

The Student Athlete's Manual

2026-2027

Updated 8/6/2027



Saints Athletics

Table of Contents

Welcome Letter from the Athletic Director.....	3
Mission and Vision.....	4
Student Athletes' Code of Conduct & Ethics.....	4
Academic Policy.....	6
Conduct Policy.....	7
Arbiter Student Registration and PIAA Physical.....	8
Concussion Protocol.....	9
Travel Policy.....	10
Attendance Policy.....	11
Threats, Bullying, Intimidation, Hazing and/or Initiation Ceremonies.....	11
Social Media	
NG Social Media Policy.....	11
PIAA - Social Media (Article VI).....	12
SAAC.....	13
NG Resources.....	14
Academics	
NCAA Coordinator and Freshman and Sophomore Counselor	
Guidance & Instructional Support	
Freshman and Sophomore Counselor	
Counselor for Juniors	
Social Worker	
Campus Ministry	
Student Life	
Whom to Contact?	
Important Links.....	14
The Coach's Guide to Supporting High School Athlete Mental Health (Jed Foundation)	
Mental Health Resources for High School Student Athletes	
Sports Nutrition Manual for High School Athletes	
AOP Athletics Policy and Governance	
PIAA Physical	
PIAA Handbook	

Welcome Student-Athletes,

Welcome to another exciting year of Saints Athletics!

Whether you're a returning student-athlete or joining us for the first time, we are thrilled to have you represent Saints John Neumann and Maria Goretti Catholic High School. As a member of our athletic program, you are part of a proud tradition rooted in faith, discipline, integrity, and excellence—on the field, in the classroom, and in the community.

Being a student-athlete at NG means more than just competing. It's about growing as a leader, showing respect to your teammates and coaches, holding yourself accountable, and giving your best in everything you do. We are committed to helping you succeed in all areas—academics, athletics, character development, and service to others.

We expect you to honor the privilege of wearing the Saints uniform by always displaying good sportsmanship, working hard, supporting your teammates, and making smart choices—on and off the field. This manual is a guide to help you understand the expectations, resources, and responsibilities that come with being a Saint.

We believe in you, and we're here to support you every step of the way. Let's make this year one to remember—full of growth, pride, and championship moments.

Go Saints!

Marc Caserio, Ed.D

Director of Athletics

Saints John Neumann & Maria Goretti Catholic High School

Mission & Vision

Mission Statement

The mission of Neumann Goretti Athletics is to provide a faith-based, student-centered athletic experience that emphasizes academic excellence, character development, leadership, and service to others. We strive to develop well-rounded student-athletes who compete with integrity, lead with humility, and represent our school and community with pride.

Through athletics, we teach the values of discipline, respect, accountability, and teamwork—both on and off the field. Our programs are rooted in the Catholic mission of Neumann Goretti, helping student-athletes grow not only in skill but in spirit, scholarship, and service.

Vision Statement

Our vision is to build a premier high school athletic program that produces champions in life. We aim to:

- **Support Academic Success** by prioritizing the classroom and preparing student-athletes for college and career readiness.
- **Build Character** by instilling core values such as honesty, perseverance, and respect for others.
- **Develop Leaders** by creating opportunities for student-athletes to lead their peers and grow as confident, service-driven individuals.
- **Engage in Community Service** as a fundamental part of the Saints' experience, encouraging student-athletes to give back and make a positive impact.

At Neumann-Goretti, athletics are not just about winning—they're about preparing young men and women to live with purpose, lead with compassion, and serve with joy.

Student-Athlete Code of Conduct & Ethics

As a member of the Neumann Goretti athletic program, you are expected to uphold the highest standards of personal integrity, responsibility, and sportsmanship. Representing NG means being a leader on and off the field.

