to keep our students and community informed, safe and ‘in the know’ on what is happening at our school. Everything from our school calendar to weekly emails can be accessed by every one of our constituents.

A. Calendar

Calendar Program: <https://www.northiowacedarleague.org/public/genie/62/school/905/>

Our calendar program is called rSchool Today. There are links on the CVCS home page and the activities page. This is the same program the entire North Iowa Cedar League (NICL)

uses so it is possible to not only see CVCS events, but other schools as well. You can sign up for notifications in any/all the sports that you wish. Once signed up, you will receive email notifications any time there is a change to the schedule in the sport(s) you have designated. The Activities Office will post all postponement information, including makeup information, instantly to rSchool Today.

You can download the entire CVCS calendar or just a specific activity calendar to your computer or mobile device. When there is a change in the event due to cancellation or postponement, your home calendar updates automatically. You can get an instant view of all sport activities for each day (many people set it as their homepage). You have access to the most recent schedules for all of our interscholastic sports and all levels.

B. Websites

NICL Website: <https://www.northiowacedarleague.org/g5-bin/client.cgi?G5genie=62>

The league site contains rosters of most league schools. Information for the media in terms of “all conference teams” and links to league statistical summaries. It is your one stop shop for all things in the NICL.

CVCS Website: <https://www.cvcatholic.org/chs-athletics>

Visit the website to find:

Activities Calendar	Physical Exam Form
Medical Consent Form	Athletic Hall of Fame Nomination
Heads up Concussion Form	Volunteer Sign-up
Summer Camp Information	Coaches’ Contact Information

C. Social Media

Twitter: @CBUS_Activites & @BMAP_Activites

These two twitter accounts are used to provide quick updates on important events (games, weather issues, etc.), positive things happening in our CVCS community, and links to current news articles involving CVCS students.

Facebook: @CVCSActivities

The activities facebook account is used to provide pictures, results, and future information about the activities program and its participants.

D. Email: Newsletter

A mass email is sent out each week during the school year using the email database for our CVCS students. This weekly note contains the results from the last week of competitions, important reminders, current week schedule and much more. If you are not getting these updates or know someone else who wants to receive them, please send an email to Taylor Hotek at thotek@cvcatholic.org.

III. Parent Support

How to be an All-Star Parent, by Rob Gilbert, Ph.D.

How do you define an all-star parent? Very simply, he or she is a parent who is a good sport and a great fan. To become an all-star parent of a student, there are times when you must stop parenting. When your son and daughter changes into uniform and becomes a student, you also have to change -- from parent to fan. Your job on the sidelines or in the stands is not to be a parent/guardian, but to be your child's greatest fan. There's no trick to learn here. You already know how to do this. Remember how you behaved when your baby was learning to walk? You were a fan and a supporter, weren't you? You applauded the "downs" as well as the "ups". You never said things like, "What's taking you so long?" "How come the kid down the street is walking better than you?" "Why do you keep making the same mistakes over and over again?" You were the world's most appreciative audience. Why should it be any different now that your child is a student? Your job is not to be the coach (unless you are the coach) or the expert. You are there so that you can share the thrill of victory and the agony of defeat -- together. In fact, your child needs your support more in defeat than in victory. Did you ever notice that strangers feel free to come out of the stands and congratulate the winners? But, in defeat, sometimes the student's own teammates and coaches ignore her/him. As a parent/guardian you have to be there to cushion setbacks with a positive "We'll get 'em next time!"

Three "B's" For All-Star parent/guardianing are:

1. **Be There** - You can never hope to be an all-star parent/guardian unless you show up at games. Regardless of the skill level of your child or the success of the team -- go to the games. Be Supportive. Don't be a fickle, fair-weather fan.
2. **Be Positive** - On the sidelines, if you can't say something positive, don't say anything at all. Nothing good comes from negative statements and nothing negative comes from positive ones. If you can't be positive, at least be silent.
3. **Be Seated** - Even though it's good to be positive, it's not good to overdo it. Don't stick out. Be an admirer -- not a cheerleader. Players should not confuse your voice with the public address system.

