Juan Diego Catholic High School

Student-Athlete and Parent/Guardian Athletic Handbook
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Juan Diego Mission Statement

The mission of Juan Diego Catholic High School is to serve God by providing a challenging academic education rooted in Catholic values and morals in developing the whole person.

Athletic Philosophy

Participation in athletics is one component of a well-rounded Catholic education that each student receives in our attempt to educate the “whole student.” The value of athletic participation extends beyond the physical benefits that one can achieve. Athletics offers an opportunity for all participants to respect the rights and abilities of others. Important lessons in Catholic values extending into sportsmanship, citizenship, teamwork, cooperation, and learning how to win and lose graciously, are all valuable benefits of athletic participation. Athletics affords all participants, spectators and coaches an opportunity to express themselves in a positive manner to honor God, their families and Juan Diego Catholic High School.

Purpose

The purpose of this handbook is to familiarize Juan Diego parents and students with the policies and procedures of the athletic program. The handbook should serve as a basic guide for parents and students while complementing the daily activities that are presented by the staff and coaches of Juan Diego.

Memberships

Juan Diego is a member of the Utah High School Activities Association, the Utah High School Lacrosse Association, and the Utah High School Hockey Association. Juan Diego is in the UHSAA 3A Classification in Football and in the 4A Classification in all other sports and is a member of Region XI.

Program Descriptions

Juan Diego offers a full program of athletics at the high school level. There are 24 sports at the varsity level for both male and female student-athletes. Freshman, sophomore and junior varsity teams will be fielded in conjunction with these varsity teams, provided that the number of participants is adequate to conduct quality practices and competitions.
Juan Diego values a broad-based curriculum that exposes students to a variety of experiences. The high school teams offer, with appropriate instruction and interscholastic competition, a variety of athletic opportunities that will challenge and motivate each athlete to give their maximum effort. The following are stressed: fundamentals, tactics and strategies of the sport, sportsmanship, teamwork, cooperation, and learning how to win/lose graciously. There is a greater focus on winning at the varsity level. Winning and losing are consequences of a variety of factors and must always be kept in the proper perspective. They must be consistent with the behaviors listed above and in context with how Juan Diego teams play the game. Players, fans and coaches must be cognizant that they represent themselves, their families and Juan Diego at all times. It is understood that all athletes want playing time, but Juan Diego does not offer equal playing time for all athletes. The non-varsity levels may offer a greater opportunity for playing time, but again there is no guarantee at any level of play.

**Statement of Risk**

Participation in athletics carries with it the inherit risk of serious injury. In accordance with the statement of risk on the UHSAA Physical Form, please be aware that “…physical injury, including paralysis, coma, or death can occur as a result of participation in interscholastic athletics.”

**Eligibility-Age/High School**

Juan Diego, as a member school, adheres strictly to the rules and guidelines set forth by the UHSAA.

1. No student who has reached nineteen years of age prior to the first day of September of the school year in which such participation is intended shall be eligible to participate in UHSAA activities.
2. Students have four years of eligibility from the first date of entrance into 9th grade and establish their eligibility at the school in which they participate.

**Eligibility-Academic Standing**

The academic progress of students is evaluated during each term. The principal, vice principal, dean, athletic director and the coaches along, with the faculty, will make appropriate decisions on a student’s participation as it relates to academics and other situations.

The UHSAA minimum academic requirements are spelled out in UHSAA Reg. Article I, Section 8, which states:

2. Cannot fail more than one subject in the preceding grading period … must have obtained a minimum grade point average (GPA) of 2.0, for the preceding grading period, based on a 4.0 scale or its equivalent.

A head coach reserves the right to encourage a higher standard for his/her athletes.
Athletic Offerings

The following are athletic offerings during each of the three sport seasons:

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<tr>
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<td>Girls’ Tennis</td>
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*Not recognized by the UHSAA as an official varsity sport but has varsity status at Juan Diego.

# UHSAA Sanctioned beginning in the 2019-2020 school year.

All sport tryouts are listed on the Juan Diego web sports page at www.jdchs.org. All students playing a fall sport are expected to be present on the first day of tryouts and to attend all preseason practices to be considered for selection. Summer vacations and jobs should be scheduled accordingly.