By choosing to be a Saint, you agree to the following Code of Conduct & Ethics:

1. Academic Excellence

- I will prioritize my education and strive to meet or exceed all academic expectations.
- I understand that consistent effort in the classroom is required for athletic eligibility

2. Respect & Sportsmanship

- I will respect my teammates, coaches, opponents, officials, and fans at all times.
- I will demonstrate good sportsmanship in both victory and defeat.
- I will refrain from the use of inappropriate language, gestures, or unsportsmanlike behavior.

3. Responsibility & Leadership

- I will be punctual and prepared for all practices, games, and team events.
- I understand that I am a role model and will act with honesty, humility, and accountability.
- I will take responsibility for my actions, both in and out of uniform.

4. Commitment to Team

- I will place team goals above individual recognition.
- I will support my teammates, show up with a positive attitude, and give full effort at all times.
- I understand that participation in athletics is a privilege, not a right.

5. Personal Conduct

- I will live a lifestyle that reflects positively on myself, my team, and my school.
- I will not use drugs, alcohol, tobacco, vaping products, or any illegal substances.
- I will follow all school, team, and league rules and policies, including dress code and behavior expectations.

6. Digital Responsibility

- I will use social media and digital platforms responsibly, avoiding content that is disrespectful, harmful, or damaging to others or the NG community.

Academic Policy

Success in the Classroom = Success on the Field

Purpose

Our goal is to develop student-athletes who are disciplined, responsible, and prepared for life beyond high school. Academics come first. Participation in athletics is a privilege earned through effort in the classroom. The Principal and Assistant Principal of Academic Affairs will be involved in all academic conversations and reviews. The Principal or APAA has the authority to supersede the following criteria and can issue a participation suspension at any time.

Academic performance is a top priority. We are committed to developing well-rounded student-athletes who excel both on the field and in the classroom.

Academic Eligibility Standards (Numerical Grades)

♦ **Minimum Academic Standard:**

- Student-athletes must maintain a **70% or higher** in every class.

♦ **Grade Reviews:**

- Grades will be reviewed **every 2 weeks on a Monday during the quarter.**

♦ **Academic Warning:**

- If a student-athlete has at least **one (1) grade below 70%**, they will be placed on **Academic Warning**:
 - They **may continue to play and practice.**
 - They **must attend three (3) academic support sessions per week** until the grade is raised to 70% or above.

♦ **Academic Suspension:**

- If a student-athlete **does not show improvement** in their grade(s) by the next academic review, they will be placed on a **one (1) game suspension.**
 - If a student-athlete **fails at least one subject** on their quarterly report card, they will also serve a **one (1) game suspension.**
-

Academic Support Expectations



Mandatory Study Hall or Tutoring:

- Students on Academic Warning or Academic Ineligibility must attend academic support **three (3) times per week** until they are passing all classes.
 - Missed academic support sessions = missed practices/games
-

Special Cases



New Students / Transfer Students:

- Students new to the school will be monitored closely during their first marking period.



Students with Documented Learning Plans:

- Students with an approved learning support plan, students who are returning to school based on concussion protocol, or other special circumstances will be considered on a case-by-case basis, with support and fairness in mind.
-

Conduct Policy

Philosophy

As a student-athlete at Neumann Goretti, you represent yourself, your team, your school, and your community — on and off the playing surface. We expect our Saints to lead by example with **respect, integrity, discipline, and pride** at all times.

Participation in athletics is a **privilege**, not a right. That privilege comes with the responsibility to uphold the highest standards of behavior. The Principal and Assistant Principal of Student Services will be involved in all conduct conversations and reviews. The Principal or APSS has the authority to supersede the following criteria and can issue a participation suspension at any time.

Expectations for Student-Athletes

On the Field:

- Show respect for teammates, coaches, officials, opponents, and fans.
- Play with sportsmanship, effort, and self-control.
- Follow all team rules and school policies.

In the Classroom:

- Attend all classes on time and be an active participant
- Show respect to all teachers, staff, and classmates.
- Maintain academic eligibility and act as a leader among peers.

In the Community:

- Represent Neumann Goretti with pride and integrity at all times.
- Make positive choices in public, online, and on social media.