Once you start to become a positive, acknowledging fan, an interesting thing may happen. Your child will want you at the games. When this happens, you will know that you are considered to be an important member of your child's personal all-star support team.

IV. General Procedures

A. Activity Options

High school activity opportunities include, but are not limited to: basketball, baseball, bowling, cheerleading, cross country, dance team, fall play, football, golf, robotics, soccer, softball, speech, spring musical, tennis, track, volleyball, and wrestling.

Middle school activity opportunities (grades 7 & 8) include, but are not limited to: basketball, baseball (may include 6th), cheerleading, cross country, football, softball (may include 6th), track, volleyball and wrestling.

CVCS provides organized sports for males and females. Students participating in these programs are required to have a physical and a signed statement of fitness by a physician. CVCS also follows the state of Iowa's guidelines in regards to Concussion education for student athletes. Students who do not perform in accord with their potential academically or who display consistent behavior problems will be suspended from the team until the necessary improvement is shown.

B. Attendance

To practice for any school activity on a school day, the student must be in attendance for half of the school periods during the school day. To participate in a public performance on a school day the student must be in attendance for that entire school day. A grace period of 20 minutes may be applied to the beginning of the school day to allow a student to be tardy and still qualify to participate in the public performance that day. To practice or participate in a public performance on a non-school day, the student must be in attendance for half of the school periods during the prior school day. If a student goes to the doctor for an appointment, the student must bring documentation from the doctor's office when they return to school. Administrator's discretion will be used on funerals. If a student chooses to take a college visit on the day of a public performance, they will not be allowed to participate in the public performance that day, but they may practice with the team. Students that have school-requested absences on the day of a practice or public performance may participate in the practice or the scheduled public performance. Students who choose to miss practice to attend other functions will have consequences determined by their coach.

C. Equipment Usage

Students assume complete responsibility for all clothing/equipment issued to them and will pay replacement costs for any item(s) damaged or lost. Upon the completion of a season/activity, all equipment must be returned at the time designated by the coach/moderator or replacement costs will be billed to the student's parent/guardian. No further participation in extracurricular activities will be allowed until equipment is returned or replacement costs are paid.

D. Transportation

Students must comply with the rules regarding transportation to and from activity trips as listed below:

- School policy requires students to go to and from an activity via the school transportation provided. Any deviation from this rule must be cleared in advance with the activity sponsor.
- The activity sponsor may grant permission for the student to ride with a parent if the parent is present at the activity. The activity sponsor may not grant permission for the student to ride with anyone other than the parent.
- If the student has a valid driver's license, she/he may be allowed to drive to or from an activity if it is within the Waterloo-Cedar Falls metro area, and if the student has permission from the activity sponsor.

Each coach/sponsor may establish codes of conduct, which are in conformity with the school rules, though they may be specific for that activity. These may include, but are not limited to, practice attendance and transportation. Participants must abide by all applicable rules.

V. Eligibility and Participation

Cedar Valley Catholic Schools offers a variety of voluntary activities designed to enhance the classroom education of its students. Students who participate in extracurricular activities serve as ambassadors of the Cedar Valley Catholic Schools throughout the calendar year, whether away from or at school. Students who wish to exercise the privilege of participating in extracurricular activities must conduct themselves in accordance with policy and must refrain from activities that are illegal, immoral, unhealthy, or highly inappropriate. Participation in these activities is a privilege, conditioned upon meeting the eligibility criteria established by administration, and individual activity coaches and sponsors. The principal shall keep records of violations of the Good Conduct Rule.

