

VIII. ATHLETIC CODE FOR JESUIT HIGH SCHOOL

This Code contains the guiding philosophy of Jesuit athletics as well as the standards and expectations set by the school for those who participate on Crusader teams.

8.1 THE PHILOSOPHY OF JESUIT HIGH SCHOOL ATHLETICS

The direction of athletics at Jesuit is firmly set by the school's motto, "Age Quod Agis" – "Do Well Whatever You Do." The athletic program intends to train talent, maximize potential, and promote the goals of the *Profile of the Jesuit Graduate*. When this process is followed consistently, the scoreboard takes care of itself. The concept of "winning at all costs" has no place at JHS. Jesuit athletics are an opportunity for students to enjoy themselves through challenging activities while gaining self-confidence. Athletics present the chance to develop lasting friendships by sharing effort and experiences with others. Academics come first at Jesuit High School and students are expected to maintain good classroom performance while members of Jesuit teams. The department values multi-sport athletes and encourages students to be part of a variety of Crusader athletics teams.

8.2 THE PROFILE OF THE JESUIT GRADUATE AND CRUSADER ATHLETICS

The Ignatian goal of Crusader athletics is to develop "Men and Women for Others" by promoting these qualities of the Profile:

1. Unselfishness for the sake of the common good. (Loving)
2. Desire for excellence and continual self-improvement. (Open to Growth)
3. Sportsmanship under pressure; responsibility for personal decisions. (Committed to Doing Justice)
4. Awareness of and gratitude for God's presence within human endeavor. (Religious)
5. Understanding relationship between preparation and performance. (Intellectually Competent)

8.3 COMPETITIVE GOAL AND APPROACH

1. The competitive goal of varsity programs is to consistently perform as well as possible against opponents, within the rules.
2. Jesuit will always attempt to field the most effective combination of available team members to achieve this goal.
3. There is a direct relationship between individual performance and playing time.
4. The primary goal of non-varsity programs is to identify and prepare qualified athletes for eventual varsity play.
5. Team membership and playing time are not guaranteed, regardless of grade level or previous team membership.

Competition is the context within which certain Profile goals are pursued at JHS. By engaging students fully in mind, body, and heart, athletics create an intense and personally important environment where the ideals of the Profile can be revealed, tested, and proven relevant for students. Thus, Jesuit's athletic program significantly helps fulfill the school mission.

8.4 RULES GOVERNING ATHLETICS

Jesuit student-athletes must continually represent JHS values and in so doing uphold the reputation of the school. While coaches may specify particular expectations for their athletes, the following policies are consistent throughout the athletic program. These policies apply in and out of season, on and off campus, summer and other breaks included:

1. The use of tobacco, vaporizers/inhalant delivery systems, alcohol, and marijuana is illegal for those under 21 years of age. Students are not to possess, use, transmit, distribute, or be under

the influence of, or show evidence of having used any of these items or other illegal drug or drug paraphernalia (including e-juice or e-liquid of any type) of any kind on campus or at any school-related event. In addition, students are not allowed to possess, distribute, or consume prescription medication prescribed to someone else. A violation will result in severe consequences. Students are specifically enjoined against appearing online in photos or texts that suggest possession or use of any banned substances. Besides other school sanctions, the following penalties may apply, as well as additional penalties prescribed by the coach. The number of offenses is cumulative during the student's overall enrollment at JHS and includes all sports.

FIRST OFFENSE: Two weeks' suspension or its equivalent from next possible competition.
SECOND OFFENSE: Dismissal from athletics for remainder of that school year and assessment required prior to further participation the following year.
THIRD OFFENSE: Loss of all further eligibility in athletics for the remainder of that student's enrollment at Jesuit. Following a third offense, a student may appeal before a Review Board named by the Principal.

