



Athletics Policies and Procedures 2022-2023

Caitlyn Germain, Athletic Director
cgermain@nda-worc.org
508-757-6200 ext. 238

Spring Coaches Contact Info

- Varsity Golf: Cara Cullen
- Varsity Lacrosse: Deirdre Burchill
- Assistant Lacrosse: Anthony Rausa
- Varsity Softball: David McCarthy
- Assistant Softball: Andy Sharry and Mark Humphrey
- JV Softball: John Keller
- Varsity Tennis: Matt Epstein
- Assistant Tennis: Steve Heise
- Spring Track: Tori Steffon
- Assistant Spring Track: Jaimee Hirschfeld
- Assistant AD: Ivana Kostic



Responsibilities of a Student-Athlete

Academics

- All students must be in good standing at the start of the season. Good standing is defined by a record of attendance, grades, and good citizenship throughout the school.

Attendance

- Student-athletes are expected to be present and on time for every team-related function in season.
- The time commitment varies by sport and program, but averages around 5-6 days/week for 1.5-2 hours.



Absences, Dismissals, Tardies

- Students must be present for the entire day in order to participate in team related events.
- Student-athletes are considered ineligible if there is a pattern with absences, tardies and/or dismissals. A follow up meeting with parents and administration will take place to determine a plan for reinstatement upon sufficient evidence of improvement.
- We are aware that sometimes there are extenuating circumstances and each case will be dealt with on an individual basis. If there is a conflict that interferes with team obligations it is the student-athlete's responsibility to communicate with her coach to provide advance notice, if possible. The coach will use his or her discretion in managing these situations.



Vacations/Appointments/Conflicts

➤ Fall

- Season begins 3rd Monday in August with games/events over Labor Day

➤ Winter

- Season begins the Monday following Thanksgiving with games taking place over Christmas and February Vacation

➤ Spring

- Season begins the 3rd Monday in March with games over April Break and extending past the end of the school year.
 - May 22nd is the week of the Central Mass Tournament for lacrosse, softball and tennis. This conflicts with senior events and championships are played over Memorial Day Weekend



Bona Fide Team Member- Rule 35

- A bona fide member of the school team is a student who is consistently present for, and actively participates in, all high school team sessions.
- A student must not miss a high school practice or competition to compete in any MIAA recognized sport for a non-high school team. Violations will result in a suspension from contests.



Transportation

- Busses will be provided for almost all away contests that take place after school.
- Unless previously arranged, busses will not be provided for the following:
 - programs with less than 12 participants
 - contests that take place in Worcester
 - On days where school is not in session
- Transportation to and from practice facilities will NOT be provided.
- When transportation is provided, all student-athletes are expected to travel to and from these away contests with their team.
- In extenuating situations, the parent or guardian of the student-athlete may request permission for alternative arrangements.
 - The transportation waiver is located on the website and outside Ms. Germain's office and must be submitted 24 hours prior to a contest.





1. Drugs/Alcohol
2. Bullying/Hazing
3. Social Media





Diversity, Equity and Inclusion Pledge

As a student-athlete of a Massachusetts Interscholastic Athletic Association member school, I agree to abide by all guidelines regarding the use or exhibition of discriminatory practices.

I PLEDGE TO:

1. Help create and foster a safe environment within the school community, which includes the responsible use of social media.
2. Consistently model respect and tolerance by setting an example of good sportsmanship and positive behavior, including language (body and spoken), gestures, signs, and overtures.
3. Not enable my fellow student-athletes who use abusive language, signs, gestures, or overtures. I will not cover up for them or lie for them if any rules are broken.
4. Hold myself, my fellow student-athletes, and our community responsible and accountable for their actions.
5. Seek information and assistance in dealing with my own or my fellow student athlete's negative behaviors, problems, or concerns.
6. Be open and honest with my coach and other school personnel when the best interest of myself, my fellow student-athletes, and my school are being jeopardized.
7. Thrive to create a school without hate.
8. Support the Diversity, Equity, and Inclusion, Sportsmanship and Game Officials Committees' policy/programs within the MIAA, _____
(*Insert High School*), and all school functions.

Role of Parent/Guardian

- Partner with us to support the DEI pledge
- Positive support system for all student-athletes
- Respect and positively communicate towards all student-athletes, opponents, officials, coaches
- Special Events
 - Senior days
 - Charitable Events
 - End of Season Party



Uniforms/Team Apparel

- Team uniforms are issued after rosters are established.
 - Uniforms are due one week after the last game of the season.
 - Uniforms need to be returned clean and in a bag with the athletes name on it.
 - Payment for lost equipment or uniforms is required at the time of loss. No student will be allowed to try out for another sport, or graduate from Notre Dame Academy until all outstanding equipment/uniforms has been returned, or the Athletic Director has received payment for lost items.
- All team apparel purchases intended for wear at any athletics event, including practice, games or other activities must be approved by the Athletics Director prior to purchase.
 - Failure to do so may result in a misrepresentation of NDA athletics and be banned from school associated use.



Points of Emphasis

- Respect chain of command with communication between coaches and student-athletes
- Supporting student mental health
 - Active Minds and Kyle Cares Chapter
 - Stress Less Week (April 24th-April 28th)
 - Greenout- May 15th
- Conflicts around EOY events
- Clarification on Central Mass Tournament and MIAA State Tournament



Helpful Links/Communication

- [Twitter @ndaworcathletic](#)
 - For Score Updates
 - Score Reports
 - Player Highlights
 - Updates to schedule
 - General Communication
- [Arbiter Live](#)
 - For up to the minute schedules for Notre Dame Academy sports teams
 - Contest postponement/cancellation alerts can be sent to your email/text
- [School Website](#): - click on “Athletics”
 - NDA Athletics Website
 - Athlete Registration
 - HOF Nomination
 - Social Media Pages
 - Game Schedules
 - Contact Us
- [www.miaa.net](#)
 - MIAA Homepage
 - MIAA Rules Handbook
 - MIAA Tournament Information
 - Current Events for High School Sports