Tryouts

A student-athlete is entitled to a minimum two days of tryout opportunity before the coach will make a final decision as to their status. An athlete may be afforded more than two days to tryout if the coach deems it necessary. A player who is released from one team may tryout for a second team during a sport season, if the coach of the latter team is agreeable. Some teams may not require a tryout.

High school eligibility is established by attending Juan Diego or trying out/practicing with a team, whichever comes first.

Daily Attendance

Students must be in attendance at least four of six periods to be eligible to participate in any game, practice, competition, performance or activity held that day.
Expectations of the Student Athlete

Attendance at all practices, scrimmages, and games is mandatory for student athletes during the season. Incidents regarding health, academics, funerals, court appearances, or family events such as weddings, are excusable.

Attendance at practices, scrimmages, and games should be with effort and purpose. Each member of a team represents himself/herself, their family, and Juan Diego. Conduct, appearance and behavior should be representative of a regular school day.

A head coach may have additional expectations. They will be presented at the team’s Parent Night held early in the sport season.

Limited Team Membership

The UHSAA does not permit participation in the same sport outside of school during the sport season. Participation on any non-high school team should not conflict with the game or practice schedule of a school sponsored team.

The UHSAA Limited Team Membership rule (Section 12, page 35) is as follows:

1. A student, while participating as a member of a high school team, may not participate on a team not sponsored by his or her school in the same activity during the same season. A student may compete in a non-sponsored contest as an individual, not a team member, while a member of a high school team during an activity season.

Any student-athlete who misses a JDCHS athletic commitment due to an outside athletic experience may be disciplined by their coach, which could include dismissal from the Juan Diego team.

Student Sportsmanship

UHSAA requires players, coaches and spectators to (Guidelines 30 A, page 44):
1. Be courteous to all (participants, coaches, officials, staff and fans)
2. Know the rules.
3. Abide by and respect officials’ decisions.
4. Win with character and lose with dignity.
5. Exercise self-control and reflect positively upon yourself, the team and the school.
6. Permit only positive sportsmanlike behavior to reflect on your school or its activities.

* Students should also refer to the Spectator Code of Conduct on page 14. *

It is important to note that a player or coach who is disciplined or ejected from a game will be suspended for the remainder of the contest and must sit out the next game also, in compliance with UHSAA rules. The Juan Diego administration reserves the right to review all infractions and take further disciplinary action if deemed necessary.
Parent and Adult Sportsmanship

Parents and adults are expected to follow the UHSAA requirements stated in the Student Sportsmanship section above. Parents are to refrain from speaking with coaches before, during or after games. The best approach in communicating with a coach is to schedule an appointment. It is requested that parents refrain from providing instruction and criticism to any student other than their own child. Please save comments that may interfere with an athlete’s performance and attention to a coach’s instructions until the contest is complete. This includes parents conversing with athletes during athletic contests.

*Parents and adults should refer to the Spectator Code of Conduct on page 14.

Lines of Communication

The student-athlete should first bring questions and concerns to the attention of the head coach. If this line of communication is unsuccessful, the second step is for the parent/guardian to contact the coach. If the above aforementioned steps have been followed to no avail, the student-athlete or parent/guardian should contact the athletic director.

Juan Diego asks that all coaches have an open-door policy for student-athletes to discuss team matters. The administration would prefer that the coach and player work through a situation by allowing young men and women to experience speaking with an authority figure about situations that are important to the athlete and/or the team. Coaches are responsible for defining the role that each player has on a team and to discuss the role openly with each player.

It is important to note that coaches are not obligated to discuss playing time with parents. This is a discussion that should involve the player and coach only. If an unsuccessful resolution or understanding has not been reached then the problem can be brought to the athletic director.