2. An athlete who goes out for a Jesuit High School sport makes a commitment to that team. It is expected that this is the primary athletic commitment during the season by that athlete. The coach will define the terms of that commitment for that sport during the season. In particular, each head coach will establish the policy regarding the question of a Jesuit athlete on the team who desires to compete on an outside, non-school, association or club athletic team during the same season as the Jesuit sport. Jesuit team membership by the athlete is always conditional on understanding and living up to those terms.
3. An athlete dismissed from a team or who quits a team after practices begin cannot join any other sport at JHS that same season. Participation in a later season sport is subject to the permission of the coach whose team the athlete left and acceptance by the coach of the intended sport.
4. An athlete in one school sport cannot compete in a second Jesuit High School sport during the same season without the prior approval of both coaches, counselor, parents, and the Athletic Director, using the proper athletic department form. Approval is not guaranteed.
5. **Athletes must attend classes the entire school day to be eligible to participate, practice, or compete that day.** This applies to all activities and athletics. Absences for school-sponsored functions or pre-arranged absences (such as doctor or dentist appointments) are exceptions. Specifically, if a student sleeps in because they are sick or fatigued, or if they leave school because they are sick, they cannot practice or play that day, even if the parent has called in. To pre-arrange an absence for an appointment, parents must call or give a note to the attendance office before 7:30 a.m. the day of the absence, and must return to the school office a note from the doctor, therapist, etc.
6. The loss or damage of school equipment is the financial obligation of the athlete. Besides being billed, a student will receive a JUG if uniforms and equipment are not returned in a timely manner after the season.
7. Athletes will travel to and from athletic events on transportation provided by JHS. Coaches may decide to allow athletes to return from events with their own parents, and only their own parents, but this is entirely at the discretion of the coach and coaches who prefer to have teams travel together at all times are completely justified in doing so. Coaches will announce their travel policy at the start of their seasons. Athletes who are allowed to leave an event with their parent can only be signed out by their parent. If students need to go home directly from another venue with someone other than their parents (e.g., another team, parent, neighbor, sibling, etc.), a signed Transportation Waiver must be presented to the coach by the person authorized to transport the athlete. The Transportation Waiver can be found on the Athletic page of the website or by following this link: [Transportation Waiver](#) .

8. The school administration may deny co-curricular participation to any student who, at any time, in any setting, during the school year or vacation periods, brings discredit to the name of Jesuit High School.
9. Jesuit High School prohibits any form of team initiation, hazing, or any activity designed to demean, embarrass, draw attention to, or physically harass team members in any way whatsoever, whether on campus or off campus, no matter how innocuous or innocent-seeming such activity may appear. No “welcoming rituals” of any type, no matter how innocent-seeming, are allowed. Such behavior has no place in any program of Jesuit High School.

8.5 SAFETY AND INJURY PREVENTION POLICY

Athletes must pay close attention to the safety and risk management precautions provided by their coach(es). Each sport has unique and important safety and injury prevention protocols; therefore, students must adhere to the rules and guidelines for their sport. In general, the following instructive statements are provided:

- Always use the helmets and equipment provided by Jesuit and recommended by the governing body of your sport. Specifically, all helmets, equipment and shin guards must have the National Operating Commission for Safety of Athletic Equipment (NOCSAE) seal on them.
- Wear all protective equipment, pads, braces and supportive undergarments to every practice or contest unless otherwise indicated by the daily practice plan. Be sure that all stabilizing straps and laces are properly worn and tightened, and all fasteners secured so equipment is properly positioned.
- Wear outer and under garments that are appropriate for humidity and temperature.
- Players needing protective tape, padding, or bracing should arrive early to receive necessary treatment.
- Players with visual impairment(s) must wear corrective, shatterproof glasses or contact lenses if the impairment affects judgment or perception. Glasses must be mounted in break resistant frames, and be held in place by an elastic strap.
- Mouth guards are required for certain sports like football and lacrosse, and are highly recommended for other sports such as basketball, soccer, and pole vaulting, where contact can cause teeth or jaw damage.
- Players should ingest the equivalent of 4-6 glasses of water each day. Dehydration can be dangerous. Water will be available at practices and contests.
- Athletes who are ill, dizzy, or lightheaded should contact their coach. Do not practice.
- Weight training regimens may also be part of your conditioning. Observe all weight room safety rules carefully.
- Runners engaged in street work as a method of distance conditioning must face traffic or use sidewalks. Do not wear earbuds or head phones. Run in single file and be alert at intersections. Avoid heavily traveled streets and always look both ways before crossing. Never cut across neighborhood lawns or through private property. JHS athletes running on or off campus must wear shirts.
- Remove all jewelry and metal hair fasteners.
- No hazing or initiations.

In the locker room:

1. Be alert to slippery floors and changes in floor texture and elevated thresholds between shower and locker room. Refrain from rapid movements or rough-housing in locker areas.
2. Keep floors free of litter. Place all belongings in assigned lockers.
3. Close and lock locker doors when away from your assigned locker. Always lock all valuables in your locker.
5. Identify incidents of foot or other skin infections to trainer or coach(es) immediately.