A. Student Conduct Rules

Students who participate in extracurricular activities must conduct themselves in accordance with all school rules and must refrain from activities that are illegal, immoral, unhealthy, or highly inappropriate. These include, but are not limited to:

- Violations of the Tobacco, Alcohol, Prescription and Non-prescription Drug policy as explained in the Parent/Guardian & Student Handbook.
- Engaging in any act not related to violations of the Tobacco, Alcohol, Prescription and Non-prescription Drug Policy that would be grounds for arrest or citation in the criminal or court system, excluding minor traffic offenses, regardless of whether the student was cited, arrested, convicted, or adjudicated for the act(s)
- Inappropriate or offensive conduct such as fighting, insubordination, hazing, or harassment of others.

Participating in extracurricular activities is a privilege, conditioned upon meeting the eligibility criteria established by the CVCS Board, administration, and individual activity coaches and sponsors. When applicable, Iowa High School Athletic Association and Iowa Girls Athletic Union rules apply.

After being confronted with the allegation and the basis for the allegation, the student will have an opportunity to present his/her side. If the student is then found to be in violation of the Eligibility/Participation Rules s/he could be deemed ineligible for participation at the following levels. (Determination of participation eligibility will be made by the Activities Department and Principal.)

1st Offense:

- 1 game/performance if the activity has 4 or less remaining games/performances/events
- 2 games/performances if the activity has 5-9 remaining games/performances/events
- 3 games/performances if the activity has 10-19 remaining games/performances/events
- 4 games/performances if the activity has 20 or more remaining games/performances

2nd Offense:

- 2 games/performances if the activity has 4 or less remaining games/performances/events
- 4 games/performances if the activity has 5-9 remaining games/performances/events
- 6 games/performances if the activity has 10-19 remaining games/performances/events
- 8 games/performances if the activity has 20 or more remaining games/performances

3rd Offense:

- Ineligible to participate for one calendar year (12 months)

4th Offense:

- Permanent ineligibility

The number of “remaining games/performances/events” will be calculated by combining the regular season games/performances/events for the team that the student will be/is a part of and the maximum number of tournament games that can be played in order to win a state championship. For example, football requires 5 games to become state champions so 5 would be added to the regular season number of remaining games in order to determine the period of ineligibility. If a player is not able to complete their ineligibility because their team’s season ended, the unserved ineligibility would carry over to the student’s next sport.

Preseason public scrimmages or jamborees do not count toward a team’s total number of games/performances/events. If a team has preseason public scrimmage or jamboree, the ineligible player can not perform and but that will not count towards the student’s required number of performances that they are ineligible for.

If a student is at the 1st Offense or 2nd Offense level and their team will play or potentially play more than one game in a day, the student will sit out for the entire day and the missed performances will count as 1 game/performance. If a student is out for multiple activities at one time, each activity will be treated individually. For example, if a student was out for soccer and golf in the spring and they received a 1st offense violation, they would serve 1st offense participation consequences for soccer and golf.

If a student-athlete commits a 1st Offense violation, coaches will not put them up for postseason recognition for one athletic season in which the athlete competes or one calendar year, whichever is shorter. For 2nd Offense and above violations, coaches will not put the athlete up for postseason recognition for 3 athletic seasons in which the student competes or one calendar year, whichever is shorter. After that amount of time, the athlete may earn postseason honors depending on their improvement, effort and achievements.

Substance abuse violations and nonacademic violations of the eligibility rules listed above will affect a student's ability to earn recognition from Columbus High School. Good character is extremely important for our students and student-athletes.

C. Academic Eligibility

Participants in extracurricular activities are subject to the following Academic Eligibility Rules. For purposes of these rules, extracurricular activities include all interscholastic athletics, band and choir public performances, drama productions, and cheerleading. Clubs and their activities are not affected by these rules.

