

Brebeuf Jesuit CC: The Details

“It is all important. Don’t be better than the little things.”

“Become the best, even at the little stuff like icing and stretching.” -Bob Kennedy

I. Goal setting: “Set goals, but not limits.” –Bob Kennedy

• Individual Goals: “What is the most I can hope to accomplish?”

- Set goals: short term, intermediate term, and long term.
- These goals can be your position on the team, beating an opponent, passing a certain number of runners in the last kilometer, negative splitting, running a personal best on a fast course, running in a varsity race, running with the varsity on a workout...
- Also, set a goal for each day, each week, each month, each season, and each year.
- Be realistic in your goals but don't limit yourself either.
- If you want to take a minute off your time by the end of the season, do not expect to make that leap all at once; set goals that will take you there step-by-step.
- Chart your progress so you can see yourself moving in the direction you want to go.

• Team Goals: “Are we a team, or are we a collection of individuals?”

- In an effective team, the team members
 - **trust** each other with their strengths and weaknesses.
 - are willing to confront one another in productive **conflict** to address issues.
 - demonstrate **commitment** to the goals of the team while promoting this attitude.
 - hold each other **accountable** in the pursuit of individual **and** team goals.
 - are attentive to **results** rather than distractions, egos, and personal gain.
- One team goal is ALWAYS knowing and supporting the individual goals of your teammates.
- Team goals are agreed upon by the coaches, team leaders, and team members. These could be a winning or placing in a meet, increasing awareness of the major individual goals of teammates, advancing in the state tournament, avoiding injury, improving discipline with the little things, caring for each member of the team, collectively improving the running abilities of each member of the team, preparing the younger members of the team to eventually take over in leadership...

Example:/ 2009 Coaching Goals

1. get runners to the start line injury free
2. train to **race** the 5K
3. build a unified girls team and unified boys team with common commitment, goals, and direction

II. Attitude “You can choose attitude.” “Attitude is everything.”

• Be coachable

- Become a student of your sport! Study YouTube videos, running websites, books, articles, and other athletes and coaches in the sport. Find out about the great athletes who have competed in Cross Country and Track & Field, how they trained, and what they accomplished. The more you know, the more pride you will have in your own training and racing. The more you **share** with coaches and teammates, the stronger our program becomes.
- Issues, concerns, and comments naturally arise in the course of a season. In fact, productive and healthy conflict is how we strengthen relationships. There is a right way and wrong way to have a dialogue with a coach. Do not yell in the middle of a workout. But do not bottle issues away.

- Be respectful of your parents, teachers, coaches, and all who support you in your athletics.
- Know the objective of the workout, otherwise ask a teammate or coach.
- **Believe in the training you have done.**
- **Be prepared: Train, and live your life, by a simple rule: “Be where you are supposed to be, when you are supposed to be there, ready to do what you are supposed to do, then do it the way you are supposed to do it.”**
 - Know the pattern of the week. When are the easy workouts, hard workouts, lifting times?
 - Physical preparation is often a progression of eating right and sleeping.
 - Eat lunch early enough to let it digest. Choose the right foods. Hydrate throughout the day.
 - Get the proper amount of rest. Strive for 8 hours of sleep every night. Take naps during the day if you can (not in class). Muscle strength increases through the cycle of stress and rest. If you do not get enough sleep, you are impeding the process. You cannot train or race effectively when your body is tired.
- **No distractions**
 - No music during running. Listen to your body, and think about the process of what you are doing.
 - Do not disassociate/distract yourself from the act of running. Concentrate on what your body is doing; make corrections to form and stride. This is what we mean when we say “stay focused”.
 - By paying attention and reacting accordingly during training, you can teach yourself techniques to deal with pain during racing and improve your results. For example, a side stitch or cramp can be dealt with by adjusting your breathing (breathe in 3 steps, breathe out 3 steps).
- **No excuses**
 - Do not dwell on the pain of racing. Accept it; what we do hurts.
 - If you are not hurting during a race, you are not getting the most you can out of yourself. Learn to push to and hold yourself to your limit to maximize performance.
 - If you do your best, you are always in discomfort. Handle it.
- **Commitment**
 - Understand the commitment you bring to your team and your team brings **because** of you.
 - What do you want to accomplish?
 - What are you **committed** to accomplish?
 - Make a commitment to yourself, to your teammates, to your school, and to your coaches to be the best that you can be.
 - If your coaches care more about your training and racing than you do, you are in the wrong place.
- **Mental Training (90%)**
 - Mental toughness requires
 - Commitment
 - Perseverance
 - Positive attitude
 - Clear goals
 - Resilience
 - Build mental toughness by believing in your training.
 - Running is a physical game. Racing is a mental game. When the gun goes off, are you ready to race?
 - Learn psychological tricks, such as **focusing on your form and nothing else** when the race gets hard. Or pick a “go” point that is just ahead of you.

