



## MESSAGE FROM THE PRINCIPAL

This handbook has been assembled for the benefit of our students and parents. It is a document that describes our athletic programs and policies. Communication is an essential ingredient for any athletic program. We want Notre Dame to provide the students and parents with a rewarding experience. This handbook can only enhance that attempt.

We wish to strike a balance between the goal of high academic achievement for our students integrated with a healthy approach to student activities. With your help and support we can accomplish both objectives for our students at Notre Dame High School.

Sincerely,

Christopher Cipriano  
Principal

## MESSAGE FROM THE ATHLETIC DIRECTOR

Dear Parents and Student-Athletes:

I would like to personally thank all of you for your support of Notre Dame Athletics. It is through the hard work and effort of everyone that we continue to have a very competitive athletic program.

This handbook contains the overall rules and regulations of the Notre Dame Athletic Department. These rules and regulations are necessary in order to achieve balance between a successful academic career and athletic commitment.

A student-athlete makes a voluntary choice to participate in our athletic program. Therefore, not only must he/she comply with the rules and regulations contained in this handbook, our athletes must also follow all rules and regulations set forth by their coaches. Failure to do so would mean exclusion from the sport. Remember, participating in athletics is a privilege and not a right.

It has become increasingly popular to concentrate on one sport or activity during the year. We feel that it is important for the growth of our student-athletes to participate in as many sports and activities as possible. We must remember that our student-athletes are teenagers and not professional athletes.

Please review this handbook. Before becoming eligible to try-out and ultimately play in the team's first contest, all required athletic forms must be signed by both the parent and student-athlete and returned to the Athletic Director. Also, state law requires an up-to-date physical form be on file with the nurse before taking part in any athletic activity.

I again thank you for your support of our athletic program. I realize that it is not often easy to get your child to practices and games, but by making the commitment to a team now, it will lead to many successes later in their life.

**GO LANCERS!!!**

Rob Bleggi '93  
Athletic Director

## NOTRE DAME ATHLETIC DEPARTMENT

### MISSION STATEMENT

Notre Dame Catholic High School intends to maintain an athletic program that meets the needs of our student-athletes and the school community. The athletic program helps to enhance the educational experience provided at Notre Dame. It is intended to develop mature and responsible young adults while bringing the entire school community together.

The athletic department will provide an atmosphere that helps foster: self-discipline, respect, responsibility, hard work, team building, excellence, sportsmanship, leadership and physical fitness.

The athletic department aspires to teach life lessons through its “team first” attitude.



## **ROLE OF THE PARENT**

As a parent, you play a special role in contributing to the needs and development of your children. Through your encouragement and good example, you can assure that all the children learn good sportsmanship and self-discipline. In athletes, young people learn to work together, to sacrifice for the good of the team, to enjoy winning and deal appropriately with defeat, all while becoming physically fit and healthy.

Support your child by giving encouragement and showing interest in their team. Help your child work toward skill improvement and good sportsmanship in every game. Teach your child that hard work and an honest effort are extremely important. Through this, your child will be a winner no matter what the outcome of the game.

Parents serve as role models for their children. Become aware of this and work to be a positive role model. Applaud good plays by our team, as well as by our opposition. Support all efforts to remove verbal and physical abuse from youth sports activities.

Remember that your child is the athlete. It is very important to let children establish their own goals and to play the game for themselves. Take care not to impose your own standards and goals on them. Do not put too heavy of a burden on them.

Positive reinforcement is the best way to help your child achieve their goals and conquer the natural fear of failure. Nobody likes to make mistakes, but we all do make them. If your child makes one, remember that it is all part of learning. Encourage your child's efforts and point out the good things that your child has accomplished.

Please refrain from officiating or coaching from the sidelines. The officials and coaches are experienced professionals; please allow them to do their jobs. There will be no tolerance for yelling at players, officials or coaches.

Thank you for your support!

## COMMITMENT

One of our goals at Notre Dame is to have our students involved in as many activities as possible. In athletics, outside organizations have grown rapidly and have become increasingly popular for our student-athletes. Therefore, we feel it is important that all student-athletes and parents understand the rules and regulations in regards to outside sports organizations during the school year.