To be eligible to participate in those activities affected by these rules, a student must pass or be passing all of their classes at the end of a review period. Review periods are at midterms and the end of each quarter. In addition, students must also possess a GPA above a 1.5 at the end of each semester (2nd and 4th quarters, respectively). Thus, CVCS eligibility is determined by grades posted at each midterm, each quarter, and each semester. CVCS Academic Eligibility will be checked using the following timelines:

- 1st and 3rd midterms: 1st 4.5 weeks of the semester
- 1st and 3rd quarters: 1st 9 weeks of the semester as posted in Powerschool
- 2nd and 4th quarter midterm: 1st appx. 4.5 weeks of the quarter
- 2nd and 4th quarter: the quarter grades as posted in Powerschool

Ineligibility begins immediately after the submission of grades to the principal's office. Students are ineligible for 30 calendar days. During their time of ineligibility, students are expected to continue to practice with the team/group.

Columbus Catholic High School seniors who were ineligible at the midterm of their 4th quarter will have their grades reviewed on the Monday following graduation. This review of grades will determine whether a senior regains eligibility. Seniors who play spring/summer sports will have their eligibility reviewed the Monday following graduation. Graduated seniors will become academically ineligible if their grades are below the academic eligibility guidelines. Columbus Catholic High School students are also governed by the state of Iowa's academic eligibility rules. If a student is ineligible by state of Iowa standards, their ineligibility will be governed by the state of Iowa's guidelines. The principal's decision is final on all eligibility issues.

***The principal's decision is final on all eligibility issues.**

Should ineligibility begin immediately after midterms, students have a “probation period” of 7 days to improve their failing grade(s). During this time, students are not allowed to participate in competition and must show proof they are making an effort to improve their grade(s) (meet with teacher, tutor, study tables, etc.). It is up to coaches'/moderators' discretion whether or not students on probation are allowed to practice or should use their practice time to improve their failing grade(s). If they do not improve their failing grade(s) prior to the end of the 7th probation day, the student remains ineligible for the remaining 23 days. If at any time during the 7 day probation period the student is no longer failing, they become immediately eligible.

D. IHSAA & IGHSAA Ineligibility

An athlete will be deemed immediately ineligible based on the following:

- Do not have a physician's certificate of fitness issued this school year.
- Are twenty years of age or over.
- Have attended high school for more than eight (8) semesters. (Twenty days of attendance or playing in one contest constitutes one semester.)
- Did not pass all subjects the previous semester.
- Were out of school last semester.
- Have ever accepted an award for your high school participation from an outside group other than an inexpensive, unframed, unmounted paper certificate of recognition, or, if you have received any money for expenses or otherwise, for your participation in an activities contest.
- Have competed on a non-school team as a team member or as an individual while out for a sport and during that sport season without the previous written consent of your principal or designee. Example: While you are out for softball/baseball and during the season you want to participate on an outside school softball/baseball team or tournament. You would have to have permission from the school principal or designee or you would be declared ineligible. Once softball/baseball season is over, you may participate without written permission.
- Have ever trained with a college squad or have participated in a college event.

E. Bullying/Harassment

At Cedar Valley Catholic Schools, respect will be held in the highest regard and with the highest expectations of our students, faculty, and staff. As a Catholic Christian community, we believe strongly in following the gospel values, and if these values are followed, we know that each student who walks through our doors each day will have a positive experience. For this reason, harassment and bullying will be dealt with in a manner that categorizes these behaviors as major offenses, as noted in the CVCS handbook.

F. Transfer Students

Eligibility for students who transfer into the Cedar Valley Catholic Schools from another district will be reviewed at the time the student officially enrolls and begins attending school. All factors affecting students' eligibility status in the previous district will be considered in determining the date the student becomes eligible for participating in performances and/or competitions.

If the student had not yet completed a period of ineligibility for a violation of a Code of Conduct in the previous school or school district, the student shall be ineligible until that period of time has been completed.