Unacceptable Behaviors Include (but are not limited to):

- Disrespect toward coaches, teammates, opponents, teachers, or staff.
- Fighting, bullying, or harassment of any kind.
- Use of tobacco, alcohol, vaping, drugs, or other illegal substances.
- Academic dishonesty (cheating, plagiarism).
- Inappropriate behavior on social media.

Consequences

Saints student-athletes are expected to uphold the highest standards of behavior both on and off the field. Conduct will be monitored through the school's **Demerit/Detention Grade System**, and disciplinary action will follow this scale:

- **80% or below - Warning** issued to the student-athlete and coach.
- **75% or below - Student-athlete meets with Principal, APSS, and Athletic Director**
- **69% or below - Automatic 1 Game Suspension**

Coaches will be notified of any student-athlete approaching or falling below these thresholds. Continued behavioral issues may result in additional disciplinary actions, including removal from the team.

Student-athletes represent Neumann-Goretti at all times. Respect, discipline, and integrity are non-negotiable.

Arbiter Student Registration and PIAA Physical

Arbiter Student Registration

<https://students.arbitersports.com/organizations/saints-neumann-goretti-athletics>

Athletic Registration Requirements

- Complete all required forms through the Arbiter Student Registration portal.

- Upload your completed PIAA Physical in Section 9 of the registration (physical paperwork is attached to this email).
- Physicals must be completed after May 1, 2026, to be valid for the 2026-2027 school year.
- Even if your physical has already been completed, it must still be uploaded into Arbiter along with all other required documents.
- Student-athletes will NOT be permitted to participate in practices, tryouts, workouts, leagues, open gyms, team activities, or contests until all required paperwork has been submitted and approved.

We strongly encourage families to complete this process as soon as possible to avoid delays once athletic seasons begin.

Concussion Protocol

The **Concussion Protocol** for the **Philadelphia Catholic League (PCL)** follows the policies and procedures set forth by the **Pennsylvania Interscholastic Athletic Association (PIAA)**, which align with state law and best practices from the **CDC** and **National Federation of State High School Associations (NFHS)**.

PIAA Concussion Protocol Summary

1. Immediate Removal from Play

- Any athlete suspected of sustaining a concussion **must be immediately removed** from play, practice, or competition.
- Coaches are trained to recognize the **signs and symptoms** of a concussion and must act conservatively.

2. No Same-Day Return

- **An athlete may NOT return to play the same day** they are removed for a suspected concussion, **even if symptoms clear**,

3. Medical Evaluation Required

- The athlete must be evaluated by a **licensed physician** or other appropriate healthcare professional (such as a certified athletic trainer, nurse practitioner, or physician assistant trained in concussion management).

4. Written Clearance to Return

- The athlete **may not return to activity** until they receive **written clearance** from a healthcare provider who is trained in concussion evaluation and management.

5. Graduated Return to Play (RTP) Protocol

Once cleared, the athlete must follow a **stepwise RTP protocol**, typically over 5–7 days:

1. **Light aerobic exercise**
2. **Sport-specific exercise (no head impact)**
3. **Non-contact training drills**
4. **Full-contact practice**
5. **Return to competition**

Each step requires **24 hours** without symptoms before progressing.

Travel Policy

The purpose of this policy is to ensure the **safety, accountability, and professionalism** of all Neumann-Goretti athletic programs during travel to and from competitions.

