



HOLY
CROSS
HIGH
SCHOOL

ATHLETIC HANDBOOK

EXPERIENCE THE
POWER
OF THE CROSS

Table of Contents

Letter from the HCHS Athletic Director 3

Purpose of Athletic Handbook 4

HCHS Mission Statement 5

HCHS Athletic Code of Ethics 6

HCHS Athletic Department Philosophy 7

How to make the most of your athletic experience at HCHS 8

How to make the most of your experience as a parent/guardian 9

Protocol for dealing with concerns 10

Expectations of HCHS Coaches 11

HCHS Athletic Policies 12

HCHS Code of Conduct Agreement 14

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THE POWER OF THE CROSS

DEAR PARENTS/GUARDIANS AND STUDENT ATHLETES:

THIS HANDBOOK HAS BEEN CREATED TO ANSWER QUESTIONS AND EXPLAIN POLICIES ESTABLISHED BY THE HOLY CROSS ATHLETIC DEPARTMENT. IT IS CRITICAL THAT YOU READ THIS INFORMATION AND KEEP IT AS A REFERENCE.

HOLY CROSS ATHLETICS WAS FOUNDED ON THE LONGSTANDING ATHLETIC TRADITIONS OF ANGELA MERICI AND BISHOP DAVID HIGH SCHOOLS. WE ARE PROUD TO CARRY ON THIS TRADITION OF COMPETING AT THE HIGHEST LEVEL.

HCHS PROVIDES THE OPPORTUNITY TO PARTICIPATE TO ALL STUDENTS. 70% OF OUR STUDENT BODY PARTICIPATED IN A SPORT DURING THE PAST SCHOOL YEAR.

PARTICIPATION IN THE HCHS ATHLETIC PROGRAM IS A PRIVILEGE, NOT A RIGHT. WHEN YOU MAKE THE COMMITMENT TO PARTICIPATE YOU ARE AGREEING TO ABIDE BY THE POLICIES AND PROCEDURES DETAILED IN THIS HANDBOOK AS WELL AS IN THE SCHOOL HANDBOOK.

I WOULD LIKE TO THANK THE STUDENT-ATHLETES, PARENTS/GUARDIANS, AND COACHES IN ADVANCE FOR YOUR TIME AND EFFORT THIS SEASON. YOUR SUPPORT OF HCHS ATHLETICS ENSURES THE CONTINUATION OF OUR WINNING TRADITION.

GO COUGARS,

JODY THORNSBERRY, HC 92

ATHLETIC DIRECTOR

THE POWER OF THE CROSS

PURPOSE

THIS HANDBOOK IS DESIGNED TO INFORM THE STUDENT ATHLETE AND THEIR PARENT(S)/GUARDIAN OF THE RULES, REGULATIONS AND POLICIES OF THE HOLY CROSS HIGH SCHOOL ATHLETIC DEPARTMENT. THE HCHS ATHLETIC DEPARTMENT BELIEVES THAT SUCCESS IN ATHLETICS IS ESTABLISHED AND MAINTAINED THROUGH ADHERENCE TO THE PRINCIPLES OUTLINED IN THIS HANDBOOK. ALL STUDENT ATHLETES AT HOLY CROSS HIGH WILL ADHERE TO THE SCHOOLS CODE OF CONDUCT IN ADDITION TO REGULATIONS OF THE ATHLETIC DEPARTMENT. PARENTS AND STUDENT ATHLETES WILL BE ASKED TO SIGN THE HCHS CODE OF CONDUCT STATING THAT THEY HAVE READ AND UNDERSTAND THE INFORMATION INCLUDED IN THIS HANDBOOK.



THE POWER OF THE CROSS

HOLY CROSS HIGH SCHOOL MISSION STATEMENT

HOLY CROSS HIGH SCHOOL IS A CATHOLIC CO-EDUCATIONAL HIGH SCHOOL SPONSORED BY THE ARCHDIOCESE OF LOUISVILLE AND IS AN INTEGRAL PART OF THE EDUCATIONAL MISSION OF THE ROMAN CATHOLIC CHURCH. HOLY CROSS PROVIDES AN EXCELLENT SECONDARY EDUCATION WITHIN A FAITH COMMUNITY AND IS DEDICATED TO THE DEVELOPMENT OF YOUNG MEN AND WOMEN SPIRITUALLY, ACADEMICALLY, SOCIALLY, PHYSICALLY, AND EMOTIONALLY. HOLY CROSS HIGH SCHOOL PROVIDES A NURTURING ENVIRONMENT COMMITTED TO LIFE-LONG LEARNING, SOCIAL JUSTICE, AND COMMUNITY SERVICE.