- Student-athletes may not participate on an outside team of the same sport that they are participating in at Notre Dame during the same season.
  - Example 1: A student-athlete participating on the ice hockey team at Notre Dame **CANNOT** participate on an outside ice hockey team until the Notre Dame season is over.
  - Example 2: A student-athlete may participate on an outside soccer team while participating on the Notre Dame Baseball team.

For those student-athletes who fall under “Example 2”, student-athletes must first get permission from their in-season ND coach before participating with an out of season team. Even with permission, please understand that Notre Dame meetings, practices, scrimmages and games must take priority over your outside team.

- It is expected that when student-athletes make a commitment to a team, that they follow through for the entire season. Student-athletes are expected to attend all meetings, scrimmages, practices and games for the entire season of the sport(s) that they play. Failure to do so will result in disciplinary action from the coach. This discipline can carry over to the next school year.
- All Notre Dame sports’ practice and play games over school vacations. It is expected that all student-athletes will attend all team activities during these vacations. Failure to do so will result in disciplinary action from the coach, and possible removal from the team.

## **ATHLETIC DEPARTMENT COMMUNICATION POLICY**

While we expect all of our programs to run smoothly, we understand that there are times student-athletes and parents may have concerns. Therefore, a communication policy has been set up to effectively resolve any issues before they become problems.

The following list must be left up to the discretion of the coach and are not open for discussion:

1. Playing time
2. Tryout procedures/Selection of team members
3. Team strategy/play calling
4. Performance of other student-athletes
5. Selection of captains
6. Selection of those to receive special awards

It is also important that the established “chain of communication” is followed. General issues that can occur should be handled in the following order:

1. Student-Athlete and coach
2. Student-Athlete and Athletic Director
3. Parent and Athletic Director
4. Parent and coach
5. Parent and administration

A parent (following the above protocol) may discuss the following with a coach:

1. Mental and physical treatment of your child
2. Ways in which your child can improve
3. General concerns about your child’s behavior

### **Please take note of the following:**

- The proper way for a parent to set up a meeting with a coach is to contact the Athletic Director.
- At no time should a parent contact the administration directly about an athletic issue. If this is done, the issue will be referred back to the Athletic Director. If step #5 becomes necessary, the meeting will be set up by the Athletic Director at a mutually agreed upon time and location.
- Coaches are not to be approached before, during or after practices and games. Meetings should be set up through the Athletic Director at a mutually agreed upon time and location.

## ACADEMIC ELIGIBILITY

Student-athletes are reminded that they are students' first, athletes second. Academics are your first priority here at Notre Dame High School. In order to participate in athletics, students must pass 60% of their course work. All students must pass 4 out of 6 classes or 5 out of 7 in a marking period.

Eligibility to return after a marking period of ineligibility will be made once grades become official at Notre Dame/reports cards are distributed.

Student-Athletes are subject to the CIAC 8 semester rule. This rule states that no student-athlete shall participate in the same branch of athletics more than four (4) seasons in grades 9-12 at any school.

## SPORTSMANSHIP/STUDENT-ATHLETE DISQUALIFICATIONS

Notre Dame strives to have all those involved with our athletic program act in a sportsmanlike manner at all times. Integrity and character are not only qualities we look for in our captains, but in all of our student-athletes. By agreeing to wear the "ND" on uniform, student-athletes are held to a higher standard than most. Remember, student-athletes not only represent themselves, but also the team, school and family.

Therefore, any student-athlete that is disqualified/ejected from a contest will serve *at least* a one game suspension immediately following the disqualification/ejection. This suspension can carry over to the next school year. The suspension could be longer, at the discretion of the administration. There are no exceptions. If a student-athlete is disqualified/ejected *a second time* during his/her ND sports career, it is an automatic two game suspension.

## ATTENDANCE POLICY

In order to participate in or attend any athletic event, the student-athlete must be in school during the day (at least 4 hours).

