



Athletics Policies and Procedures 2023-2024

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

CORE VALUES

CHARACTER

Integrity
Compassion
Conviction

Leadership
Tolerance
Justice

COMMUNITY

Excellence
Faith
Service

COMMITMENT

VISION

We inspire young women to achieve their personal best in order to become forward thinkers and future leaders whose unique gifts will impact the world.





Helpful Information

1. Website: www.nda-worc.org/athletics
2. [Athletic Handbook](#)
3. Registration: ARBITER/ [FAMILY ID](#): MUST complete this and upload an up-to-date physical, DEI course completion, concussion course certificate to be eligible for sport participation
4. [Athletic Schedule](#)
5. Social Media
 - a. [X/Twitter](#)- @ndaworcathletic
 - b. [Facebook](#)- @ndaworcathletics
 - c. [Instagram](#)- @ndaworcathletics

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 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.

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 high school contests.



Student-Athlete Eligibility: Transfers

- 57.1 A student who transfers from any school to an MIAA member high school is ineligible to participate in any interscholastic athletic contest at any level for a period of one year.
- 57.2 All incoming transfers must complete the MIAA Acknowledgment of MIAA Rules 57 and 59 form. This form must be submitted with all Form 200s and waiver applications when applicable.
- 57.3 Before a transfer student can be certified as eligible in a specific sport within the year of the transfer, the sending MIAA school principal and athletic director must certify on Form 200. A copy of the fully executed Form 200 must be sent to the MIAA Office by the receiving school.

Transportation

- Busses will be provided for almost all away contests that take place after school.
- In extenuating circumstances, busses may not be provided for the following:
 - 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 positive communication towards all student-athletes, opponents, officials, coaches



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.





Notable Dates

August 21- Day 1 of Tryouts

August 23- Whole School Family BBQ (5-7pm)

August 29- Program Team Bonding at School Yahd (4-6:30pm)

September 6- Team Photo Day (2pm)

September 14- Pep Rally (2pm)

October 1- Fall Open House

Week of October 22nd- CMASS Tournament

October 31st- MIAA State Tournament begins



PRESEASON TRYOUT SCHEDULE **SUBJECT TO CHANGE**

<u>Day</u>	<u>Date</u>	<u>Cross Country</u>	<u>Field Hockey</u>	<u>Soccer</u>	<u>Volleyball</u>
		Meet each morning in front of the athletic building. Bring running sneakers, water, XC spikes if you have them! Google Classroom: z6i7umc	Meet on the bleachers outside the gymnasium on the field hockey field. Bring cleats, running shoes, sticks, mouth guards, shin guards, notebook and pen. Sportsyou: SBAQ8W5S	Meet by the bleachers of the soccer field. Bring a ball, extra water, an energy snack, sunscreen. Wear soccer attire: shorts, tshirt, shin guards, socks and cleats and sneakers. Sportsyou: GJH8AVYR	Cell-phones should remain in gym bags. Bag packed with required equipment: 2 pairs of sneakers (indoor and outdoor), athletic clothing for skills and conditioning, knee pads, hair elastics, 2 water bottles Google Classroom: gfoygj6
MON	August 21	All Candidates: 8:30-10:30 am	All Candidates: 4-6pm	All Candidates: 9-11:30am Lunch served in student center	Grades 7-9: 6-7pm Grades 10-12: 7-8:30pm
TUE	August 22	All Candidates: 8:30-10:30 am	All Candidates: 4-6pm	All Candidates: 9:30-11:30am	Grades 7-9: 6-7pm Grades 10-12: 7-8:30pm
WED	August 23	All Candidates: 8:30-10:30 am	All Candidates: 3-5pm	All Candidates: 9:30-11:30am	All Candidates: 3:30-5pm
THU	August 24	All Candidates: 8:30-10:30 am	All Candidates: 4-6pm	All Candidates: 9:30-11:30am	Grades 7-9: 6-7pm Grades 10-12: 7-8:30pm
FRI	August 25	All Candidates: 8:30-10:30 am	All Candidates: 4-6pm	10am scrimmage vs. Medway 9:15 warm up (wear green top)	Grades 7-9: 6-7pm Grades 10-12: 7-8:30pm
SAT	August 26	OFF	12:30pm Scrimmage @ East Greenwich 10:30 am departure from NDA	TBD	Volleyball Workout Clips in GC (code gfoygj6)

Helpful Links/Communication

- [X/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



Coaches Contact Information

- Cross Country- Victoria Steffon
 - vsteffon@nda-worc.org
- Field Hockey- Meighan Allison
 - fieldhockey@nda-worc.org
- Soccer- Elisabeth Peterleitner
 - epeterleitner@nda-worc.org
- Volleyball- Donna Coonan
 - volleyball@nda-worc.org



“Meet the Coach” Locations

1. Field Hockey- Auditorium
2. Cross Country- (go up the main stairwell; 1st classroom on left)
3. Soccer- (go up the main stairwell; 1st classroom on right)
4. Volleyball- Learning Commons (across hall)