Registration, Physical Exams & Parent Consent

The Utah High School Activities Association has adopted an on-line athlete registration system that will eliminate all paperwork associated with registering for high school sports. All high school athletes will be required to register on the web site <RegisterMyAthlete.com>. Each school in the UHSAA has its own secure web site. Parents should start at the UHSAA web site <uhsaa.org>, click on the Training tab, select the Parents tab, and follow the easy, step-by-step instructions for “RegisterMyAthlete.” Parents will need to select a state and then a school, and then “Create an Account.” Parents will go to the appropriate season and choose the sport in which their child will participate. Several pieces of information will be required to complete the registration; however, parents may leave the registration site to obtain needed info and return to the site where they left off.
All of the paperwork previously associated with athletic participation is now on the Juan Diego “Register My Athlete” site and will be signed electronically. The documents for Juan Diego that will require electronic signatures include:

- Sport Specific Cautionary Statements
- Seasonal Transportation Release
- Juan Diego Anti-hazing Agreement
- Juan Diego Student / Parent – Guardian Athletic Handbook
- UHSAA Tryout Check List
- Juan Diego Concussion Protocol
- UHSAA Sports Concussion Management Policy
- Individual Insurance Acknowledgement NEW

The registration will be complete once all items on the checklist have been completed.

The UHSAA requires that all students who participate in UHSAA sports have a physical, annually. It will be very important that all students who will be participating in fall sports have a physical as soon after July 1 as possible. Parents need to download UHSAA Form A, *(found on the UHSAA website, www.uhsaa.org, under Sports Medicine, and in the JD Main Office)* and bring the completed form to school, where it will be uploaded to the student’s registration. Parents are not able to upload the physical form to the registration website.

JD sports fans may do a sport specific Fan Gear search, by sport, at: https://www.saintpaulsplace.com/.

If parents run into any problems or have questions please feel free to contact Athletic Director, Chris Long, ChrisLong@jdchs.org, or 801-984-7629.

**Health Insurance**

All students participating in athletics should be covered by health insurance. Juan Diego Catholic High School and the Diocese of Salt Lake City do not carry accident insurance covering injuries received during practices or interscholastic competitions. It is the responsibility of the parent to provide any desired accident insurance, and any and all medical expenses resulting from injuries incurred during practices or interscholastic competitions are the responsibility of the parents.

**Choosing a Team**

It is in the student-athlete’s best interest to be at the first practice of each sports season. If emergency circumstances do not allow for 1st practice attendance then the coach should be notified so that other tryout arrangements can be made.
**Quitting a Team**

Students, who “quit” a team after the first official contest of the season, will not be permitted to participate on another team during that season, unless the latter coach agrees to accept the athlete as a team member, with prior approval of the athletic director.

**Hazing/Harassment**

In keeping with the philosophy of the school that recognizes the dignity of every person, harassment and hazing of any member of the school community, whether on or off the school property, will not be tolerated. Harassment includes, but is not limited to, any form of verbal abuse, including electronic communications, demeaning behavior, physical violence or sexual misconduct, or behavior that interferes with another person’s feeling of well being at the school. When appropriate, law enforcement officials will be contacted when such harassment violates state and local statutes. Students who harass any member of the Juan Diego community are liable for expulsion from the school.

**Injuries-Use of the Training Room**

All injuries must be reported to the athletic trainer. The athletic trainer is the one best qualified to deal with injuries and will keep a written account of injuries for insurance purposes. All doctors’ notes should be given to the athletic trainer as a matter of record keeping. Any prescriptions for rehabilitation should be given to the athletic trainer so that he/she can supervise and/or administer the appropriate activity.

Student-athletes, who are physically unable to participate in athletics as indicated by a physician’s documentation, may not be reinstated to continue participation with a Juan Diego team without a written clearance document from that same or another qualified physician.

The training room is for everyone’s safe use and convenience and is the direct responsibility of the athletic trainer. Students should sign-in whenever they intend to use the facilities. They should always use the equipment in the instructed manner with safety and order in mind. Any questions about the safe and proper use of equipment should be directed to the athletic trainer.

A certified trainer will be present on campus for most athletic events. The athletic trainer will only contact parents/guardians if an athlete has sustained an injury that requires additional treatment and evaluation. The athletic trainer and/or coach will contact parents by telephone anytime an athlete receives any type of head injury, be it minor or major.