If a student-athlete is sent home by the nurse or leaves school for any reason that is not approved by the administration, he/she will not be allowed to participate in or attend any athletic event that day.

## WEARING OF TEAM UNIFORM TOPS IN SCHOOL

Student-Athletes are allowed to wear the team uniforms on days determined by the school during their respective season. No other times are student-athletes allowed to wear team uniforms except with permission granted from school administration.

## SCHOOL ATHLETIC POLICIES

Below is a list of school-specific athletic policies that must be followed. Of course, all Notre Dame High School rules and regulations must always be followed. A complete list of all school requirements can be found in the school calendar/handbook.

- Attendance at all practices and games is mandatory. This includes weekends and vacations.
- Student-athletes are not permitted to go on vacation during the season(s) in which they participate in a sport. Doing so will or could mean disciplinary action and/or automatic removal from that team.
- Student-athletes who are suspended from school may not participate in practices or games until they return to school.
- Transfer student-athletes are reminded if they have any questions concerning eligibility to speak with the Athletic Director. In most cases, this is done prior to the transfer.
- Transfer student-athletes have the same obligations, including financial, regardless of the length of their participation.
- Student-athletes have an obligation to return uniforms in good condition and if not can incur a financial obligation because of the destruction of uniform, failing to turn in, or failing to meet financial obligations of participation. Money that is owed can be charged to student's tuition account.
- Injuries must be reported to the coach immediately. Any student-athlete who receives medical treatment must have a doctor's release before returning to a team.
- All athletic lockers must always be locked. Do not leave any valuables in these lockers or unattended in the locker room.
- All attire that is worn for practices and games must be brought home and washed each day. These items should not be left in an athletic locker or locker room overnight.
- Student-athletes are always expected to be sportsmanlike. This includes in the locker room, on the bus, and on the field.
- Initiations and hazing are not permitted in any way. This will result in the immediate removal from the team.

## SOCIAL MEDIA

Students' Facebook and Twitter pages (and the like) are **NOT PRIVATE**, nor are any other internet postings, etc. The depiction or discussion of drug or alcohol use/abuse, illegal activities of any kind, or violation of any school rule or regulation brought to the attention of the administration will be thoroughly investigated and dealt with accordingly. In addition, any student posting inappropriate, threatening, harassing, antagonistic or other statements, comments, pictures, replies, etc. directed negatively at students, faculty, or staff of Notre Dame High School will be subject to disciplinary and/or legal action by Notre Dame and local police.

## ALCOHOL, DRUG, VAPING, TOBACCO, AND PERFORMANCE ENHANCING SUBSTANCE POLICY

Student-Athletes are bound to the Notre Dame Catholic High School policy regarding the use of alcohol, drugs, vaping, and tobacco. This policy is found the school calendar/handbook. Discipline will be determined by the administration and Athletic Department.

Performance enhancing substances are extremely dangerous and potentially deadly for those that use them. In order to protect our student-athletes and to ensure that no one is receiving an unfair advantage, the following is the Notre Dame Catholic High School policy regarding the possession and/or use of performance enhancing substances:



#### First Offense

- Any student-athlete found in possession of or found to have used performance enhancing substances will be suspended from interscholastic athletics for 365 calendar days.

#### Second Offense

- Any student-athlete found in possession of or found to have used performance enhancing substances for a second time will be permanently banned from participating in interscholastic athletics at Notre Dame High School.

### **HAZING, INITIATION AND BULLYING POLICY**

Student-athletes are not to engage in any type of hazing, initiation or bullying against other student-athletes. Any act committed that falls under this category will be grounds for removal from the team for the remainder of that season and will be subject to further school discipline through the Dean of Students.

Hazing is defined as “any activity expected of someone joining or participating in a group that humiliates, degrades, abuses or endangers them regardless of a person’s willingness to participate” (National Study of Student Hazing, 2008).

### **ATHLETIC TRAINER**

Notre Dame will have an athletic trainer on site for most practices and games during the season. Athletes are encouraged to utilize the trainer, when necessary.

