

Athletic Guidelines

St. Rose District 14-15

2017-2018

Adopted By the Board of Education
August 2017

Philosophy

- To promote a way of life that includes healthy body, healthy mind, and healthy soul.
- To provide opportunities for students to participate in athletic events and learn fundamental skills of each sport along with good sportsmanship.
- To develop teamwork, positive social skills, confidence and self-esteem.
- To be competitive among the Clinton County Conference, Regional and State Tournaments.
- To prepare students for athletic competition at a high school level where scholarships become available.

The Illinois School Associations

St. Rose School is a member of the Southern Illinois Junior High Athletic Association and the Clinton County Conference. The program will abide by their by-laws and rules for all sports.

Roles and Responsibilities

- **Role of Board of Education:** to promote positive extra-curricular activities for students that build physical, emotional, and social well-being. To provide coaches who have the required training in CPR/AED and concussion policies, knowledgeable about the sport, who will promote skills, sportsmanship, citizenship, and provide a safe learning environment. To provide facilities that meet the requirements of the SIJHSA for each sport, promote the school, and aligned to all safety standards.
- **Role of Students:** to learn the fundamental skills of each sport through practice, learning through having fun with the sport, being committed to doing personal best, promote teamwork and good sportsmanship by being respectful of coaches, fans, self, and others, being a positive role model representing the school, family, and community of St. Rose.
- **Role of Parents:** To support the program, coaches, students by being at games and making sure students are at practice and games at the right time, promote good sportsmanship, a positive attitude, respect, and encourage children to give their best efforts during practice and at games, practice at home and reinforce skills, support program financially and volunteer time.
- **Role of Coach:** Support the St. Rose Athletic Program by adhering to all District policies and athletic guidelines, provide leadership and be a positive role model, instruct students in fundamental skills, encourage student teamwork and sportsmanship, hold practices and maintain a record of skill development, document attendance, be an active participant in all competitive events. Coaches are paid stipends for their Coaching assignments as approved by Board of Education.
- **Role of Athletic Director:** Collaborate with associations on schedules, schedule related transportation, Work with coaches on program goals for each sport, combine school and athletic schedule to avoid conflicts, collaborate with church activities, monitor practice schedules,

inventory uniforms and supplies, purchase materials and equipment within budget, and assist with supervision of events.

- Role of Superintendent/Principal: Recommend District policies and guidelines that provide a strong school program and ensures the safety of all students and staff, make sound recommendations for financial stability within the Athletic Program, Evaluation and recommendations of Personnel, provide training for staff.

Coaches Guidelines

In any school athletic program, the key individuals are the coaches. All coaches will be formally hired by the Board of Education and meet all requirements of employment including background checks and fingerprinting. All volunteers are required to be approved by the Board of Education and meet the same standards of employment. Coaches are to be trained and knowledgeable in the sport for which they are responsible. They are to adhere to the rules and guidelines set forth by the Illinois Junior High School Association and the Clinton County Conference. **It is required that they are CPR/AED Certified and have successfully completed the required concussion training.** They are to use this knowledge to develop the skills of all students equally. They are to determine playing time in competitions based on skill development and commitment shown during practice.

Coaches should communicate with students and their parents regarding schedules for practice and all games or tournaments.

Coaches should communicate with students regarding their level of skill and make suggestions for improvement. Coaches should be available for conferences with parents and students to be held at the school so that there is clear communication with parents regarding student program participation.

Team Rosters are to be turned in to the Athletic Director and Secretary after the first week of practice.

Student participation in the athletic program is limited to students in grades 5-8. There are times when class numbers are low and fourth grade students are allowed to practice and/or play with the teams. Coaches will make an effort to limit younger students playing up more than two grades. These younger students will not play before students who are eligible by grade to be on the team unless there is a specific reason. The Coach is responsible for playing time and will be available to explain such decisions. (See two paragraphs below)

Coaches should have a plan for each practice session documented in a plan book provided by the school. Any practice session that includes a scrimmage with another school must be approved with the administrator.

After every practice session and game, the coach should be the last person to leave the building. It is the responsibility of the coach to see that lights are turned off, all outside doors are locked before leaving the building, and that the building is left in an orderly manner.

**It is the Coach's decision on who plays and how much they will play in any competition. Playing time is determined by student commitment and skill development shown in practice. The Coach takes into consideration student strengths in relation to strategies to win the game or tournament. Skill level and abilities will make a difference, but others who work hard will be given a chance to play also when the time is right.