**Use of Locker Rooms, Weight Room, Fields and Courts**

The athletic facilities at Juan Diego should be used appropriately at all times and under the supervision of the school’s coaching staff. The locker rooms should be used for changing and getting ready for practice and competitions. Student-athletes are expected to act appropriately at all times in the locker room. Proper respect for each other and an individual’s personal property is expected at all times.
The equipment manager will issue lockers to athletes at the beginning of the sports season. If a student-athlete has an assigned locker, then he/she is responsible for having it locked at all times. Those found to have committed vandalism and/or theft will be subject to sanctions according to the JDCHS Parent/Student Handbook.

**Changing Clothes for Practice and Competitions**

Students who participate in athletics must use designated locker rooms to change from school uniforms into athletic apparel.

**Athletic Practices**

Most teams begin practices at 3:15-3:30pm and are completed in less than 3 hours. Teams usually practice Monday–Friday with the possibility of Saturday and holiday practices, depending upon their playing schedule. Practices may occur on Sunday if the playing schedule warrants it. Athletic practices vary in length, location and starting times depending upon facility availability and coaches’ schedules. A number of our coaches are employed off campus and may not be available at 3:15 pm every day. Practice schedules will be announced within the school for sport tryouts. During tryouts, coaches will inform the student-athletes and parents of any future changes in the practice schedule.

**Team Photographs**

Team photographs for each sport are the responsibility of the head coach. The head coach will communicate the date along with the time schedule and location for the photographs. Photographs are taken in the team uniform. The photographs taken will be utilized for the yearbook and UHSAA state tournament programs.

**Practice End-Time and Student Pick-Ups**

Athletes are expected to arrange for transportation, as they are expected to attend the full duration of practices. It is requested that parents kindly respect the long hours put in by our teacher/coaches and make every effort to be on time for pick up following practices/games.

**Scheduling**

Schedules and scheduling changes for all athletic teams can be found by logging onto www.jdchs.org and selecting Athletics, then clicking on the appropriate sport listing.

**Cancellation of Practices and Games**

The cancellation of practices and games may be necessary for a variety of reasons. The head coach and athletic director will make every effort to have the information posted on www.jdchs.org in a timely manner. Coaches and players will be notified at the first opportunity without disrupting the school day. Last minute changes may occur, usually as a result of inclement weather. An all-school announcement will be made in this case and
again it will be placed on the web in a timely manner. The students will be encouraged to call appropriate people to inform them of the changes, if school has been dismissed.

**Uniforms & School Equipment**

All Juan Diego student-athletes will be issued school athletic uniforms and equipment specific to each sport. All uniforms and equipment are the property of Juan Diego, unless designated by the head coach and/or equipment manager.

Uniforms are only to be worn for games/contests or on special occasions as designated by the coach or school administrator. Practice gear should be clean and in good repair. Any apparel that advertises drugs, alcohol, or unacceptable slogans will not be allowed at practices/games. Female student athletes must wear a minimum of two-layers, an appropriate under-garment and appropriate article of clothing over top. Male athletes may not appear with a bare-chest.

Most sports elect to purchase disposable items (Spirit Pack) that the athletes will pay for and keep (for example, a tee shirt, warm-up shirts, etc.) The required Spirit Pack is approximately $85 and optional items may also be available with this purchase. The other fee associated with participating in a sport is a $50 participation fee per athlete. Athletes participating in three or more sports will only pay the $50 fee twice during a school year; additional sports fees are waived.

All uniforms and equipment are to be returned to the equipment manager within one week of the season’s conclusion. All students must remove their equipment from the athletic lockers one week following the season. Any personal property left in the athletic lockers will be donated to charity. Students who do not return school issued equipment will be placed on the school’s fines list. These students will not be permitted to take their final exams or play another sport until the equipment is returned or paid for.

**Game Transportation**

Juan Diego will provide transportation to and from athletic contests in most cases. Contests on Saturdays and non school days in the Salt Lake Valley may be rare exceptions and parents will be notified prior to the event. Students are expected to behave properly on buses transporting them to and from school sponsored athletic events. Students whose conduct is unacceptable may be prohibited from riding team buses. Repeated inappropriate behavior may result in removal from a team.