G. Concussion Information and Legislation

New concussion legislation went into effect on July 1st, 2011. The legislation requires schools to have on file for students participating in interscholastic athletics, cheerleading, and dance (grades 7-12) a concussion and brain injury information sheet signed by the student and his/her parent or guardian. This information sheet will be made available to families at the beginning of the school year. The sheet, signed by student and his/her parent or guardian as proof that they have received the information, needs to be returned to the school before the students first day of participation (practice or competition) in an interscholastic sport, cheerleading, or dance.

H. Sportsmanship

At athletic contests students should treat opponents, spectators and officials with Christian courtesy and respect. Cedar Valley Catholic Schools should strive to be known for its good sportsmanship. Unsportsmanlike conduct will be addressed as needed by school staff who are in attendance. Student behavior outside of school and at school related events is not in all cases beyond the jurisdiction of the school.

Student's Role

The role of the students in sportsmanship is second in importance only to the coach. Players are admired and respected by students of all levels as well as adult spectators. They have significant influence over the actions and behavior of spectators of all ages. Players will perform the following responsibilities:

- Accept and understand the seriousness of their responsibility and the privilege of representing the school and community.
- Learn the rules thoroughly and discuss them with parents/guardians, fans, fellow students, and elementary students. This will assist everyone in the achievement of a better understanding and appreciation of the competition.
- Cooperate with the coaches and always exercise good sportsmanship by living the rules and role as stated.
- Only the captain may communicate with the officials on the clarification of rules. It is his/her responsibility to communicate what was said back to his/her teammates and/or coach.

- Always respect the official's judgment and interpretation of the rules. Never argue or make non-verbal gestures which indicate disagreement. This type of immature activity may incite undesirable behavior in the stands and by teammates.
- Congratulate opponents in a sincere manner following either victory or defeat. This is a true measure of character.
- Exercise self control at all times, accepting all decisions, unusual occurrences, and abiding by them.
- Treat opponents with the respect that is accorded a guest or friend.
- Shake hands with opponents prior to the contest and wish them luck.
- Players ejected from a contest will be subject to IHSAA/IGHSAU consequences.

Preventative Measures

- Before activity:
 - Shake hands with opponents and express good luck.
 - Learn the rules.
 - Practice your coach's rules in character development.
- During activity:
 - Help players who are down get to their feet.
 - Shake hands after an aggressive exchange.
 - Never gesture to officials, players, coaches, or the fans in a negative manner.
 - Never disagree openly with an official or coach's decision. Carry on ethically and maturely regardless of your true feelings.
 - Shake the opponent's hand if he fouls out or extend congratulations when he is leaving the contest.
- After activity:
 - Make every effort to extend a congratulatory handshake to your opponent immediately at the game's conclusion.
 - Never debate something that occurred during the game with anyone, as it is in the past.
 - Be objective when communicating to the media about the contest. Don't be controlled by your emotions.
 - Show concern for injured opponents and teammates.
 - Promote sportsmanship and your activities experience positively whenever the opportunity is available.

Public Conduct on School Premises

School sponsored or approved activities are an important part of the school program and offer students the opportunity to participate in a variety of activities not offered during the regular school day. School sponsored or approved activities are provided for the enjoyment and opportunity for involvement they afford students. Spectators will not be allowed to interfere with students participating, other spectators, or with the performance of employees and officials supervising the school sponsored or approved activity. Spectators, like the

student participants are expected to display mature behavior and sportsmanship. Therefore the following provisions are in effect:

- Abusive, verbal, or physical conduct by spectators directed toward participants, officials, sponsors, or at other spectators will not be tolerated.
- Verbal or physical conduct of spectators that interferes with the performance of students, officials, or sponsors will not be tolerated.
- The use of vulgar, obscene, or demeaning language directed at students, officials, or sponsors participating in a sponsored or approved activity or at other spectators will not be tolerated.
- If a spectator at a sponsored or approved activity becomes physically or verbally abusive, uses vulgar, obscene, or demeaning language, or in any way impedes the performance of an activity, the spectator may be removed from the event by the individual in charge of the event. The administrator may recommend to the board the exclusion of the spectator from future sponsored or approved activities. Further references can be found in the Archdiocesan Board of Education Policy Manual, ABE 1251.