Coaches will respect the schedules of outside organizations such as Youth League and Select Ball Clubs. However, it will not cause a school practice to be rescheduled or canceled. It is the right of the parent to choose their student's priority understanding the guidelines for missed practices for both teams.

Coaches shall not permit anyone who is not a member of the practicing team to practice or be present during a practice session except those volunteers who have prior approval by the coach and administration.

At the end of the season, the coach will turn in inventories and supply requests for the next year to the athletic director. Requisitions and inventories are due in 10 days after each season ends.

Coaches should attend the Awards Program for their sport at the end of the school year.

Coaches will be given a building key for entry into the gym area. This key shall not be given to another individual for personal use. They are responsible at the end of each practice to check that all lights are turned out and all doors are locked.

Coaches will be reimbursed for mileage for games outside of Clinton County at a set rate for each game based on the District's employee reimbursement rate. Mileage forms and destination rates will be given out at the beginning of the season. A copy of a driver's license and insurance will be required prior to the first game.

Athletic Injuries

For any injury, turn in an accident report immediately to the School Office. The procedure of reporting accidents in the interscholastic program should be as follows:

Accidents which occur in the interscholastic program shall be reported on a Student Accident Report using the same criteria for reporting any other reportable accident. The Coach must fill out the Student Accident Report and send it to the School Office. This should be done immediately after an accident that requires or may require a physician or hospital care.

A student who has been injured may not participate in games or practices without a release from a doctor. If a student is not released for PE, then they may not participate in extra-curricular sports programs.

A student who exhibits signs, symptoms, or behaviors consistent with a concussion in practice or a game shall be removed from participation at that time. That student may not return to practice or competitions until there is a return to play signed by a doctor licensed to practice medicine in Illinois. Students must be released for learning also prior to participation in athletics.

No Coach will make appointments with doctors or chiropractors for players. This is the responsibility of the parents of the student athlete.

Athlete's Responsibilities

The privilege of participating in our athletic program is extended to all students regardless of gender, race, ethnicity, or religious preference providing they are willing to assume certain responsibilities.

Students participating in athletics are required to have on file in the school office the following fully-completed forms.

- A. **Physical Examination-** results of a current physical examination indicating that a medical doctor (performed by a licensed M.D.) has deemed the student physically able to participate.
- B. **Hold Harmless Form-** Each athlete must have a valid Hold Harmless Form signed by a parent or legal guardian. No player may practice unless they have the proper insurance coverage.
- C. **Participation Fee-** An athletic fee of \$75/sport for student in grade 7+8 and \$55 for students in grades 5+6 is due at the beginning of each sport. If a student athlete drops a sport after the season begins, the athletic fee will not be refunded.

Student athletes should attend all required meetings, practices, and competitions unless he/she is excused in advance by the Coach or unless he/she is absent from school. If an athlete is absent from school for more than ½ day, he/she will not be allowed to practice or play in that day's event. Any exception must be approved (in advance) by the Coach or the principal.

Student athletes who miss a practice or a portion of a practice without notifying the coach may sit out no more than one game per unexcused absence. It is the decision of the coach based on the situation being fair to both the player and the other team mates.

The coaches provide summer camps and off-season open gym time. Student athletes are encouraged to attend these as often as possible. Attendance at summer camps and open gyms demonstrate the athlete's commitment to the sport and willingness to improve their skills.

Student athletes should dress appropriately following school policies defined in the handbook and displaying school spirit.

Student athletes should display high standards of social behavior recognizing that they represent their school, their family, and their community. With this in mind, they should be team players and show sportsmanship to all others on and off the floor.

Participants must return all school property no later than one week after the conclusion of the season. School Equipment must be returned in the same condition as when provided, except for ordinary wear and tear.

In order to receive an athletic award, an athlete must meet the criteria set forth by the Coach. Attendance at the awards program is expected for athletes (unless excused by the Coach).

Eligibility for Participation in Athletics

To be eligible to participate in athletics, a student must earn passing grades in all academic subjects. Eligibility will be taken every week throughout the season. If a student is found to have a low grade or grades, they will be ineligible to play or practice until the grades are above passing. Students who are having academic difficulties are encouraged to attend school tutoring prior to practice.