THE POWER OF THE CROSS

HOLY CROSS HIGH SCHOOL ATHLETIC CODE OF ETHICS

PARTICIPATING IN STUDENT ATHLETICS IS CONSIDERED AN EXTENSION OF THE HIGH SCHOOL EXPERIENCE. WHILE THE REGULAR CURRICULAR PROGRAM IS A RIGHT AFFORDED TO EACH STUDENT, PARTICIPATION IN THE EXTRACURRICULAR PROGRAM IS A PRIVILEGE AND AS SUCH CARRIES CERTAIN EXPECTATIONS BEYOND THOSE FOUND IN THE NORMAL CLASSROOM. THE GOALS OF THE HCHS ATHLETIC PROGRAM ARE TO GIVE STUDENTS DIRECTION IN DEVELOPING HEALTHFUL HABITS, DISCIPLINE, LEADERSHIP, TEAMWORK, AND RESPECT. IT IS EACH ATHLETE'S RESPONSIBILITY TO REPRESENT THEMSELVES AT ALL TIMES IN ACCORDANCE WITH THE HOLY CROSS ATHLETIC CODE OF CONDUCT POLICY.

IT IS THE RESPONSIBILITY OF EACH COACH TO INSTILL IN EACH STUDENT ATHLETE A CODE OF ETHICS THAT FLOWS FROM THE CHRISTIAN FAITH. BEING A CATHOLIC SCHOOL IS DIFFERENT THAN ANY OTHER; IT IS OUR RESPONSIBILITY TO GUIDE OUR STUDENT ATHLETES NOT ONLY WITH INSTRUCTION BUT ALSO BY EXAMPLE. THE ACTIONS OF OUR COACHES, STUDENTS, AND PARENTS ARE CONTINUALLY SCRUTINIZED IN THE PUBLIC EYE. IT IS VERY IMPORTANT THAT WE CONDUCT OURSELVES IN A MANNER OF PROFESSIONALISM AND MATURITY AT ALL TIMES.

RULES AND EXPECTATIONS:

- f* STUDENT ATHLETES MUST ABIDE BY ALL SCHOOL RULES
- f* STUDENT ATHLETES MUST SHOW GOOD SPORTSMANSHIP. SOCIAL BEHAVIOR, CARE OF SCHOOL EQUIPMENT, AND CARE OF PUBLIC AND PRIVATE PROPERTY AT ALL TIMES
- f* STUDENT ATHLETES MUST ABIDE BY THE POLICY AND PROCEDURES FOR CHEMICAL ABUSE AND DEPENDENCY IN THE SCHOOL HANDBOOK
- f* STUDENT ATHLETES MUST BE ON TIME FOR ALL PRACTICES, MEETINGS, AND GAMES
- f* STUDENT ATHLETES MUST OBEY DRESS CODE, CURFEW, ETC, AS SET FORTH BY COACHING STAFF AS WELL AS SCHOOL POLICY
- f* STUDENT ATHLETES MUST CONDUCT THEMSELVES AS REPRESENTATIVES OF HOLY CROSS AT ALL TIMES BOTH ON CAMPUS AND IN THE COMMUNITY

STUDENTS WHO VIOLATE THESE RULES ARE SUBJECT TO DISCIPLINARY ACTION INCLUDING, BUT NOT LIMITED TO, SUSPENSION OR DISMISSAL FROM THE TEAM.

THE POWER OF THE CROSS

HOLY CROSS HIGH SCHOOL ATHLETIC DEPARTMENT PHILOSOPHY

THE ATHLETIC DEPARTMENT, SCHOOL ADMINISTRATION, AND COACHING STAFF AT HOLY CROSS ARE DEDICATED TO THE DEVELOPMENT OF THE PHYSICAL, SPIRITUAL, INTELLECTUAL, AND EMOTIONAL GROWTH OF EACH STUDENT ATHLETE. THE ATHLETIC DEPARTMENT RECOGNIZES THE UNIQUE ROLE OF INTERSCHOLASTIC ATHLETICS AS A MEANS OF ESTABLISHING VALUES, GOALS, AND SKILLS THAT WILL BETTER PREPARE STUDENTS TO BECOME SUCCESSFUL, CONTRIBUTING CITIZENS WELL BEYOND HIGH SCHOOL. MORE THAN 70% OF HOLY CROSS STUDENTS COMPETE IN SOME TYPE OF INTERSCHOLASTIC SPORT. WE INVITE YOU TO BECOME PART OF THE HOLY CROSS FAMILY AS WE CARRY ON THE WINNING TRADITION.