VI. Miscellaneous. Rules

A. Wednesdays & Sundays

On Wednesday nights during the academic school year, all sporting and extracurricular activities shall end at 5:45 pm with all students being off campus no later than 6:00 pm. Winter sporting and extracurricular activities will receive a half hour extension with practices etc. ending no later than 6:15 pm and everyone off campus by 6:30 pm.

In respect for Sunday liturgy, no sporting or extracurricular activities shall begin before 1:00 pm.

B. Changing Sports

Students will be allowed to transfer from one sport to another during a given season only upon mutual agreement of both coaches and with the approval of the Activities Department. Should you quit a sport during the season, you will not be allowed to join another sport team during their pre-season practice. For example, it would be necessary to wait until the fall sports season ends before joining a winter sport team and so forth.

C. Conduct/Dress on Trips

Students will be considered as "goodwill ambassadors" for Cedar Valley Catholic Schools. Students will conduct themselves as ladies and gentlemen at all times, both on and off the playing surfaces. Students will be neatly dressed according to the coach's standards and expectations on all activities trips.

D. Students Driving to Events in Local Area

Whenever possible and practical, it is our practice to furnish school transportation to practices and contests; however, occasionally it is necessary for us to have students report to

the site rather than furnish school transportation. In cases where students are asked to drive, we expect and encourage them to observe the following:

1. Go in a "convoy" with a coach.
2. Observe all traffic regulations.
3. Practice safety.
4. Do not overload vehicles.
5. Take the shortest, safest route to and from site.
6. Have the driver's license in person or in the car.

E. Returning From Out of Town Events

Students will return from all out-of-town contests with their squads and by school transportation. Exceptions can be made by parents/guardians calling the coach in advance to explain the reason for the request, and by then providing a written note or email to the coach requesting the exception. Please do not make requests to simply ride home with parents/guardians rather than on the bus or van. The team concept should always be paramount. At no time should a student request to ride home with someone other than his or her parent/guardian.

F. When Dropping or Being Dropped From an Activity

Students will notify the head coach prior to dropping an activity. Students will turn in all school gear the same day of dropping an activity.

G. Equipment & Equipment Room

In most sports, practice and/or game equipment will be issued to students. Students will be responsible for said equipment. All equipment will be returned when the student finishes the activity either at the end of the season or upon dropping the activity. Any equipment not returned or paid for, will cause the student to be ineligible to compete in the next season. Once fees and fines are paid in full, the student will become eligible to compete again. Any equipment will be paid for by the student if it is lost (this includes theft), or destroyed through negligence. Cost of equipment will be determined by the Activities Department and will be based on replacement cost of equipment. New equipment will be issued only upon receipt of payment for lost article(s). School owned equipment is to be worn only at scheduled practice, competitions, etc. Schools are prohibited by law from selling used equipment to students. Please do not ask to buy used school-owned items.

All activities equipment will be stored and issued from the equipment room. At no time is there to be unauthorized personnel in this room. Authorized personnel are defined as school employees (adult or student), certain specified student managers, and members of the activities staff.

At no time is it permissible for individuals or groups to work out in the gymnasium or weight room without authorized supervision. At no time will individuals or groups be working out, jogging, or loitering while teams or squads are having an official practice or

strength and conditioning session. Students in the gymnasium or weight room for a practice or training session will refrain from using equipment not specifically issued for their use.

H. Club, Camp, & Clinic Policy

CVCS Club, Camp, Clinic Policy

Students who desire to attend a camp or clinic or participate in a club sport during a sport season are to notify their respective coaches prior to the beginning of practice for that season. Students may not miss any CVCS performances or games without the following rule being implemented:

- Missing a CVCS game because of camp, clinic, club sport or unexcused absences may result in the student not playing in the future contests.