- Practice visualization. In your mind, see yourself with good form, a strong and fluid stride, moving up through a field, finishing strongly in your goal time/position.

III. CC Running Log

- Keep a running log tracking all of your miles. This log should indicate the distance of your run, the time it took to complete, and some comments on how you felt.
- You should only increase mileage between 10-15% each week in the summer and never increase more than that during the season.
- You can obtain a yellow journal from a coach, keep a computer file, or use a website (like flotrack.com).
- It may also be helpful to keep a log of what you eat, document how much you sleep, and look for trends on how you feel accordingly.

IV. Training

• Phases of Training

- Phase I (5 weeks) – Base-building I: Build a solid distance base, increasing weekly mileage by 10% each week. Mostly easy or moderate pace running. Quality sessions are limited to experienced runners and may consist of fartleks, hills, and cruise intervals along with increasing the pace on a distance run. Drills are done before each workout. Weight training begins 3 times/week. There is an increased emphasis on learning to run with proper form.
- Phase II (5 weeks) – Base-building II: Mileage is increased to meet mileage goals for the end of the base-building phases. In addition, controlled stresses of short period hard work followed by prolonged recovery is incorporated in preparation for Phase III. Tempo runs and time-trials are added to fartleks, cruise-intervals, and hills. Cross-training (swimming, biking, Pilates) are added to weights. There is an increased emphasis on maintaining proper form in times of stress.
- Phase III (4 weeks) – Strength. The early season allows for 3 quality sessions per week designed to improve aerobic capacity. Two of these are typically 5K races, while the other involves interval or fartlek training at interval pace. Weight-training is minimized to maintenance mode 2-3 times per week. There is an increased emphasis on the warmup procedure before quality sessions to mimic that of a race.
- Phase IV (4 weeks) – Stamina. Repeats are incorporated along with interval training to develop anaerobic capacity, explosive speed, and train the athlete to overcome lactic acid buildup late in a race. There is an increased emphasis on the recovery procedure after quality sessions to enable the runner to do his/her best on the next quality workout.
- Phase V (3-7 weeks) – Championship. Goal-pace interval training and repeat training are the primary focus of quality days while maintaining mileage. There is an increased emphasis on the little things (nutrition, sleep, stretching, drills, recovery) to get the mind ready to race. The runner should feel as if he/she has done everything possible and left nothing behind at the start of the tournament.

• Consistency: “Overnight success takes 2-3 years.”

- You get in racing what you do in practice.
- You must have consistency in training and in your weekly mileage to see improvement.
- Training is about progressively getting you to the next level. When you are progressive, sleep, diet, and rest are important. When you are progressive, you cannot miss a day.
- If you are a true competitor, you are **consistent** by being a good performer. If you lack consistency, you are probably not doing what you can to be prepared.