- All student-athletes are representatives of **Neumann-Goretti** and are expected to conduct themselves with **respect, maturity, and sportsmanship** at all times while traveling.
- Coaches are responsible for supervising their athletes throughout the duration of the trip—from departure to return.
- Appropriate **behavior, dress code, and language** are expected during all travel.
- All student-athletes are expected to travel to and from contests with their team using **school-approved transportation** (e.g., bus, van, or charter).
- Only **approved drivers** (e.g., bus drivers, NG staff, or faculty with clearance) may transport student-athletes.
- If a student-athlete will **not be traveling with the team** to or from a contest, an **exception must be approved in advance** by the Athletic Director.
 - A **written request from a parent or guardian** must be submitted **at least 24 hours in advance** via email to:
[✉ dr.marc.caserio@neumanngorettihs.org](mailto:dr.marc.caserio@neumanngorettihs.org)

- The student-athlete may only be released to a parent or guardian unless otherwise specified in writing and approved.
- Verbal requests or last-minute changes will **not be honored** unless in the case of an emergency, in which case the Athletic Director and coach must both be notified immediately.

Attendance Policy

A student must be regularly enrolled in a secondary school in full-time attendance. A student who has been absent from school for a total of twenty or more days in a semester shall not be eligible to participate in any athletic contest until he/she has attended school for a total of forty-five (45) school days following the twentieth day of absence. An exception may be considered by a PIAA district committee when there is an extended absence due to approved reasons. (PIAA)

- A student must be in attendance for at least four (4) class periods, not including lunch periods, of the school day immediately before dismissal time to participate in an interscholastic practice or competition on that day. An attendance irregularity during the last day of classes of the school week will make a student ineligible for activities during the weekend.
- Students must be in attendance at the start of the school day following all games/matches, or they cannot participate in practice or a game/match that day.

Threats, Bullying, Intimidation, Hazing and/or Initiation Ceremonies

The Office of Catholic Education, the Board of Governors, and the Board of Directors firmly believe that students must be protected from threats, bullying, intimidation, hazing, and/or initiation ceremonies. All verbal, written, electronic, and physical conduct that harasses, humiliates, or persecutes students, or disrupts or interferes with any student's curricular or extracurricular experiences, will not be tolerated. This policy applies to hazing behavior that occurs on or off school property and before, during, and after school hours. No coach, sponsor, volunteer, or diocesan employee shall plan, permit, direct, assist, or engage, condone, or tolerate any of the above-stated activities. Any apparent permission or consent by a person being hazed does not lessen the prohibitions contained in this policy. Any student found, after investigation, to have engaged in any form of this misconduct would be subject to disciplinary actions as defined by the member schools. Furthermore, any coach and/or student who witnesses or has knowledge of such misconduct activities and fails to report such actions will also be subject to appropriate disciplinary actions as defined by the member schools.

Social Media

NG Social Media Policy

For Student-Athletes, Coaches, and Administrators: Social media is a powerful tool that connects us with the world. As members of the Neumann-Goretti community, we are expected to use these platforms in a way that reflects our core values—integrity, respect, excellence, and unity.

For Student-Athletes

- You are a role model. Conduct yourself with pride, honor, and respect.
- **Do not post** anything offensive, profane, threatening, harassing, or discriminatory.
- Avoid trash talk or negative comments about teammates, opponents, officials, or schools.
- Never disclose confidential team or school information.
- Violations may result in **disciplinary action**, including suspension from practices/games and possible removal from the team.

For Coaches & Administrators

- Maintain professionalism and lead by example—your digital presence reflects our school and athletic program.
- Avoid engaging in arguments or public disputes.
- Do not interact with student-athletes inappropriately through personal social media accounts.
- Protect the privacy and safety of our students—always obtain permission before posting photos, stats, or stories.

Best Practices for All

- Celebrate success. Highlight effort. Promote unity.
- Use official school/athletics accounts when representing the program.
- If you're unsure about a post, don't post it.
- When in doubt, **ask the Athletic Director** for guidance.

Remember: What you post is permanent and reflects on **you**, your **team**, and **Neumann-Goretti**. Represent with pride.