If medical treatment is necessary, submitting a return from injury medical note to our athletic trainer and/or school nurse is necessary before returning to the team.

### **CONCUSSION PROTOCOL**

A pre-season ImPact test will be conducted to document cognitive base-line data on all athletes. During the season, if an athlete exhibits signs/symptoms of a concussion, he/she will be sent to his/her physician or the emergency room of a local hospital. The athlete will also complete a post-concussion ImPact test within 48-72 hours after injury with the Athletic Trainer. The test results will be sent to the athlete’s treating physician for evaluation. The athlete will need his/her physician’s and the athletic trainer’s clearance prior to returning to play.

#### **Student and Parent Concussion Informed Consent Form 2020-21**

This consent form was developed to provide students and parents with current and relevant information regarding concussions and to comply with Connecticut General Statutes (C.G.S.) Chapter 163, Section 149b: *Concussions: Training courses for coaches. Education plan. Informed consent form. Development or approval by the State Board of Education and Section 10-149c: Student athletes and concussions. Removal from athletic activities. Notification of parent or legal guardian. Revocation of coaching permit.*

#### **What is a Concussion?**

**National Athletic Trainers Association (NATA)** - *A concussion is a “trauma induced alteration in mental status that may or may not involve loss of consciousness.”*

**Centers for Disease Control and Prevention (CDC)** - *“A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to*

*the body that causes the head to move rapidly back and forth.” -CDC, Heads Up: Concussion*

[http://www.cdc.gov/headsup/basics/concussion\\_what.html](http://www.cdc.gov/headsup/basics/concussion_what.html)

*Even a “ding,” “getting your bell rung,” or what seems to be mild bump or blow to the head can be serious”*

-CDC, Heads Up: Concussion Fact Sheet for Coaches

[http://www.cdc.gov/concussion/HeadsUp/pdf/Fact\\_Sheet\\_Coaches-a.pdf](http://www.cdc.gov/concussion/HeadsUp/pdf/Fact_Sheet_Coaches-a.pdf)

## **Section 1. Concussion Education Plan Summary**

The [Concussion Education Plan and Guidelines for Connecticut Schools](#) was approved by the Connecticut State Board of Education in January 2015. Below is an outline of the requirements of the Plan. The complete document is accessible on the CSDE Web site: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2663&q=335572>

State law requires that each local and regional board of education must approve and then implement a concussion education plan by using written materials, online training or videos, or in-person training that addresses, at a minimum the following:

1. The recognition of signs or symptoms of concussion.
2. The means of obtaining proper medical treatment for a person suspected of sustaining a concussion.
3. The nature and risks of concussions, including the danger of continuing to engage in athletic activity after sustaining a concussion.
4. The proper procedures for allowing a student athlete who has sustained a concussion to return to athletic activity.
5. Current best practices in the prevention and treatment of a concussion.

## **Section 2. Signs and Symptoms of a Concussion: Overview**

A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure, following an impact or suspected impact as described in the CDC definition above.

**Signs of a concussion may include (i.e. what the athlete displays/looks like to an observer):**

- Confusion/disorientation/irritability
- Trouble resting/getting comfortable
- Lack of concentration
- Slow response/drowsiness
- Incoherent/ slurred speech
- Slow/clumsy movements
- Loses consciousness
- Amnesia/memory problems
- Acts silly/combatative/aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless/irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate/inappropriate reactions
- Balance problems

**Symptoms of a concussion may include (i.e. what the athlete reports):**

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision

- Oversensitivity to sound/light/touch
- Ringing in ears
- Feeling foggy or groggy

State law requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who: a) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or b) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred. **Upon removal of the athlete, a qualified school employee must notify the parent or legal guardian within 24 hours that the student athlete has exhibited signs and symptoms of a concussion.**

### **Section 3. Return to Play (RTP) Protocol Overview**

Currently, it is impossible to accurately predict how long an individual's concussion will last. There must be full recovery before a student-athlete is allowed to resume participating in athletic activity. Connecticut law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.

