



JOSEPH CASE HIGH SCHOOL

Department of
Interscholastic Athletics

"The Cardinals"

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CARDINAL NATION

Joseph Case High School's Athletic Department Newsletter

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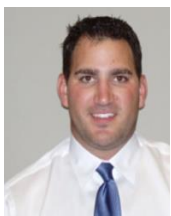
WELCOME

ATHLETIC DEPARTMENT MISSION STATEMENT

THE NEW ATHLETIC DEPARTMENT NEWSLETTER

Welcome to the first edition of **CARDINAL NATION**, the Joseph Case High School Athletic Department's newsletter. Just as a good team has excellent communication among its players in order to be successful, we want to be in touch with parents and student-athletes on a regular basis. By improving communication, we will better support our student-athletes and their coaches as they train and compete throughout each sports season. This newsletter will be released quarterly to parents, guardians and students, and will contain important athletic department information, announcements, dates to remember, policies and expectations. We hope that you will find this newsletter informative and useful.

The mission of Joseph Case High School's athletic department is to build self-confidence, self-esteem, pride and respect for self and others through participation in an athletic community which values each student as an individual. Our programs promote sportsmanship, hard work, fair play, fun, the development of team concepts, winning as well as losing with dignity, and other valuable lifelong lessons.



Andrew Crisafulli

FROM THE DESK OF THE ATHLETIC DIRECTOR

I'm looking forward to another outstanding year of Joseph Case High School sports. I appreciate the time, commitment and hard work both coaches and student-athletes placed into their summer strength and conditioning programs. I am confident that those efforts will translate into a successful fall athletic season. Looking forward to regular season action!

ATHLETIC DEPARTMENT PHILOSOPHY

The athletic program at Joseph Case High School shall be an integral part of the education process. Competitive athletics shall be developed within the context of sportsmanship, health and scholastic achievement. This program should occupy a position at Joseph Case High School comparable to that of other extracurricular activities.

****HIGHLIGHTED ATHLETIC HANDBOOK POLICIES****

ATTENDANCE REQUIREMENT FOR PARTICIPATION

A student-athlete absent from school may not participate in any athletic activity during that afternoon or evening. Students must attend 5 full periods to be eligible to participate in athletic activities that afternoon or evening. The Principal or his/her designee may approve a waiver to this rule. A waiver to this rule must be requested prior to the school day in question.

Excused Absences

Only the principal of Joseph Case High School may excuse a student from a five full period requirements in order to participate in an extracurricular event. The following absences can be considered excused absences:

- Absences that can be verified with a doctor's excuse
- Absences from class for a school-wide or class assemblies
- Bereavement of family members
- School sponsored field trips
- Pre-approved college visitations
- Court appearances (verification by notice of summons or statement from court officer required)
- Religious holidays



TRANSPORTATION TO CONTESTS

For team unity, safety and liability reasons, student-athletes are required to travel to and from contests on the vehicle provided by the school. Exceptions, which should be rare occurrences and emergency in nature, can only be granted under the following guideline.

Student-athletes will be allowed to travel with a parent/guardian after the conclusion of a game if the parent/guardian has provided proper documentation (a note or letter) to the respective Head Coach or Director of Athletics for approval prior to the away contest date. If approved, the parent/guardian assumes all liability for the student's travel.

No student-athlete will be allowed to travel with an individual other than their parent/guardian (or immediate family member). Nor will any student-athlete be allowed to drive to or from a contest in his/her own vehicle, or travel with another student.

SOCIAL MEDIA GUIDELINES

Social networking guidelines as a JCHS student-athlete, you are a representative of the high school. We encourage you to be mindful of your team, your family and JCHS Athletics as you take part in social networking sites. Please honor the following guidelines when partaking in these sites:

- Assume nothing is private. If you are putting your thoughts on the internet, there is no "invasion of policy."
- Remember that your audience is vast, and unknowable. You have no idea who will ever see what you write on the internet. Anyone from your best friend on the team, to your head coach, to your biggest rival, to your teachers can see what you post. Keep in mind that what you say can be seen by the world. Your microphone to the world is right at your fingertips. Be wise.
- Do not discuss injuries, either yours or that of any of your teammates.
- Never post pictures from the locker room, practice or game without the permission of the Athletic Director or Head Coach.
- Complaining about your coaches or teammates will not solve anything. Talk to them directly to solve problems to make yourself and your team better.
- Do not talk about your opponents in a negative fashion. Stay away from trash talking your past, present or future opponents.
- Your tweets and post can be permanent. They are a permanent record. You can't take back what you put out on the internet for everyone to see.
- If you retweet and/or favor something, you agree with it and promote it. Keep this in mind.

Student-athletes who violate the JCHS athletic department "Social Media Policy" may result in disciplinary action, including temporary or permanent suspension from the team, as determined by the Director of Athletics and head coach.

PHYSICAL EXAMINATIONS

No athlete will be allowed to practice or be issued equipment or allowed to participate in any scheduled team activities/games until he/she has submitted a current physical examination form from a physician to the athletic department and the school nurse.

The MIAA requires every student-athlete to complete an updated physical examination every thirteen (13) months.

A student whose physical expires during the course of a season would be deemed ineligible and unable to complete until a new documented examination is conducted and documentation is submitted.

PARENT ROLE / EXPECTATIONS

When students become involved in the athletic program at Joseph Case High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, a private discussion with the coach is encouraged.