PHILOSOPHY:

THE GOAL OF THE ATHLETIC DEPARTMENT IS TO PROVIDE OPPORTUNITIES FOR STUDENT ATHLETES TO EXCEL IN TEAMWORK, SPORTSMANSHIP, SELF-DISCIPLINE, ACCEPTABLE PERSONAL/SOCIAL BEHAVIOR, AND CHARACTER. MEMBERS OF ATHLETIC TEAMS MUST ALWAYS SERVE AS AN EXAMPLE OF THE ABOVE TRAITS AND MUST DEMONSTRATE APPROPRIATE ACADEMIC COMMITMENT, WHICH IS EXPECTED OF ALL STUDENTS.

HOLY CROSS HIGH SCHOOL HAS FOUNDED ITS ATHLETICS PROGRAM ON THE FOLLOWING PRINCIPLES:

- f* THAT THE ATHLETIC PROGRAM SHOULD PROVIDE OPPORTUNITIES FOR BROAD PARTICIPATION TO MEET THE INTERESTS OF ALL STUDENTS, AT ALL LEVELS WITHIN THE CONSTRAINTS OF THE FACILITIES, PERSONNEL, AND FINANCES
- f* THAT THE PARTICIPATION IN ATHLETICS AND THE PURSUIT OF EXCELLENCE PROVIDES STUDENT ATHLETES WITH OPPORTUNITIES TO EXPERIENCE THE WORLD BEYOND SCHOOL BOUNDARIES CONTRIBUTING TO THEIR GROWTH AND DEVELOPMENT
- f* THAT THE ATHLETIC STAFF AND STUDENT ATHLETES WILL MEET THE GUIDELINES ESTABLISHED BY KHSAA ENSURING THAT ALL ATHLETIC ACTIVITIES ARE CONDUCTED WITHIN THE ESTABLISHED BY-LAWS.
- f* THAT ETHICS, INTEGRITY, AND RESPECT ARE TRANSLATED INTO THE WORD SPORTSMANSHIP. GOOD SPORTSMANSHIP IS A VITAL PART OF HIGH SCHOOL ATHLETICS AND MUST BE REFLECTED IN THE BEHAVIOR OF SCHOOL ADMINISTRATION, COACHES, STUDENT ATHLETES, AND SPECTATORS.
- f* THAT THE HOLY CROSS HIGH SCHOOL ATHLETIC PROGRAM WILL MAKE AN IMPORTANT CONTRIBUTION TO THE SCHOOL, STUDENTS, ALUMNI, AND OTHER STAKEHOLDERS TO BUILD UPON THE SENSE OF COMMUNITY