- **Types of runs**

- **Long, Easy Distance runs:** Aerobic conditioning run done at an easy pace that is conversational. These runs can be used as recovery. With increased conditioning, these must increase in distance to see benefit. Distance is anywhere from 2-10 miles.
- **Long, Moderate Distance runs (Long Distance Steady-State):** Aerobic conditioning run at moderate pace that is just beyond conversational. The pace should be consistent for the duration of the run. Distance is anywhere from 4-10 miles.
- **Tempos (Short Distance Steady-State):** Anaerobic conditioning runs are done at 80-90% capacity for 15-25 minutes. This is a “comfortably hard” pace that you could continue for a mile more than you are running.
- **Cruise intervals (fartleks):** These “pickups” are done at tempo pace with decreased rest. The distance varies from 2 minutes to 1 mile. The rest is shorter than the time you are running.
- **Intervals (or repeats):** Aerobic capacity repeats increase the efficiency of your body to run fast, both physiologically and mechanically. Runs are designed so that you and your body can “learn” to run at your 5K goal pace. Distance will vary from 300-1000 meters as we move into the regular season. The rest is typically equivalent to the run, but can be decreased.
- **Strides/speed:** Anaerobic capacity running is done at >100% to increase leg strength, speed, and train the body to deal with lactic acid buildup. Strides also work on running form.
- **Recovery run:** A recovery run is done at an easy run pace, but is significant shorter.
- **Hills:** The best hills are not so much steep as a long, steady incline. Run up hills by shortening your stride, lifting your knees, and driving your arms. Challenge yourself to hold your pace. You should come to see hills as an opportunity to advance on the field.

- **Strength Training**

- Running takes the coordination of countless muscle fibers, bone tissues, and nerve clusters along the entire length of the body repeated thousands of times in a workout or race. The weakest link along that chain is limiting your performance. Strengthen it.
- Consistent work on upper and lower body strength will increase the strength-to-mass ratio, allowing a runner to run faster with less energy.
- If your goal is to “bulk up”, you are in the wrong place. We lift to tone our muscles in order to assist in running form and injury prevention.

- **Stretching and Drills**

- Dynamic stretching is done to work the limits of the range of motion and to relax the muscle groups that are not while running. Increasing the range of motion in a controlled and precise manner can improve stride length, contributing to more efficient running form (faster with less energy).
- Drills reinforce proper running form. All drills are performed with attention and focus on form.
- Static stretching releases tension and reduces inflammation.
- Abs work on the core strength necessary to maintain good form.
- Hip circuits strengthen hip flexors and keep the running motion in a forward direction rather than side-to-side.

- **Running Form**

1. Relax muscles that are not active in the running movement
 - a. This is what we mean when we say “relax” during a race.
 - b. Eliminate tension in your shoulders, hands, and face.

2. Keep your body in an almost upright position, squaring your shoulders and holding your head level.
 - a. Core strength (abs and back muscles) is essential to support the hips and spine.
 - b. Focus on posture by imagining being pulled upward by a rope attached to the top of the head.
3. Drive your arms and legs in the direction you want your body to go.
 - a. The arms should swing naturally at the shoulder joint rather than opening and closing at the elbow joint, which should be kept at about a 90° angle.
 - b. The hands should not cross over an imaginary vertical line that divides the body into right and left halves.
4. Settle into your own natural stride length and frequency.
 - a. Each runner will naturally choose an appropriate stride length and frequency.
 - b. To go faster, increase stride-length by pushing down with greater propulsive force.
5. Minimize downward sinking and upward bouncing.
 - a. Do not allow your knees and hips to sink. Stiffen the knees and ankle joints.
 - b. This can be corrected with strength training and technique drills.
6. When running at fast speeds, land on and push off from your midfoot or forefoot.
 - a. Heel striking allows the foot to remain on the ground too long.
 - b. As you speed up, you should naturally move toward striking with the ball of your foot.
7. Avoid overstriding and passive landings – land with your foot close to your hips and moving backward.
 - a. Overstriding reduces forward momentum by pushing against the direction of motion.
 - b. Form drills and conscious effort to land the foot under the hips can correct this.
8. In the takeoff phase, extend your three major joints in coordination (ankle, knee, and hip).
 - a. Are the toes pointed downward on extension?
 - b. Are the three major joints aligns on takeoff?
9. Lift your knees to increase stride length and running speed.
 - a. Runners with poor knee-lift drop the foot too quickly after push-off which limits the amount of time over which force is produced by the opposite driving leg.
 - b. High knee drills help with this.
10. Alter your posture and stride mechanics for proper uphill and downhill form.
 - a. Uphill – maintain rhythm and pace by leaning forward slightly, shortening your stride, and driving your arms and legs up the hill. Look up the hill!
 - b. Downhill – relax, maintain pace, and lean backward slightly allowing the stride to increase in length. Gravity will do the rest.