Appropriate concerns to discuss with the coach:

- Your child's treatment
- Your child's improvement
- Your child's behavior
- Any scheduling conflicts

Issues not appropriate to discuss with the coach:

- Playing time
- Team strategy
- Play calling
- Other student-athletes

Certain situations may require a conference between the coach and the parents/guardians. When these conferences are necessary, the following procedure should be followed to help promote a resolution of the issue or concern:

- Contact the coach.
- **DO NOT CALL THE COACH AT HOME.** A coach's time with family is severely limited during the season. The family's privacy should be respected.
- Please do not attempt to confront a coach before or after a contest. These can be emotional times for both the parent/guardian and coach.
- Meetings should be scheduled away from other students and the playing field/court.

GENERAL LETTER AWARD REQUIREMENTS

1. A student-athlete must uphold all rules and regulations set forth in the Athletic handbook.
2. A student-athlete must remain a member in good standing (academics also) for the entire season
3. A student-athlete must have good attendance and demonstrate commitment to the team as well as a positive attitude and effort.

SPORT SPECIFIC LETTER REQUIREMENTS

The coach of each sport will set the standards for letter achievement within his/her sport. The standards will be reviewed with team members prior to the start of the season by the head coach. The standards will also be available in writing within each sport's "team rules".

SPORTSMANSHIP & SPECTATOR BEHAVIORAL EXPECTATIONS

Joseph Case High School expects all parties at a contest to display the highest possible level of sportsmanship. Players, coaches and spectators are to treat teammates, opponents, game officials and visiting spectators with respect.

Joseph Case High School is committed to the highest ideals of sportsmanship, as well as to establishing a healthy environment for competition. We will not tolerate negative statements or actions towards competitors, coaches, game officials or fans in attendance at our events. This includes taunting, trash talking, baiting, berating players, coaches, or officials, or actions which ridicule or embarrass. Joseph Case High School has a ZERO TOLERANCE POLICY. Offenders will be ejected, and school disciplinary codes are also in effect.

The MIAA reserves the right to "warn, censure, place on probation or suspend for up to one calendar year any player, team, coach, game or school official or school determined to be acting in a manner contrary to the standards of good sportsmanship." Joseph Case High School also reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, home or away.

ACADEMIC REQUIREMENTS FOR PARTICIPATION

To be eligible to participate in interscholastic athletics at Joseph Case High School, student-athletes must pass five full-time subjects with a minimum of 3 C's and 2 D's and full credit in the immediately preceding quarter. To be eligible for the fall season, student-athletes must pass at least five full time subjects, with a minimum of 3 C's and 2 D's and full credit in their final grades of the previous academic year (this rule does not apply to incoming freshman).

ATHLETIC INJURY & INSURANCE

Student-athletes must report all injuries to their coach immediately. The coach will recommend the immediate treatment plan for the student-athlete. If a physician prohibits a student-athlete from participating for any length of time, only the physician (in writing) can return the athlete to play.

INSURANCE

All Joseph Case High School student-athletes participating in the interscholastic athletic program are covered by a rider to the basic insurance program. This policy is non-duplication, which means that if you have any type of personal insurance coverage, our insurance carrier will only pay what your insurance carrier doesn't pay, and that will only be for what they determine to be reasonable and customary charges. If you do not have any type of personal insurance coverage, our insurance carrier will only pay reasonable and customary charges for treatment. The limits of these charges will be determined by the carrier. If you have any questions regarding these limits that our insurance carrier provides, we ask that you contact the insurance carrier directly.



Other Important Information



ACCESS TO ATHLETIC SCHEDULES

Athletic schedules can be found on our athletics' webpage, linked "Team Schedules" under the athletics tab. Athletic team schedules can also be found on our conference's website www.southcoastconference.org.

You also have the ability to register on this website for a free account that sends various athletic event changes (cancellation notices, location changes, time changes and reschedules) via e-mail or text message as soon as they are made.

CASE SPORTS ON-THE-WEB

Follow JCHS sports using...



@CaseSports

www.casehigh.swanseaschools.org

www.southcoastconference.org

NEW ON-LINE REGISTRATION PROGRAM

This fall, JCHS introduced a new on-line registration program for athletics called RSchool Today. This is the same company that services our athletic department and conference with our athletic event scheduler. As we become more familiar with the program, this website promises to become a great asset to our coaches, athletic trainer and athletic staff members, as we continue to place all efforts and resources into creating a safe, enjoyable athletic experience for your student-athlete.

ATHLETIC TRAINING

Entering his 20th year at JCHS, Russell Boardman continues to have a tremendous influence on the health of our student-athletes. Mr. Boardman's contact e-mail address is:
rboardman@swanseaschools.org

ATHLETIC FUNDRAISING GROUP

Our athletic fundraising group for the last 55+ years has been an organization named "Friends of the Cardinals". During its existence, this group has volunteered countless hours and donated considerable sums of money to improve the overall athletic experience for our student-athletes. Every athletic year, the FOTC look for new members and/or volunteers to assist their organization with many great endeavors for the athletic department. Please consider assisting their efforts...they can be contacted through e-mail and/or Twitter.

FriendsoftheCardinals@gmail.com

@CaseHS_Friends



FALL SPORT OFFERINGS

Cheerleading, B/G Cross Country, Field Hockey, Football, Golf, B/G Soccer & Volleyball