### **Concussion Management Requirements:**

1. No athlete SHALL return to participation in the athletic activity on the same day of concussion.
2. If there is any loss of consciousness, vomiting or seizures, the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. The athlete should be monitored for an appropriate amount of time following the injury to ensure that there is no worsening/escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated by a licensed health care professional (physician, physician assistant, advanced practice registered nurse (APRN), athletic trainer) trained in the evaluation and management of concussions.
5. The athlete MUST obtain an initial written clearance from one of the licensed health care professionals identified above directing her/him into a well-defined RTP stepped protocol similar to the one outlined below. If at any time signs or symptoms return during the RTP progression, the athlete should cease activity\*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals identified above for the athlete to fully return to unrestricted participation in practices and competitions.

### **Medical Clearance RTP protocol (Recommended one full day between steps)**

<b>Rehabilitation stage</b>	<b>Functional exercise at each stage of rehabilitation</b>	<b>Objective of each stage</b>
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling maintaining intensity ,<70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport specific exercise No contact	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact sport drills	Progression to more complex training drills, ie. passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full contact sport drills	Following final medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff
6. Full activity	No restrictions	Return to full athletic participation

\* If at any time signs or symptoms should worsen during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, she/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to her/his medical provider.

### **Sudden Cardiac Arrest Awareness Student & Parent Informed Consent Form 2020-21**

NOTE: This document was developed to provide student-athletes and parents/guardians with current and relevant information regarding sudden cardiac arrest. A new form is required to be read, signed, dated and kept

*Part I – SUDDEN CARDIAC ARREST - What is sudden cardiac arrest?*

Sudden cardiac arrest (SCA) is when the heart stops beating, suddenly and unexpectedly. When this happens, blood stops flowing to the brain and other vital organs. SCA doesn't just happen to adults; it takes the lives of students, too. However, the causes of sudden cardiac arrest in students and adults can be different. A student's SCA will likely result from an inherited condition, while an adult's SCA may be caused by either inherited or lifestyle issues.

SCA is NOT a heart attack. A heart attack may cause SCA, but they are not the same. A heart attack is caused by a blockage that stops the flow of blood to the heart. SCA is a malfunction in the heart's electrical system, causing the heart to suddenly stop beating.

*PART II - HOW COMMON IS SUDDEN CARDIAC ARREST IN THE UNITED STATES?*

SCA is the #1 cause of death for adults in this country. There are about 300,000 cardiac arrests outside hospitals each year. It is a leading cause of death for student athletes.

According to an April 2014 study for PubMed the incidence was

- 0.63 per 100,000 in all students (6 in one million)
- 1.14 per 100,000 athletes (10 in one million)
- 0.31 per student non-athletes (3 in one million)
- The relative risk of SCA in student athletes vs non-athletes was 0.65
- There is a significantly higher risk of SCA for boys than girls

Leading causes of sudden death among high school and college athletes, according to the National Collegiate Athletic Association (NCAA) (on CBS News, June 28, 2012)\* are heat stroke, heart disease and traits associated with sickle cell anemia. Prevention of sudden death, the same study concludes, is associated with more advanced cardiac screening with attention to medical histories and birth records, improved emergency procedures, and good coaching and conditioning practices. SCA can be prevented if the underlying causes can be diagnosed and treated.

*PART III - WHAT ARE THE WARNING SIGNS AND SYMPTOMS?*

Although SCA happens unexpectedly, some people may have signs or symptoms, such as: fainting or seizures during exercise; unexplained shortness of breath; dizziness; extreme fatigue; chest pains; or racing heart. These symptoms can be unclear in athletes, since people often confuse these warning signs with physical exhaustion.

Sudden cardiac arrest is a medical emergency. If not treated immediately, it causes sudden cardiac death. With fast, appropriate medical care, survival is possible. Administering cardiopulmonary resuscitation (CPR) — or even just compressions to the chest — can improve the chances of survival until emergency personnel arrive. (<http://www.mayoclinic.org/diseases-conditions/sudden-cardiac-arrest/basics/>)

*WHAT ARE THE RISKS OF PRACTICING OR PLAYING AFTER EXPERIENCING THESE SYMPTOMS?*

There are risks associated with continuing to practice or play after experiencing these symptoms. When the heart stops, so does the blood that flows to the brain and other vital organs. Death or permanent brain damage can occur in just a few minutes. Most people who experience SCA die from it.