- **Cross Training**

- Do not leave cross-training for when you cannot run. Cross-train when you are healthy to **prevent** injury. An elliptical machine is an excellent recovery workout the day after a race.
- Swimming, biking, elliptical, spin, weights, and Pilates all yield cardiovascular, muscular, and neurological benefit while reducing the pounding of muscles in the running process.
- A running injury **is not the end of a season**. You **MUST** cross-train diligently in anticipation of your return date. Many runners have cross-trained diligently and picked up right where they left off when coming off an injury.

- **Recovery Procedure: “The first duty of every runner is to make it to the line, injury-free and prepared to race.”**

1. The “golden hour” of recovery starts immediately after a workout.
2. Within 30 minutes of finishing a workout, get calories back in your system! Refuel with a chocolate milk, Endurox, NutraGrain bar, banana, peanut butter... SOMETHING nutritious.
3. Complete your static stretching, abs, and hip flexor circuits.
4. Ice any sore shins or other parts of the leg. Consider an ice bath.
 - a. If you are unable to get to an ice bath, fill your tub at home with cold water and stay in for 15 minutes.
 - b. Massage your shins with an ice cup.
5. Take a NSAID (ibuprofen, Advil) if muscle pain persists.
6. See the trainer if something is still bothering you, but do not forget to communicate the problem to a coach.

- **Undertraining/Overtraining**

- Undertraining means that you are not challenging yourself by increasing the difficulty level appropriately to build skill. Every runner can improve.
- Overtraining can be dangerous. Feeling lethargic, heavy legs, weakened immune system, consistently tired, chronic fatigue, loss of appetite, and lack of enthusiasm are signs of overtraining. Communicate these to a coach, but do not confuse these signs with poor sleep/nutrition.
- Training should be based on **recent performance**, NOT unrealistic expectations.
- You should always be placed in an appropriate training group when running with others.

- **Nutrition**

- Eat 5 times a day, little meals each time.
- Do not skip breakfast and then gorge yourself at lunch.
- Do not eat late at night, or you risk interrupting your REM sleep cycle.
- Get calories back in your system 20-30 minutes after you run.
- If you are going to carb load, do it 2 days before the race.
- Do not eat to excess the night before a race. Even with our team dinners, keep your regular habits.
- Eat like an athlete, not like a couch potato.
 - Concentrate on complex carbohydrates (pasta, baked potatoes, wheat bread, etc.). They burn more slowly and therefore provide a more constant flow of energy than do simple carbohydrates (candy, cookies, soft drinks, etc.) that give you a quick burst of energy but then quickly leave you feeling flat and tired.
 - Eat meat but not to excess and when you do make sure it is lean.
 - We need fat in our diet, but not the excessive amount we find in something like a bacon cheeseburger and an order of fries with a milkshake.
 - Incorporate plenty of fresh fruit and vegetables in your diet to ensure proper vitamin and mineral intake.
 - Nutrition really does affect performance.
- Stay well hydrated. Drink plenty of water, but do not **only** drink water. Excessive water-only intake can wash the electrolytes from your body and leave you feeling weak and sometimes faint.
Alternating water and a sports drinks or a quality fruit juice is a better plan.

- **Sleep**

- You need 7-9 hours of sleep each night. **No exceptions.** This is critical to the recovery process.
- Sleep cannot be “made up”. If you get 5 hours on Thursday night and then 10 hours on Friday night, you will be tired on Saturday morning.