CONCUSSION INFORMED CONSENT FORM

Under state law (ORS 417.875, “Jenna’s Law”), all private school athletes and parents must read the following information about concussions and acknowledge that they have read and understand concussion signs, symptoms and return to play protocols.

What is a concussion?

Concussion is defined as mild traumatic brain injury that interferes with normal brain function. Each concussion is unique and can cause multiple symptoms. Some symptoms will appear immediately, while others may develop over the following days or weeks. Symptoms may be subtle and are often difficult to fully recognize. Common symptoms include headache, dizziness, sensitivity to light and noise, mood changes, and difficulty with concentration and memory. Other symptoms may also be present.

What should I watch for?

If the athlete is sent home, they should not be left alone. A responsible adult should stay with them to monitor their symptoms and help ensure they are resting. If any of the following appear you should contact your physician or go to your hospital emergency room immediately.

- Nausea and/or vomiting
- Progressively worsening headache
- Abnormal sleepiness or grogginess
- Unusual mental confusion or disorientation
- Dizziness or loss of coordination
- Convulsions or seizure
- Unusual vision difficulties
- Unequal pupil size or slow / absent reaction to light
- Slurred speech
- Abnormal emotional behaviors

Are painkillers ok to use?

Normally, nothing stronger than Tylenol is advised. The use of aspirin, Advil, Motrin, and Aleve should be avoided as they are blood thinners and may increase bleeding. Avoiding caffeine and other stimulants is also recommended.

Is a CT scan needed?

The need for a CT scan is most often determined by a physician in the emergency room. Typically, with a concussion, a CT scan will appear normal. If you are not sent to the emergency room, a CT scan is likely not needed.

When do we see the doctor?

Per OSAA Guidelines and State Law, any athlete with a concussion needs written medical clearance before they can return to competition. If the athlete has a history of concussion we would encourage you to see the provider who has previously treated them. If there is no previous history of concussion, you can follow up with the athlete’s regular doctor or we can provide names of doctors who are experienced with managing concussions. If at any time during the

recovery process you have questions or concerns about the athlete's progress, please do not hesitate to check in with the athlete's doctor or other health care provider.

Is sleeping all night ok?

Before sleeping, evaluate symptoms to check their progression. If they are improving, it is believed sleeping without being woken up is all right.

Their pupils seem normal; do they still have a concussion?

Pupil reaction is observed during most concussion evaluations. Typically, athletes with a concussion will have normal pupil reaction that matches in both eyes. This is tested not to determine the presence of a concussion, but rather to rule out a more serious brain injury.

What about school?

If our athletic trainer knows about the concussion, communication will be sent to the athlete's teachers and counselor informing them of the concussion. Current research has shown the need for complete physical and cognitive rest. While it is important to be at school, we encourage parents to evaluate the athlete's symptoms and then determine if being at school or staying at home to rest is the best course of action. Often when students come to school while still experiencing moderate to severe symptoms, their symptoms will worsen during the course of the day, resulting in a need to be picked up from school. Please remember that half days are also an option.

What about ImPACT testing?

The ImPACT test is a computer based test designed to help monitor recovery after a concussion. It tests both short and long term memory, reaction times, pattern recognition and impulse control. After a concussion, scores are compared to baseline scores for comparison. Baseline ImPACT testing is administered to all Jesuit students during the first week of freshmen year and the last month of sophomore year. ImPACT scores can be sent to your physician upon request. If you have any questions or concerns, please contact Jesuit's athletic trainer:

Jennifer Adams, ATC, Athletic Trainer Jesuit High School jada.m.s@jesuitportland.org
Additional resources can be found under the Athletics page at www.jesuitportland.org

Concussion - Private School Informed Consent

1) Concussion – Private School Informed Consent Form: On an annual basis prior to participation, private schools shall require each student and at least one parent or legal guardian of the student to sign the Concussion – Private School Informed Consent form acknowledging the receipt of information regarding symptoms and warning signs of concussions. Private schools shall maintain a copy of each student's signed form on file for review at any time by OSAA staff.

2) Suspected or Diagnosed Concussion: Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body, or who has been diagnosed with a concussion, shall not be permitted to return to that athletic contest or practice, or any other athletic contest or practice on that s.a.m.e day.