THE POWER OF THE CROSS

HOW TO MAKE THE MOST OF YOUR ATHLETIC EXPERIENCE

- f* THERE IS A REASON THAT STUDENT COMES FIRST IN STUDENT ATHLETE
- f* IT DOES NOT TAKE ANY TALENT TO HUSTLE. PRACTICE HARD EVERY DAY
- f* RESPECT THE GAME
- f* TUCK IN YOUR SHIRT, TIE YOUR SHOES
- f* PERSISTENCE IS MORE IMPORTANT THAN TALENT
- f* HELP YOUR TEAM WIN WHETHER YOU PLAY OR NOT
- f* NEVER ARGUE WITH AN OFFICIAL, OR USE INAPPROPRIATE LANGUAGE
- f* LET YOUR COACHES COACH YOU
- f* MAINTAIN GRADES THAT ARE BETTER THAN THE MINIMUM NEEDED
- f* BE THE FIRST ONE AT PRACTICE AND THE LAST TO LEAVE
- f* LIFE IS NOT FAIR
- f* DO NOT MAKE EXCUSES FOR YOURSELF, OR ALLOW OTHERS TO DO SO
- f* LOVE THE GAME
- f* KEEP YOUR LOCKER ROOM CLEAN
- f* LEARN YOUR ROLE, ACCEPT IT
- f* TELL PEOPLE THANK YOU AND MEAN IT
- f* MANAGERS, TRAINERS, AND COACHES SHOULD BE RESPECTED
- f* BODY LANGUAGE SCREAMS
- f* DO THE RIGHT THING EVEN WHEN NO ONE IS WATCHING
- f* CHEER FOR YOUR TEAMMATES
- f* LEARN FROM MISTAKES
- f* HAVE FUN, BE ENTHUSIASTIC
- f* ACCEPT CRITICISM AS AN OPPORTUNITY TO IMPROVE
- f* MAKE EYE CONTACT WHEN YOUR COACHES ARE TALKING
- f* LEARN TO BE HUMBLE, THE SPOTLIGHT IS NEVER TOO SMALL TO SHARE
- f* PLAY THE GAME, DO NOT PLAY TO THE FANS
- f* LEARN THE DIFFERENCE BETWEEN A RIGHT AND A PRIVILEGE
- f* THANK GOD EVERY DAY FOR YOUR GIFTS, TALENTS AND OPPORTUNITIES

THE POWER OF THE CROSS

HOW TO MAKE THE MOST OF YOUR EXPERIENCE AS A PARENT/GUARDIAN

- f* RESPECT THE GAME
- f* ENCOURAGE YOUR ATHLETE
- f* BE A STUDENT OF THE GAME, LEARN THE RULES.
- f* NEVER VERBALLY ABUSE AN OFFICIAL OR USE INAPPROPRIATE LANGUAGE
- f* BEING A SPECTATOR AT AN ATHLETIC EVENT PROVIDES YOU AN OPPORTUNITY TO REVEAL YOUR CHARACTER
- f* LET THE COACHES COACH
- f* DO NOT BE TOO HARD ON YOUR ATHLETE BUT DO NOT GIVE THEM A FREE RIDE EITHER
- f* LIFE IS NOT FAIR
- f* TELL THE TRUTH AT ALL TIMES
- f* ENCOURAGE TEAMMATES EVEN IF YOUR ATHLETE DOES NOT PLAY
- f* DO NOT MAKE EXCUSES FOR YOUR ATHLETE
- f* LOVE THE GAME
- f* BE PASSIONATE ABOUT THE TEAM
- f* SHOW YOUR ATHLETE HOW TO SAY THANK YOU
- f* SHOW RESPECT FOR OPPONENTS
- f* BE ENTHUSIASTIC, HAVE FUN
- f* TEACH YOUR ATHLETE HUMILITY
- f* SHOW YOUR ATHLETE HOW TO COMPETE
- f* LEARN THE DIFFERENCE BETWEEN A RIGHT AND A PRIVILEGE
- f* COACHES OWE YOU HONESTY. BE HONEST WITH THEM
- f* BODY LANGUAGE SCREAMS, IT NEVER WHISPERS.
- f* THANK GOD EVERY DAY FOR GIVING YOU THE OPPORTUNITY TO SPEND THESE TIMES WITH YOUR ATHLETE

THE POWER OF THE CROSS

PROTOCOL FOR DEALING WITH CONCERNS

THE HOLY CROSS HIGH SCHOOL ATHLETIC EXPERIENCE IS ONE THAT WE HOPE PROVIDES SATISFACTION FOR ALL PARTICIPANTS AND THEIR PARENTS. IT IS INEVITABLE, HOWEVER, THAT INDIVIDUALS MAY HAVE QUESTIONS OR CONCERNS DURING THE COURSE OF THE YEAR. WHEN ISSUES OR CONCERNS ARISE DURING THE COURSE OF AN ATHLETIC SEASON, PARENTS AND STUDENT ATHLETES SHOULD ALWAYS CONSULT WITH THE APPROPRIATE COACH AS THE INITIAL STEP IN THE CLARIFICATION PROCESS. IN THE EVENT THAT THE ISSUE CANNOT BE SATISFACTORILY RESOLVED AT THIS STAGE, IT IS THEN APPROPRIATE FOR THE ATHLETIC DIRECTOR TO BECOME INVOLVED.