Student-athletes may travel home from a competition with their parents. However, this is only with their head coach’s approval. A player wishing to travel home with another team member’s parents must have this cleared through the head coach before leaving for home. **A head coach reserves the right to have a team travel together to and from any contest.**
**Athletic Event Parking & Travel On Campus**

School parking lots are provided for all athletic contests. **Parking along driveways marked with red or yellow curbs, on sidewalks and on the grass are prohibited.** Vehicles parked illegally may be ticketed or towed to a location selected by Juan Diego. If an event requires parking in the surrounding neighborhoods of the campus, please respect the property of our neighbors. Events attracting large crowds will often require the closure of the loop road on the east side of the campus. This is necessary to expedite the access by emergency vehicles.

**Student athletes, spectators and coaches are expected to observe all rules and signage regarding speed, one-way roads, and parking while on the Skaggs Catholic Center campus.**

**Juan Diego is not liable for any damage to a vehicle traveling through the campus or parked on school property.**
Admission Fees to Athletic Events

The region sets Region XI admission fees; admission fees for endowment and state pay-off games are different than regular season prices and are set by the UHSAA. Parents/guardians may purchase a Booster Pass, which allows free admittance for a family to any Juan Diego Region XI home event for the current season with the exception of UHSAA state and endowment contests.

End of Season Banquets

Many athletic teams hold banquets at the completion of their season. The organization and type of team celebration is left to the discretion of the head coach. Parents interested in assisting with banquet organization should contact the head coach.

Use of Alcohol, Tobacco, Drugs & Weapons

All Juan Diego athletic coaches, (paid and volunteer) are required and obligated to immediately report any knowledge of student-athlete misconduct relevant to alcohol, tobacco, weapons and drug use, solicitation or purchasing, to the athletic director. Coaches must follow UHSAA and Juan Diego Catholic High School rules, regulations and consequences relevant to use of alcohol and/or drugs. Following the reporting of an infraction to the athletic director, the student-athlete will be disciplined in accordance with the guidelines set by the UHSAA (Article X Section 1: A, 1-3, page 52) on their website at www.uhsaa.org and then as stated in the Juan Diego Parent/Student Handbook.

a. First Offense: Suspension from two consecutive games, meets, matches, competitions or performances at the same level of play (and any intervening levels as well.) Practice may be continued following a personal assessment of the student by a licensed substance abuse intervention or treatment program and/or participation in a Diocesan approved intervention program.

b. Second Offense: A six-week suspension from games, meets, matches, competitions or performances. Student participation in an assessment by a licensed substance abuse intervention or treatment program with prescribed follow-up is required. Practice may only continue after the assessment has been completed and positive participation in the prescribed follow-up is occurring.

c. Third Offense: An eighteen-week suspension from all games, meets, matches, competitions, performances and practices. Reinstatement of eligibility at the end of the eighteen-week suspension is predicated upon successful completion of a formal assessment, intervention and treatment program.

In all foregoing offenses, Juan Diego Catholic High School and the Diocese of Salt Lake City have the right to set forth discipline, suspension, corrective measures, parent/guardian involvement and rehabilitation that must be met.
Juan Diego Catholic High School reserves the right to enforce school policies as stated in the current Parent/Student Handbook in any situation related to the use of alcohol, tobacco, drugs and weapons. Juan Diego policies supersede all UHSAA rules, regulations and guidelines.

Coaches who circumvent the process as outlined in the aforementioned sentences will be disciplined and may be relieved of their duties.

Pursuing College Athletics

Students who wish to pursue college athletics should meet with their guidance counselor to affirm that all NCAA/NAIA/NJCAA qualifying core courses are considered. The athletic director and coaches are available to write letters of recommendation and to make follow up calls on behalf of the student-athlete after he/she has made initial contact.

If a videotape or DVD of game action is desired to send to college coaches, it is the responsibility of the student-athlete to arrange for the recording and the footage. Each sport has limited ability to videotape games, for instructional purposes only. All videotaping of games for college recruiting purposes is the responsibility of the student-athlete and his/her family.