PIAA - Social Media (Article VI)

Athletic Personnel of member senior high school directly or indirectly initiating and/or engaging in communication (including, but not limited to, phone calls, emails, texts, social media, or through another person), that may encourage a student to or the parents of a student attending a school other than a Feeder School of the member senior high school, to have that student enroll

at that school of the Athletic Personnel. The restriction does not prohibit school personnel from **responding** to purely student-or student family-initiated inquiries to the personnel **about athletic programs at the school.**

Student-Athlete Committee (SAAC)

Mission Statement:

The NG Student-Athlete Advisory Committee (SAAC), modeled after the National College Athletics Association (NCAA) SAAC is a student-athlete leadership group that serves to gain insight into the student-athlete experience. This committee offers student-athletes the opportunity to share their thoughts and experiences to help promote and implement programs that encourage SNG core values and student-athlete well-being.

Purpose of SAAC:

- Provide student-athletes with the opportunity to effectively communicate with the SNG Athletic Department.
- Promote effective communication among coaches, the Athletics Department administration, and student-athletes.
- Promote an awareness of SNG Athletics throughout the high school and the community.
- Review student-athlete rules and standards and propose recommendations to coaches and administration that support student-athlete social, emotional, physical, and mental well-being.
- Cultivate a culture of empowering, accountability, support, and inclusion.
- Develop leadership skills that extend beyond the classroom and playing surface.
- Design a community outreach initiative per year to raise awareness for a local organization.

SAAC representatives will serve as liaisons between student-athletes, the athletics administration, coaches, and the SNG community. All athletes are encouraged to communicate concerns and ideas to their team SAAC representatives for discussion at the scheduling committee meetings.

1. A student-athlete will be selected by their respective head coaches to serve on SAAC (1 per team)
 - a. It is important to select individuals who will be responsible for sharing meeting information with other student-athletes and who can bring diverse viewpoints to meetings. Ensure you have a diverse representation of

student-athletes (gender, ethnicity, sport, year in school, etc.), and that you select individuals who can regularly attend meetings.

2. SAAC will meet bi-weekly with the Athletic Department and once a month with SNG Principal Mrs. Eife and SNG President Mr. Cairry.

NG Resources

Academics

<https://neumanngorettihs.org/academics/>

NCAA Coordinator and Freshman and Sophomore Counselor

<https://neumanngorettihs.org/discover/facultystaff/name/barbara-pizzuti/>

Guidance & Instructional Support

<https://neumanngorettihs.org/discover/facultystaff/department/Guidance%20%26%20Instructional%20Support/>

Counselor for Juniors

<https://neumanngorettihs.org/discover/facultystaff/name/kimberly-alegria/>

Social Worker

<https://neumanngorettihs.org/discover/facultystaff/name/uwrittasee-blake/>

Campus Ministry

<https://neumanngorettihs.org/faith/>

Student Life (Calendar, Student Handbook, Weekly Preview, Clubs & Activities, etc.)

<https://neumanngorettihs.org/studentlife/>

Whom to Contact?

<https://neumanngorettihs.org/discover/whom-to-contact/>

Important Links

The Coach's Guide to Supporting High School Athlete Mental Health (Jed Foundation)

<https://jedfoundation.org/wp-content/uploads/2022/10/Jed-HS-Coaches-Guide-V5.pdf>

Student Athlete Mental Health Resources

<https://positivecoach.org/resource-zone/mental-health-tips-for-high-school-athletes/>

Sports Nutrition Manual for High School Athletes

https://www.gomotionapp.com/ieeast/UserFiles/Image/QuickUpload/sports-nutrition-manual-for-high-school-athletes_038800.pdf

AOP Athletics Policy and Governance

<https://aopathletics.org/sports/2016/8/18/policygov.aspx>

Arbiter Registration, including PIAA Physicals:

<https://students.arbitersports.com/saints-neumann-goretti-athletics>

Important:

You will not be permitted to participate in any practices, tryouts, or games until all required documents are completed and submitted through this portal.

Even if you've already completed your physical, it must be uploaded through the link above, along with several other required forms. Completing this now will help us streamline the process and avoid any delays once the season begins.

PIAA Handbook:

<https://www.piaa.org/resources/handbook/default.aspx>