EXPECTATIONS OF HOLY CROSS HIGH SCHOOL COACHES

HCHS COACHES ARE EDUCATORS, MENTORS, AND LEADERS OF THE YOUNG MEN AND WOMEN THAT THEY COACH. PARENTS/GUARDIANS, AND STUDENT ATHLETES CAN EXPECT THAT HOLY CROSS COACHES WILL:

- f* PLACE THE WELL-BEING OF THEIR ATHLETES AHEAD OF THE DESIRE TO WIN.
- f* EXEMPLIFY HIGH STANDARDS OF MORAL CHARACTER AT ALL TIMES
- f* PROVIDE APPROPRIATE AND REASONABLE SUPERVISION OF ATHLETES
- f* RECOGNIZE THE INHERENT INDIVIDUAL WORTH OF EACH ATHLETE
- f* USE APPROPRIATE LANGUAGE WHEN COMMUNICATING WITH ATHLETES
- f* ENCOURAGE AND ASSIST ATHLETES IN THE PROCESS OF SETTING AND ACHIEVING GOALS
- f* STRIVE TO DEVELOP THE QUALITIES OF LEADERSHIP AND INITIATIVE IN ATHLETES
- f* ESTABLISH AND ENFORCE TRAINING RULES THAT REFLECT THE POSITIVE VALUES OF ABSTAINING FROM THE USE OF DRUGS, ALCOHOL, AND TOBACCO
- f* PROVIDE A SAFE ENVIRONMENT FOR PRACTICE AND PARTICIPATION
- f* TEACH AND ABIDE BY THE RULES OF THE GAME IN LETTER AND SPIRIT
- f* SEEK EXCELLENCE IN COACHING THROUGH COLLABORATION AND PROFESSIONAL DEVELOPMENT
- f* PROMOTE PERSONAL FITNESS AND SOUND NUTRITION TO ATHLETES IN WORDS AND ACTION
- f* ENCOURAGE AND PROMOTE A HEALTHY RESPECT FOR THE ENTIRE ATHLETIC PROGRAM
- f* UTILIZE APPROPRIATE COACHING TECHNIQUES WHEN INSTRUCTING ATHLETES
- f* RESPECT THE INTEGRITY AND JUDGEMENT OF GAME OFFICIALS
- f* BUILD AND MAINTAIN RELATIONSHIPS WITH COACHES THROUGHOUT THE HCHS ATHLETIC PROGRAM
- f* ENFORCE TEAM RULES AND REGULATIONS
- f* SUPPORT HOLY CROSS HIGH SCHOOL IN WORDS AND ACTIONS

THE POWER OF THE CROSS

ALCOHOL/TOBACCO/SUBSTANCE ABUSE SUSPENSION

ANY ATHLETE THAT IS SUSPENDED RELATING TO ALCOHOL/TOBACCO/DRUG USE WILL LOSE ELIGIBILITY AS STATED:

1ST OFFENSE: 3 GAME SUSPENSION

2ND OFFENSE: SUSPENDED FOR THE REMAINDER OF THE SEASON

3RD OFFENSE: SUSPENDED FOR THE SCHOOL YEAR FROM ANY/ALL ATHLETIC PROGRAMS

ATTENDANCE POLICY

STUDENT ATHLETES ARE EXPECTED TO ATTEND SCHOOL EACH DAY. IF A STUDENT IS ABSENT/TARDY FROM SCHOOL PROPER NOTIFICATION MUST BE MADE TO THE SCHOOL. STUDENTS ARE CONSIDERED ABSENT FOR ONE-HALF DAY IF THEY ARRIVE AFTER **9:30 A.M.** OR LEAVE BEFORE **1:30 P.M.** STUDENTS WHO HAVE OUTSIDE APPOINTMENTS AND WHO ARE AWAY FROM SCHOOL MORE THAN 2 HOURS WILL BE CONSIDERED ABSENT FOR ½ DAY. A STUDENT WHO IS ABSENT FOR A ½ DAY OR THE ENTIRE ACADEMIC DAY MAY NOT COMPETE IN AN ATHLETIC EVENT OR PRACTICE DURING THAT SAME DAY. ONLY SCHOOL ADMINISTRATION MAY ALLOW SPECIAL CIRCUMSTANCES.

DISQUALIFICATION

IF AN ATHLETE IS DISQUALIFIED DURING AN ATHLETIC CONTEST, ACCORDING TO KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION POLICY THE ATHLETE WILL BE SUSPENDED FOR THE NEXT GAME. HOLY CROSS HIGH SCHOOL POLICY REQUIRES AN ADDITIONAL ONE GAME SUSPENSION.