- **Do not vary your normal habits the night before a race.** Plan on getting more sleep 2 nights before a race if you must.
- Support your school's other sports teams, but leave during half time if it is the night before a competition. Set that boundary for yourself. Your own competition reflects a higher priority.
- **Summer Training: "Champions are made in the off-season."**
 - Goal #1: use summer training to reach mileage goals for the summer while incorporating enough strength conditioning, core strength, and cross training to be a strong, efficient, and effective runner. Summer training encompasses Phase I and Phase II of training.
 - Goal #2: accumulate enough training days to be invited to training camp.
 - All summer training is optional. All students at BJPS may join the team on the first day of official IHSAA practice. No summer training is required to become a member of the team.
 - Summer training begins 9 weeks prior to the first official IHSAA practice. Practices are generally at 8am and 6pm with a Saturday long run at 8am. Locations are predetermined and posted/E-mailed in advance.
 - Training camp is a reward for consistent and hard work over the summer. Runners must attend summer practices or demonstrate consistent running via running log to be invited to training camp.
- **Life-long Running**
 - We are committed to assist any runner who wishes to continue running in college.
 - We get the blessing of a sport that is life-long. There are always challenges that await a runner at the amateur level. Brebeuf athletes have gone on to start running clubs in college, compete in 5K, 10K, half-marathon, and full-marathon races.
 - All graduates of Brebeuf CC are invited back to the program as alumni coaches. All former runners are strongly encouraged to continue running.
 - No matter where you are, think of yourself as "always in training". You will be amazed at the physical and mental benefits of living the lifestyle you learn from being a runner.

V. **Racing: "First half pace, second half race."**

- **Warmup**
 - Practice visualizing the entire 5K. See yourself starting strong and getting into position. Anticipate feeling bad at the 3K, and focus on your form to overcome it. Prepare to pick up your pace on the last K, overcome your pain threshold, and pass other runners all the way to the finish.
 - Always do a course preview as a part of the warmup. Take advantage and learn the tricks of the course, even if you have raced it before. Anticipate problem spots, memorize the directions (do not count on following someone), and scope out potential opportunities for advancement.
 - The warmup procedure should be a ritual designed to prepare and focus on the race to come.
- **Race: "Put your passion for racing in a bottle, and open it in the middle of the race"**
 - Learn to break race down in to parts (3 miles, 5 Ks, 2 halves) so the whole is not overwhelming. It is easier to execute each part well this way.
 - Start fast, but settle into a pace before burning out or shocking your system.
 - Do not think about how much distance is left. Look forward to specific points where you have decided you are going to accomplish a minor goal you have just set for yourself.
 - When you are tired in a race, focus on your running form and nothing else. Relax muscles that are not involved in the running motion. Straighten your arm swings. Lift your knees. Strike with your

midfoot or forefoot. Adjust your stride length appropriately. But focus on your form and nothing else. When you feel good again (and you will), look ahead for someone to catch.

- Work on your kick. Add 200-meter or 300-meter pickups to easy runs. Do strides after easy workouts.
- Do not judge a race until it is over.

- **Post-Race Analysis**

- Be honest in your self-assessment of your race. Be specific with what you did well and what you could have done better.
- Do not make excuses for yourself when you mess up a race. Take responsibility for what you did not do well, learn from the race, and run a better tactic the next time out.
- Do not be afraid to fail, because sometimes you are not really failing.
- Do not compare times as much as racing experiences.
- The score matters because results matter. Everyone should be aware of how the TEAM has accomplished or failed to accomplish the goals of a race. Everyone should be aware of each other's contributions to those goals

VI. Standards for Participation in Brebeuf Jesuit Cross Country

- **No-cuts: "Our cuts come in the form of guys who don't work hard." -Wabash**

- Being a student-athlete is a privilege, not a right.
- Racing is a privilege that comes from hard work and the will to compete. If a runner does not come to practice, that runner does not compete in the meets.
- If a runner does not choose to participate in ALL aspects of practice (dynamic stretching, drills, running a workout, core strength/abs, static stretching, weights, strides, etc.), that runner chooses to not participate in Brebeuf Jesuit Cross Country.

- **CC Uniform and Warmups: in order to receive these...**

1. Do not be late
2. Do not miss practice
3. Compete in meets

VII. Rule Book

Philosophy of Brebeuf Jesuit Athletics

The interscholastic athletic program is an integral part of the total education and growth experience at Brebeuf Jesuit Prep. Our athletic program is designed to affirm and promote Ignatian values of the Profile of the Graduate at Graduation and in doing so engage student athletes fully in mind, body and heart.