Communication

Students should go directly to Coach when addressing concerns. While they probably need to talk to their parents or friends as their support, they should feel comfortable talking directly to the Coach about skill level and improvement. Parents need to encourage their child to talk to the Coach and Coaches need to be attentive.

Unless there is a student safety issue, parents should not address a coach before, during, or immediately after a game or tournament. The coach needs to focus on the game and student participation. To address any issue with a coach, the parent should schedule an appointment with the coach at a place and time that is convenient for both. Likewise, a Coach who needs to address an issue with a parent should avoid game times and make an appointment that is convenient for both. Mutual respect is an important part of teamwork between school and home.

Fan Behavior

In the stands: All comments to Officials, Coaches and other students should demonstrate support for the athlete and athletic program. All comments should be positive and encouraging. There is a process for filing a complaint against a student athlete, coach or the official. That is the responsibility of the coach or administrator in charge. Our fans too are role models and representatives our school and community.

Out of the stands: Young students should be supervised by a parent at all times. Students are not allowed to run in hallways, play ball or chase each other in bathrooms or in the cafeteria. Based on good rules for safety, young students (those under grade 5) should never be left unattended to roam, run, and play.

Transportation

St. Rose District 14-15 does not provide transportation to and from games or tournaments. Parents are responsible to ensure that their child is at the designated site at the time indicated by the Coach or Athletic Director. The District appreciates the support shown by parents on this change in programming.

PLEASE SIGN AND RETURN THE LAST THREE PAGES OF THE DOCUMENT TO THE SCHOOL OFFICE.

**ST. ROSE SCHOOL
PARENT'S – ATHLETE'S ATHLETIC AGREEMENT
2016-2017**

STUDENT'S NAME _____ GENDER _____

HOME ADDRESS _____

TELEPHONE NO. _____ DATE OF BIRTH _____
Month/Day/Year

SPORT(S) _____ GRADE _____

I have read and will comply with all the rules set forth in the athletic guidelines.

STUDENT'S SIGNATURE _____

PARENT/GUARDIANS PERMIT

I have read and will comply with all the rules and regulations set forth in the athletic contract/agreement.

I hereby give my consent for the above named student to participate in St. Rose School approved sports. Consent is also given for the above named student to travel to and from athletic events with a school representative in charge.

Although there is a risk of potential injury involved while participating in an athletic program, it is understood that St. Rose does not assume any responsibility in case an accident occurs. It is recognized that St. Rose School has student insurance but it is secondary to family insurance for accidents that occur during events or practices.

The undersigned agrees to be responsible for safe return of all athletic uniforms and equipment issued by the school to the above named student.

**The above named student has not suffered any significant illness or injury _____
(date of last physical examination). Explain as necessary.**

PARENT/GUARDIAN SIGNATURE _____

DATE _____ **Parent E-mail Address** _____

THIS FORM MUST BE SIGNED AND RETURNED TO THE COACH BEFORE THE ABOVE NAMED STUDENT WILL BE ALLOWED TO PARTICIPATE IN THE INTERSCHOLASTIC SPORT NAMED.

St. Rose District 14-15

Transportation to Events or Activities Not Held at St. Rose School

Extracurricular Activity: _____ [Insert Name of Activity]

I understand that in order for my child to participate in the above-listed Extracurricular Activity, I, as my child’s parent or guardian, will be responsible for transporting my child to and from any games, contests, events, or activities not held at St. Rose School (such as, all “away games”). I also understand that the St. Rose School District 14-15 will not be responsible or otherwise obligated to provide transportation to my child to or from these “away” games, contests, events, or activities.

It is my further understanding that the coach or sponsor for this Extracurricular Activity will notify me and my child when my child is expected to arrive at these “away” games, contests, events, or activities and where these “away” games, contests, events, or activities will take place.

I hereby certify my understanding that in order for my child to participate in this Extracurricular Activity, I will be responsible for providing or otherwise obtaining transportation for my child to and from any “away” games, contests, events, or activities for this Extracurricular Activity. I further take full responsibility for any alternative transportation that I arrange for my child when I do not provide this transportation for my child. With this understanding, I give permission for my child to participate in this Extracurricular Activity.

Extracurricular Activity: _____ Coach: _____

Name of My Child: _____ Grade: _____

Name of Parent(s) / Guardian(s):

Date: _____

Parent/Guardian Signature: _____

Parent/Guardian Signature: _____