Prior to the college tryout, the NCAA Clearing House must clear students who plan on pursuing collegiate athletics.

The aforementioned athletic guidelines cannot cover all situations that may occur and the school administration reserves the right to make exceptions that will be in the best interest of the parties involved. Coaches may formulate additional rules for their program in addition to the guidelines in this handbook, but they must not be contradictory to the policies stated herein.

Donations

Original checks or purchase receipts for donations, from parent or business contributions, of cash or in-kind goods to your program, MUST be turned in to the Juan Diego Advancement Office, Attn: April van der Sluys, aprilvandersluys@jdchs.org, 801-984-7667. All donations (checks, cash, in-kind receipts) must be accompanied by a BLUE donation form completed by the coach. These forms are located in the copy room in the Main Office. Each donation will be coded as requested by the donor, and donors will receive a tax receipt, a thank you note, and acknowledgement in our annual report.

Media

Except for game scores, please refer media to Communications Office, 801-984-7660, for photos, sidebar stories or other non-sport related questions about the school. Season-End Recap - please contact them about pitching stories to local media and for our newsletter. A short blurb is needed from every Fall, Winter and Spring sports team to include: All State winners, major college signings, record breakers, region/state titles, other news-worthy items (see past publications on www.jdchs.org.)
Websites

Teams are not permitted to create webpages or websites without the specific written approval of the Communications Office, socialmedia@jdchs.org. Social media sites for athletic teams need to be reviewed and approved by that office and the administration before launching. If approved, a link to that site must be included on the JDCHS.org team page.

Use of Student Photographs

The school reserves the right to use student pictures in publications, in advertisements, for media stories and on the school’s website. Any parent who does not wish his or her child’s picture used must notify the Communications Office in writing.

Use of the Juan Diego Logo or Images

All logos, images, and the name of Juan Diego Catholic High School and the Skaggs Catholic Center, LLC are trademarked property of the school/center and may not be used without prior written permission from the school. Please contact Saint Paul’s Place at 801-984-7647 for logo art, and to request permission for use of JDCHS logos or images on posters, flyers, programs, or other promotional items. All apparel orders must have budget approval from the Athletic Director and be placed ONLY through Saint Paul's Place store.

The aforementioned athletic guidelines cannot cover all situations that may occur, and the school administration reserves the right to make exceptions that will be in the best interest of the parties involved. With the approval of the Athletic Director and Principal, coaches may formulate additional rules for their program in addition to the guidelines in this handbook, but they must not be contradictory to the policies stated herein.
Spectator Code of Conduct

1. Be informed of the playing rules of the sport.

2. Appreciate good play regardless of the player or team.

3. Cooperate with the cheerleaders and do not interfere with their cheers.

4. Show concern for an injured athlete regardless of team affiliation.

5. Avoid taunting, jeering or attempting to distract members of the opposing team.

6. Respect school property and the authority of school officials. Remember you are a guest of the home school.

7. Avoid the use of profanity and derogatory or disrespectful yells, chants, songs or gestures.

8. Stand attentively during the playing or singing of the National Anthem.

9. Refrain from offensive and unruly behavior, which reflects poorly on the school you are supporting.

10. Respect contest officials and accept their decisions without public protest. Recognize that we do not have a game without them.

11. Avoid publicly criticizing coaches or athletes for the loss of a contest.

12. Do not confront a contest official at halftime or after a game.

Sportsmanship Is Everyone’s Concern
Dear Parent and Student-Athlete:

Please read the 2018-2019 edition of the Athletic Handbook for Student-Athletes and Parents/Guardians. After you have reviewed the material inside this handbook, please sign the statement electronically, on the web page, as directed.

-------------------------------------------------------------------------

I/We the undersigned have read the entire contents of the 2018-2019 Student-Athlete and Parent/Guardian Athletic Handbook and agree to enter into a contractual agreement to abide by the rules, regulations, and policies of Juan Diego Catholic High School herein set forth for the 2018-2019 academic year.

Father/Guardian Signature Date

Mother/Guardian Signature Date

Student-Athlete Signature Date