The Brebeuf Jesuit student athlete is **Open to Growth**. Prep student athletes desire excellence and are in a continual self-improvement mode. They are coachable. They take criticism and complement with equal ease. The Brebeuf Jesuit student athlete will also take responsibility for personal growth by developing loyalty, pride, integrity and commitment.

The Brebeuf Jesuit student athlete is **Intellectually Competent**. Prep athletes must first be committed students. They must recognize and live by the relationship between preparation and performance. Brebeuf athletics provides the opportunity for the student athlete to exhibit a progression of physical skills and knowledge of a particular sport. In turn, these skills and knowledge can be applied to new situations and learning formats.

The Brebeuf Jesuit student athlete is **Religious**. Prep athletes have an awareness of and gratitude for God's presence in all that they do. Through participation in athletics the student athlete learns that God is active in all things and that by participating, a closer relationship with God can be developed. The student athlete realizes that he or she is known and loved by God, and that God's love invites a personal response through the athletic endeavor.

The Brebeuf Jesuit student athlete is **Loving**. Our athletes demonstrate unselfishness for the common good. To be a team member and to accept a team role without complaint is a loving act.

The Brebeuf Jesuit student athlete is **Committed to Justice**. On the course, Prep athletes demonstrate sportsmanship under pressure and accept responsibility for personal actions and decisions. Braves learn the rules and abide by them.

The student athlete is called to be conscious of the Jesuit, Catholic and interfaith dimension of Brebeuf Jesuit. Student athletes, coaches and parents are called upon to work together in a true spirit of sportsmanship to assist in creating an environment in which those Ignatian values can be revealed, tested and proven relevant to the entire Brebeuf Jesuit community.

IHSAA Rules of Note

- A student athlete that has been absent for five (5) or more days must complete four (4) separate days of practice before they can compete in interscholastic competition.
- A student athlete must complete ten (10) separate days of organized practice under the supervision of the coaching staff in order to participate in a contest.

Brebeuf Jesuit Participation Standards

Participation in interscholastic athletics is a privilege, not a right. It must be earned through demonstrated commitment, honesty, loyalty and hard work. The coaches of each sport, with the authority of the athletic department and the high school principal, will enforce the specific elements of the Code of Conduct and Standards of Participation.

- The good of the team is first and foremost.
- **The coaches of individual teams may supplement the Brebeuf Jesuit athletic department Student Athletic Handbook with their own additional rules that are specific to their sport. These rules carry the same weight as do those of the athletic department and may carry specific penalties that would be administered and enforced by the coach of that team.**
- Brebeuf Jesuit student athletes are expected to be a positive role model to the other students in our school.

Sportsmanship

- Good sportsmanship will always be the focal point of the Brebeuf Jesuit athletic department. It will be reflected in how we treat our teammates, coaches, officials and opponents.
- Student athletes at Brebeuf Jesuit will place the positive and supportive relationship with their teammates and coaches as their highest priority. Regardless of the sport, individual or team, we are only as strong as how we treat each other.
- After all contests, Brebeuf Jesuit athletes are expected to shake hands with the athletes and coaches from the team(s) that we have competed against.
- Team areas and benches, both home and away, will be picked up and cleaned.

- After all contests, regardless of whether we agree or disagree with their calls, Brebeuf Jesuit athletes will thank the officials for their work in officiating the contest.
- After any contest where ribbons, medals or trophies are presented to the opposing team(s), Brebeuf Jesuit athletes will stay and watch and applaud the efforts of the athletes and team(s) involved in that contest. At no time will Brebeuf Jesuit athletes ever leave the field or floor while a presentation is being made.
- Brebeuf Jesuit athletes will not use inappropriate language while taking part in any contest.
- Though all sports have some level of physical contact, and recognizing that hard physical aggressive contact is a major and important part of all sports, at no time will a Brebeuf Jesuit athlete engage in physical play that would result in unsportsmanlike conduct that would jeopardize the safety of the opposing athlete or the integrity of the Brebeuf Jesuit team.