This policy is intended to protect the integrity of all CVCS teams and enhance the ethic of commitment and teamwork that participation in interscholastic activities can provide our students. Students who are participating in a club sport during the same season as a CVCS activity should be in good communication with the coaching staff at all times.

Non-School (Club) Participation

Students who choose to play on a non-school team and who are members of a high school team will be allowed to participate in both programs provided they comply with the following guidelines:

- High school games will take priority over non-school games.
- High school practices will take priority over non-school practices.
- With the coach's approval, non-school games may be played in lieu of high school practices.

Failure to comply with these guidelines can result in reduction in the student's playing time or dismissal from the group and subsequent ineligibility as stated by the Iowa High School Athletics Association and the Iowa Girls High School Athletics Union by-laws. It is expected that players, families and coaches will be in close and frequent communication regarding club sport practice and competition schedules in an effort to avoid conflict and allow players to participate in both activities.

I. Carryover Sports and Guidelines

The following guidelines are to be followed when dealing with students that are completing one sport when another is beginning:

- Concluding sport has priority.
- Students are not to be discouraged from attending practice of beginning sport after completion of concluding sport practice.
- Students are not to be penalized for completing their commitment to the concluding sport.
- Appropriate restrictions in the beginning sport activity may be requested by the concluding sport coach for the dual sport students.

These guidelines are NOT intended to put the student in the middle of any controversy. All students that may be involved in the two sports should be identified prior to the start of the beginning season and parameters set at that time to ensure that students and parents/guardians are clear on the expectations and commitment expected of the student.

J. Physical Examinations

All students are required to have a physical exam before starting activities practices each year. Students shall present a certificate signed by a licensed physician, surgeon, osteopathic physician and surgeon, osteopath, or qualified doctor of chiropractic, to the effect that the student has been examined and may safely engage in activities competition. The certificate of physical examination is valid for the purpose of this rule for one (1) calendar year. A grace period not to exceed thirty (30) days is allowed for an expired physical.

K. Varsity Letters, Certificates, Numerals

In order for a student to win any award, the student must finish the season in good standing and turn in all school-owned equipment.

Junior Varsity

- Participation certificate

Varsity

- Numerals, letter, and certificate for first time award
- Chevron and certificate for second and subsequent awards

L. Activity Fees & Activity Pass

Blessed Maria Middle School

\$35 per sport

\$70 cap per student

\$95 cap per family

Columbus Catholic High School

\$45 per activity: athletics, robotics, speech and theatre

- Speech and theatre are counted as one activity

\$125 cap per student

\$250 cap per family

High School Activity Pass

9-12th grade activity pass: \$50

Free admission to all home activities with purchase of pass

M. Columbus Catholic Songs

Columbus Catholic School Song

Send out a cheer; ring out a song to keep the loyal Sailor spirit strong.

*Columbus High of Waterloo, in every kind of test, we're proud of you.
The green and white we proudly claim. May we bring honor to your name.
Send out a cheer; ring out a song, to praise Columbus loud and strong.*

Columbus Catholic Fight Song

*Oh, when Columbus Sailors fall in line,
We will score a victory every time, And we will yell, yell, yell for our old high,
Columbus High School!
We will sing your praises high,
And we will go, go, go for another score, and
We will cheer them, cheer them all the more!
We are the Sailors of the green and white,
The green and white,
So fight, fight, fight S-A-I-L-O-R-S Columbus Sailors are the best!*

N. Closing Prayer

Faithful Father, thank you that you are my shield and my strength. Your word says that you give strength to the weary and increase the power of the weak. Please help me to experience your strength in the midst of my weakness. May Christ dwell in my heart through faith so that I, being rooted and grounded in love, may have the strength to know the love of Christ that surpasses knowledge. May I be filled with all the strength of you, my God. Through Jesus Christ, our Lord,

Amen.