*REMOVAL FROM PLAY*

Any student-athlete who shows signs or symptoms of SCA must be removed from athletic activity and referred to a licensed health care professional trained specifically in the treatment of cardiac care. The symptoms can happen before, during or after activity.

## RETURN TO PLAY

Before returning to play, the athlete must be evaluated. Clearance to return to play must be in writing. The evaluation must be performed and written clearance be provided by a licensed medical provider.

*To summarize:*

- SCA is, by definition, sudden and unexpected.
- SCA can happen in individuals who appear healthy and have no known heart disease.
- Most people who have SCA die from it, usually within minutes.
- Rapid treatment of SCA with a defibrillator can be lifesaving.
- Training in recognition of signs of cardiac arrest and SCA, and the availability of AEDs and personnel who possess the skills to use one, may save the life of someone who has had an SCA.

(National Heart, Lung, and Blood Institute)

## **TRANSPORTATION TO AND HOME FROM AWAY CONTESTS**

All athletes must take the bus to away contests.

Parents may take their child home from away contests, with approval of the coach. However, please note that athletes may only go home with their parents. “Carpooling” home is not acceptable.

Some coaches have policies that state that all athletes must take the bus home with the team. We ask parents to abide by these teams’ specific rules.

Any questions on this policy should be directed to the Athletic Director.

## **NOTRE DAME PARENT ASSOCIATION**

The purpose of the Notre Dame Parent Association is to give emotional and financial support to the athletic programs offered by the school. The parents work at various athletic events, help with maintenance work on athletic facilities, organize various social gatherings for our athletic teams and sponsor fundraisers. Any type of fundraiser or the like and/or expenditures must first have approval from the Athletic and School Administration.

The Notre Dame Athletic Association encourages parents to become involved. This will only help strengthen the family spirit at Notre Dame. The more parents that represent every team, the more that the school can accomplish.

Please become involved in the Notre Dame Parent Association.

## **SCHOOL AFFILIATIONS**

Notre Dame is a member of the Connecticut Interscholastic Athletic Conference (CIAC), which governs all rules and regulations for interscholastic events in Connecticut. N.D. is also a member of the South West Conference (SWC), ([www.swc-ct.com](http://www.swc-ct.com)), which is one of the most competitive in the state.

- The CIAC sets many rules and regulations in order to be eligible for participation in a sport. Student-athletes are expected to be familiar with, and comply with all rules and regulations set forth by the CIAC. Specific questions should be directed to the Athletic Director.
- The CAS/CIAC website, [www.casciac.org](http://www.casciac.org), provides complete information for student-athlete eligibility. This list is also available in the Athletic Office.

The CIAC offers an online newsletter to keep everyone informed of important information:

[www.casciac.org/pdfs/ciacsportsflyer.pdf](http://www.casciac.org/pdfs/ciacsportsflyer.pdf)

## **NCAA RULES AND REGULATIONS**

All high school students who wish to compete at any Division I or Division II college must register with the NCAA Initial Eligibility Clearinghouse. Information can be found at [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net). This should be done in either their sophomore or junior years. Please complete this in a timely manner. Any questions, please see your son's or daughter's school counselor or the Athletic Director.

## **DIRECTIONS AND UPDATED SCHEDULE INFORMATION**

The easiest way to get directions to away events is by using the CIAC website:

[www.ciacsports.com](http://www.ciacsports.com)

Links to all Notre Dame athletic schedules can be found at [www.arbiterlive.com](http://www.arbiterlive.com)

Follow ND sports on twitter @NDFprincipal and @NDFFLD

This website will provide up-to-the minute updates regarding results, cancellations, location changes, etc... It will also allow parents to sign-up to receive emails when any Notre Dame athletic schedules change.