ACADEMIC/CONDUCT ELIGIBILITY

EACH COACH WILL BE RESPONSIBLE FOR CHECKING THE RULES AND FOLLOWING REGULATIONS SET BY THE KHSAA AND HOLY CROSS HIGH SCHOOL REGARDING ACADEMIC ELIGIBILITY

- f* ANY STUDENT FAILING TWO OR MORE CLASSES IS INELIGIBLE FOR THAT WEEK. A WEEKLY GRADE/CONDUCT REPORT IS CREATED. STUDENTS WHO ARE INELIGIBLE ARE UNABLE TO PARTICIPATE/CONDITION/PRACTICE FOR 7 DAYS. THIS TIME FRAME WILL BEGIN THE MONDAY FOLLOWING THE REPORT AND EXTEND THROUGH THE FOLLOWING SUNDAY.
- f* ANY STUDENT RECEIVING 3 OR MORE DEMERITS IN ONE WEEK WILL BE PLACED ON THE GRADE/CONDUCT REPORT AND WILL BE INELIGIBLE FOR ONE WEEK. STUDENTS WHO ARE INELIGIBLE ARE UNABLE TO PARTICIPATE/CONDITION/PRACTICE FOR 7 DAYS. THIS TIME FRAME WILL BEGIN THE MONDAY FOLLOWING THE REPORT AND EXTEND THROUGH THE FOLLOWING SUNDAY.
- f* INELIGIBLE STUDENT MAY NOT BE ON THE SIDELINES IN ANY CAPACITY
- f* INELIGIBILITY POLICIES APPLY DURING THE SUMMER MONTHS

HOLY CROSS HIGH SCHOOL ATHLETICS
CODE OF CONDUCT

WITH THE UNDERSTANDING THAT PARTICIPATION IN ATHLETICS IS A PRIVILEGE AND THAT ATHLETES REPRESENT HOLY CROSS HIGH SCHOOL, THE FOLLOWING RULES WILL APPLY TO OUR ATHLETES:

- A. THE USE, SALE, OR POSSESSION OF ALCOHOL, DRUGS, OR TOBACCO IS FORBIDDEN FOR ANY ATHLETE. VIOLATION WILL RESULT IN SUSPENSION &/OR DISMISSAL FROM THE TEAM. IF SUSPENDED NO ASSOCIATION WILL BE ALLOWED WITH ANY OTHER TEAM DURING THAT SEASON. NO CONDITIONING WORKOUTS WILL BE PERMITTED WITH ANY OUT OF SEASON TEAM. USE OF ATHLETIC FACILITIES FOR TRAINING WILL NOT BE ALLOWED UNTIL THE END OF THE SEASON.**
- B. DISRESPECT OR NONCOMPLIANCE TOWARDS COACHES WILL RESULT IN DISMISSAL FROM THE TEAM. NO ASSOCIATION WILL BE ALLOWED WITH ANY OTHER TEAM DURING THAT SEASON. NO CONDITIONING WORKOUTS WILL BE PERMITTED WITH ANY OUT OF SEASON TEAM. USE OF ATHLETIC FACILITIES FOR TRAINING WILL NOT BE ALLOWED UNTIL THE END OF THE SEASON.**
- C. ATHLETES MUST BE COMMITTED TO THEIR TEAM. ONCE SELECTED TO A TEAM, AN ATHLETE MUST REMAIN WITH THAT TEAM UNTIL THE END OF THE SEASON. QUITTING A TEAM WILL RESULT IN NON ASSOCIATION WITH ANY OTHER ATHLETIC TEAM DURING THAT SEASON. NO CONDITIONING WORKOUTS WILL BE PERMITTED WITH ANY OUT OF SEASON TEAM. USE OF ATHLETIC FACILITIES FOR TRAINING WILL NOT BE ALLOWED UNTIL THE END OF THE SEASON.**

BY SIGNING THE HCHS CODE OF CONDUCT WE ARE ACKNOWLEDGING THAT WE HAVE READ AND UNDERSTAND ALL INFORMATION INCLUDED IN THIS HANDBOOK, AND WILL COMPLY WITH THESE RULES/POLICIES.

STUDENT ATHLETE

DATE

PARENT/GUARDIAN DATE

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