3) Return to Participation: Until an athlete who has exhibited signs, symptoms or behaviors consistent with a concussion following an observed or suspected blow to the head or body or who suffered a concussion is no longer experiencing signs, symptoms, or behaviors consistent with a concussion, and a medical release form signed by an appropriate Health Care Professional (Physician (MD), Physician's Assistant (PA), Doctor of Osteopathic (DO) licensed by the Oregon State Board of Medicine, nurse practitioner licensed by the Oregon State Board of Nursing, or Psychologist licensed by the Oregon Board of Psychologist Examiners) is obtained, the athlete shall not be permitted to return to athletic activity."

8.6 JESUIT HIGH SCHOOL SOCIAL MEDIA POLICY FOR STUDENT-ATHLETES

Playing and competing for Jesuit High School is a privilege. Student-athletes at Jesuit are held in the highest regard and are seen as role models in the community. Student-athletes have the responsibility to portray their team, school and selves in a positive manner at all times. Sometimes this means doing things that are an inconvenience, but benefit the whole team.

Texting, Facebook, Twitter, Instagram, Vine, OregonLive, MaxPreps, and other social media or athletic websites have increased in popularity, and are used by the majority of student-athletes at Jesuit in one form or another.

Student-athletes should be aware that third parties, including the media, college admissions officers, faculty, future employers, and OSAA officials may access their profiles or view personal information, even if the student believes s/he has made it "private." Such access includes photos, videos, comments and posts. Inappropriate material found by third parties affects the perception of the student-athlete, the team, and the school. This may be a detriment to a student-athlete's future employment options, whether in sports or other industries.

Examples of inappropriate and offensive behaviors in online communities may include, but are not limited to, depictions or presentations of the following:

- Photos, videos, comments or posts showing or suggesting the personal use of alcohol, drugs or tobacco, e.g., holding cups, bottles, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posts that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments regarding sexual identity, religion, race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).
- Content online that would constitute a violation of team, school, and league rules (examples: commenting publicly about a coach, teammate, opponent, official, staff member, and school employees.)
- Information that is sensitive or personal in nature or is proprietary to the team. or the school, which is not public information (examples: tentative or future team. schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

The Head Coach and the Athletic Director may suspend or remove a student from the team on the first violation of these rules governing the use of social media. For their own safety, students should keep the following in mind as they participate in social media websites:

- Set security settings so that only parents and friends can view profile.
- Do not post email, home address, local address, school (*ie*, Jesuit!), telephone number(s), or other personal information as they may lead to unwanted attention, stalking, identity theft, etc. Be aware of whom to add as a "friend"— some may seek to take advantage of student-athletes or seek connection with student-athletes. Consider how the above behaviors can be reflected in all Social Media applications.

- If in doubt about the appropriateness of online public material, consider whether it upholds and positively reflects the student’s own values and ethics as well as those of Jesuit High School and the team. Student-athletes should present a positive image and not do anything to embarrass self, team, family, or Jesuit High School.

8.7 PARENTS

The positive, enthusiastic support and involvement of parents in the lives of their student-athletes is one of the reasons the Jesuit athletic program is so effective. Parental behavior and language towards officials, coaches, athletes, and other fans must be exemplary at all times, consistent with an adult perspective about teenagers playing games. Every season is an opportunity for parents to teach their children how to emotionally handle the successes and setbacks inherently part of all sports competition. Parents, administration, and coaches share the goal of seeing students gain growth and satisfaction through their participation in Crusader sports. While opinions may vary regarding effective strategies to reach that goal, this commitment to the student remains common ground.

When questions arise regarding coaching decisions, parents should first bring their concerns to the coach. Jesuit coaches have been hired to exercise their best professional judgment regarding all the details of running athletic teams. Parents need not be concerned that the coach will resent the player because of questions raised by parents. If still dissatisfied after speaking with the coach, parents can pursue the matter further with the Athletics Director (AD). After meeting with the A.D., the Principal is available to discuss the situation, should the parents decide to continue further.

