

**Catholic Youth Sports League- 7<sup>th</sup> & 8<sup>th</sup> Grade Cross Country**  
**Diocese of Lincoln Athletic League and St. Joseph's Expectations**

**Grades:**

- Any athlete with an F (69% or lower) will be ineligible from competition (games/meets) for one week. Ineligibility may be extended if the students' grade has not risen or if concrete efforts have not been made by the student (in collaboration with their teacher) to raise their grade after the week is over. While unable to participate in competitions, the athlete is still expected to be present at games/meets. Practice attendance during ineligibility will be left to parent discretion. Grades will be checked by the athletic director every week and students and parents will be notified that they need to raise their grade before becoming ineligible from competition.

**Behavior:**

- *Any athlete who receives 5 demerits and/or a detention during their sports season may be suspended from their next game or competition, after a review of their overall behavior by the junior high staff.* While unable to participate in competition, the athlete is still expected to be present at practices and games/meets. The consequences for any behavioral issues that take place during games or practices will be decided at the coaches' discretion, with consultation with the athletic director as needed.

**Absences:**

- It is the responsibility of the athlete to notify their coach if they plan on being absent from a practice or competition. Failure to do so is considered an unexcused absence. Unexcused absences may result in limited participation or sitting out of the next game/meet.
- If an athlete is absent due to illness, it becomes the responsibility of the parents to notify the head coach.

**Practice/Game Expectations:**

- Damage to the equipment, lockers, or gymnasium in any manner not conducive to a practice or a competition will result in the dismissal from the team, a fine for replacing the damaged materials, and potential disciplinary action from the school.
- Student-Athletes are expected to behave appropriately in the bleachers when watching a game. If an athlete fails to conduct themselves in a respectful manner, it may result in a demerit, loss of playing time, dismissal from the team, or an expulsion from participating in or attending any future diocesan athletic events.

**Parent Permission and Release:**

- I release the Catholic Diocese of Lincoln and its coaches from all claims or any liability for injuries that may be sustained by the below child during participation in any Catholic School's sponsored activity. If medical attention is required, I give permission for such medical care.

*Throughout the course of the school year, there may arise other issues which are not addressed here. The Athletic Director reserves the right to ultimately handle any/all situations, in the manner he/she deems appropriate. As athletic programs, we are an extension of our Catholic schools. We take our responsibilities very seriously and believe that participating in extra-curricular activities is a privilege to be earned, and not a promise to be kept. We thank you, as parents, for helping us enforce this belief. We will do everything in our power to provide safe opportunities for all our students to enter this community of being a Diocese of Lincoln Student-Athlete.*