Rules for Participation in Brebeuf Athletics

Rule 1. Student athletes shall not knowingly possess, use, transmit or be under the influence of any narcotic drug, hallucinogenic drug, stimulant, depressant, anabolic steroids, marijuana, counterfeit caffeine pills alcoholic beverages or tobacco products or possess, use or transmit any paraphernalia for use of such substances. Consequence: A student athlete knowingly violating this substance abuse rule, on the first offense or, after having self-reported on a previous offense, will be removed from participation from the team on which the student is participating for fifty percent (50%). The second offense will be removal from participation for six (6) months and any subsequent offense will result in removal from participation in athletics for a minimum of one (1) calendar year (12 months) from the date of the infraction. Interscholastic competition, practice, conditioning and participation in team camps are prohibited.

Rule 2. Student athletes shall not participate in interscholastic sports if convicted of committing a crime. Consequence: A student athlete convicted of a felony at any time shall be excluded from athletic participation for one full year (12 months) from time of conviction. Consequence: A student athlete convicted of a misdemeanor at any time shall be removed from athletic participation for twenty percent (20%) of the athletic schedule on the first offense. The second or succeeding offense will exclude an athlete for one (1) calendar year.

Rule 3. Student athletes that have been arrested and charged with a crime may be removed from participation until a court renders a verdict.

Rule 4. A student athlete that has violated a school rule and has completed a disciplinary hearing with a Brebeuf Jesuit administrator may be subject to additional punishment under the Brebeuf Jesuit Athletic Student Handbook and/or an individual coach's policy. Student athletes suspended out of school are also removed from participation for the duration of the suspension.

Rule 5. A student athlete that has violated any portion of the Brebeuf Jesuit Athletic Student Handbook other than Rules 1, 2, 3 and 4 is subject to a disciplinary hearing and potential punishment that may range from a warning to removal from a team.

Rule 6. The coach of each sport may set specific teams rules in addition to those found in the Athletic Student Handbook. These rules will be given to the athletes by the coach at the first meeting or practice of that sport.

Reporting Of Violations: Violations of the Code of Conduct for Student Athletes and/or violations of any portion of the Athletic Student Handbook should be reported immediately to the appropriate head coach or to the Brebeuf Jesuit athletic department.

Carry Over Of Penalties From Season To Season: If the violation of the Code of Conduct for Student Athletes or a violation of Brebeuf Jesuit rules occurs in the last part of an athletic schedule or athletic season and the student athlete cannot fulfill the remaining terms of their penalty in that sport, the remaining portions of the removal from participation will carry over into the next interscholastic sport in which the student athlete will be involved.

Serving of Penalties: Penalties for violations of the Code of Conduct for Student Athletes or any other violation of Brebeuf Jesuit rules or those rules of the coach within a sport will be imposed immediately and will be served in the order that the contests are scheduled.

Athletic Participation during a Period of Removal from Participation: During the period of time that a student athlete has been removed from participation, and with the exception of the student athlete that has been removed from participation for practices and contests, the student athlete is expected to be present at all athletic contests and practices involving their team. The student athlete is a member of the team and is expected to fulfill this responsibility. If the athlete does not attend a contest or practice or any other function scheduled by the coach, credit will not be given toward fulfilling the requirements of the removal from participation.

Appeals to the Athletic Department: A student athlete and their parent(s) or guardian(s) have the right to a hearing on a removal from participation by notifying the Brebeuf Jesuit athletic director by phone or in writing within two (2) school days after the removal. The right of appeal is forfeited if this is not requested within this two (2) day limit. The purpose of the appeal hearing is to inquire into the student athlete's alleged violation and allow the athlete and parents or guardians to present evidence on behalf of the student athlete. The removal from participation will remain in effect during the appeal hearing.

Appeals to the Principal: The student athlete has the right to appeal the decision of the athletic department to the building principal. The notification of the intent to appeal to the principal must be made by phone or in writing within two (2) school days after the removal. The right of appeal is forfeited if this is not requested within this two (2) day limit. The purpose of the appeal hearing is to inquire into the student athletes alleged violation and allow the athlete and parents or guardians to present evidence on behalf of the student athlete. The removal from participation will remain in effect during the appeal hearing. Following the hearing with the principal, the student athlete and the parent(s) or guardian(s) will be notified within two (2) school days by the principal as to the decision.