PARENTS ARE THE PRIMARY CAREGIVER FOR THE STUDENT-ATHLETE

Jesuit’s #1 priority is for the health and safety of our students. We are proud to provide a full-time, qualified athletic trainer, referrals for sport-specific doctors and physical therapists, and experienced coaches. However, parents are the primary medical support person for high school students. Parents have the final decision on the diagnosis and treatment of all injuries. During a typical sports season, almost every athlete experiences some type of pain. Distinguishing between normal soreness and a more serious injury that needs medical care is a common yet important decision that is best resolved through excellent communication involving the parents, head coach, athletic trainer, and outside medical support. Parents should not hesitate to seek diagnosis, treatment, or medical care for their son or daughter with the doctor, therapist or specialist of their choosing. If a doctor restricts or limits athletic involvement, a signed note from the doctor turned in to the athletic trainer or athletic office will be required before the athlete is allowed to return to participation. If an athlete receives a concussion, the 6-step “return to play concussion protocols” approved by the JHS team doctor will be followed, unless an individual doctor provides additional restrictions.

8.8 ACADEMIC ELIGIBILITY

According to Jesuit and OSAA guidelines, a student-athlete must have passed five classes the previous semester, be currently passing five classes, and be on track to graduate to be academically eligible for athletics. Even if these minimum standards are met, the school administration may restrict a student’s athletic participation due to unsatisfactory academic progress. Academic concerns are of primary importance to the student, and regular communication among a student’s parents, teachers, and coaches is essential.

8.9 OSAA REGULATION REGARDING GIFTS, RULE 8-4-1

“A student may not accept monetary compensation in recognition of athletic ability, participation and/or achievement during the Association year. A student may accept non-monetary compensation or items of value solely in recognition of athletic ability, participation, and/or achievement if the total value of such non-monetary compensation or items of value, including the actual value of any discounts, coupons, etc, does not exceed \$500.00 in any Association year.” The OSAA association year begins with the official start of practice each fall and ends on the Tuesday after Memorial Day the following spring. ‘Non-monetary compensation or items’ does not include customary school awards such as letters, medals, ribbons, certificates, plaques, trophies, and other emblems. This rule does not regulate or prohibit compensation in a non-OSAA sanctioned sport.

Parents who want to buy their student’s team special gifts to commemorate a championship (t-shirts, caps, etc) are asked to contact the Athletic Director in advance to discuss the OSAA gift rule as well as any use of the name “Jesuit,” a copyrighted term owned by the Society of Jesus and not available for general public use.

8.10 OSAA REGULATIONS RE UNDUE INFLUENCE (RECRUITING), RULE 8-7

“Any student who attends a member high school as a result of undue influence is thereafter ineligible and the high school is subject to penalty. ‘Undue influence’ is the attempt by any person (including but not limited to coaches, boosters, teachers, administrators) to induce the attendance of a student at any public or private member school for the purpose of athletic participation.” Please direct any questions to the Athletic Director.

PARENT/STUDENT VERIFICATION FORM
COMMITMENT TO THE JESUIT HIGH SCHOOL MISSION

Students and parents/guardians sign the Commitment to Mission form when they enroll in Jesuit High School and then review it each year. Signed copies are kept in the student's file.

As members of the Jesuit High School community, we are called to be concerned for every person as a member of God's family. To achieve this ideal, all of us are expected to contribute through words and actions to an environment characterized by respect, caring, and honesty. Students are expected to support Jesuit's mission by demonstrating respect for themselves, respect for others, and adherence to school rules and traditions.

JESUIT HIGH SCHOOL HONOR CODE

As a student at Jesuit High School, I a.m. asked to consider Jesuit's Mission Statement as it relates to me as a person who seeks to grow in the spiritual, religious, intellectual, physical, emotional and aesthetic aspects of my life. My desire to be a member of the Jesuit High School community assumes my dedication to pursuing growth as stated in our Mission. It further assumes I will abide by a standard of behavior in and out of school, which preserves the integrity of our school community. For example, my commitment to Jesuit's Mission means I will neither give nor receive unauthorized assistance on any school assignment, and that I will behave honestly and respectfully in all I say and do.

I have read the Mission Statement and this statement of commitment and agree with the values they express. I have also read the Student Handbook and discussed the rules, policies, and procedures contained in the handbook. I fully agree to follow and uphold the policies of Jesuit High School throughout the years enrolled and intend to be an active member of the school community.

Student Name (Printed)

Parent/Guardian Name (Printed)

Student Signature

Parent/Guardian Signature

Date

Enrollment at Jesuit High School presumes your agreement to abide by the rules of the school for the duration of your enrollment.