

# **ST. CATHERINE LABOURE**

## **ATHLETIC GUIDELINES**

**2022-2023**

## UNIVERSAL (NO CUT) PARTICIPATION

Universal (no cut) participation, whereby every child is offered the opportunity of being a member of the team, will be standard for the interscholastic and the park district programs. These programs are designed to provide a wholesome means of recreation and the use of non-study time. At the 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> grade level, the program will emphasize instruction, training, and reasonably equal playing time for all participants. In some cases, such as in very close game/tournaments some kids may not get equal playing time as the starters. Teams will split on an equal basis if there are enough participants to field two (2) separate teams in various leagues. Every coach at this level will attempt to spread the time around equally.

### Competition vs. participation

At the 7<sup>th</sup> and 8<sup>th</sup> grade level of the program will involve increased competition and development of more advanced athletic skills. Every effort will be made to play each participant in every game.

### Teamwork

TEAMWORK, INTEGRITY, AND SELF-DISCIPLINE WILL BE INTEGRAL PART OF THE INTERSCHOLASTIC AND PARK DISTRICT PROGRAMS AT ALL LEVELS. SAINT CATHERINE LABOURE ENCOURAGES STUDENTS TO PARTICIPATE IN ATHLETIC PROGRAMS.

### Council II-3A requires all athletes to have a copy of a current physical on file

### Athlete's code

1. Participation in interscholastic sports is a privilege and not a right.
0. Athletics must maintain passing grades in all of their classes and have no behavior problems.
0. Participation in the program is intended to foster school spirit, loyalty, teamwork, responsibility and sportsmanship.
0. Athletes must show respect for their coaches, teammates, parents, teachers, principals, opponents, and anyone else connected with the program.
0. No "on or off the court" incident will justify an athlete arguing with an official in any sport. Any complaint that an athlete has with an official must be communicated to the coach. If the complaint is justified, the coach is responsible for communicating that complaint to the official.
0. Athletes will not swear or use profanity at practice or in sporting events. The use of such profanity during a game shall subject the athlete to possible suspension from the team.

0. Athletes will be responsible for the use of issued uniforms, as well as, equipment and returning their uniforms cleaned no later than a week after the season has ended to the athletic director. A fee of \$75.00 will be charged if uniforms are not returned in excellent condition.

0. Attendance at practice is mandatory for participation in the inter-scholastic games, except in case of an emergency or an excused absence. Failure to attend practice on a regular basis, regardless, of the individual's skill level, can result in suspension from part of games, or entire games if necessary.

0. Each athlete must remember that he/she is a representative of the school and that his/her conduct must reflect the principles of Christian behavior and respect for teammates, coaches, and officials. Each athlete must participate in: Booster Clubs Fall WORLD'S FINEST CANDY SALE and Walk-a-thon. Each athlete is responsible in selling two boxes of chocolates and turning in a completed Walk-a-Thon form.

## PARENTS CODE

PARENTS ARE ASKED TO ALWAYS REMEMBER THAT THEY ARE THEIR CHILD'S PRIMARY ROLE MODEL WITH THAT IN MIND, PARENTS SHOULD:

1. Treat coaches, referees, St. Catherine team members, and opposing teams with courtesy and respect at all times.

0. Remember that they, as well as, the athletes and coaches, represent the principles of Christian behavior. Any parent or spectator not abiding by these behavioral guidelines will be asked to leave a sporting event by the Athletic Director, the coach, or the supervisor.

0. Shall assist their children in selecting the proper equipment for the particular sport involved and make sure that it is all fitted properly.

0. Shall assist their child in attending practices and taking the necessary steps to insure that their child attend as many practices as possible.

0. Work their assigned day in the concession stand which is offered during the volleyball and basketball seasons.

0. Responsible in paying a sports fee of \$100.00 per family for the year.

## PARENT DRIVERS

1. Make sure that all team members are accounted for before leaving the parking lot.
0. Drop off team members at their homes or make sure that they are picked up by their parents at the school after a game. Never leave a student alone in the parking lot.
0. If you have volunteered to drive to a game, and something came up that you cannot drive on the day of the game, please call the school or find a substitute yourself. It would be appreciated if you could give us at school at least 2 hour notice if you cannot drive.

## GUIDELINES FOR ST. CATHERINE LABOURE ATHLETIC TEAMS

COMMITMENT AND DEDICATION ARE VITAL COMPONENTS WHEN PARTICIPATING IN TEAM SPORTS. THE ATHLETIC DIRECTOR AND COACHING STAFF REQUEST THAT EACH PARENT AND ATHLETE ATTEMPT TO ARRANGE SCHEDULES TO FULFILL THESE IMPORTANT REQUIREMENTS.

1. Excused absences will be accepted under these circumstances;
  1. if there is a death in the family
  2. doctor/dentist appointment
  3. family vacation
  4. illness
  5. tutoring
  6. Conflict with family responsibilities discussed with the coach.
0. ALL ATHLETES MUST MAINTAIN SUITABLE GRADES FOR THEIR ABILITY IN ALL CLASSES, AND HAVE NO BEHAVIORAL PROBLEMS. (parents and coaches will be notified by the athletic director.)
- 3.If you are ill and miss school that day, you MAY NOT participate in practice or a game.
0. Unexcused absences from practice will result in a partial suspension from participation in that sport. The time of suspension shall be determined by the coach, but shall not exceed a reasonable amount of time.
0. Players must be attired in proper uniform which is provided by the school in order to participate in competition.
0. An extraordinary number of absences will be taken under consideration of the Athletic Director and the coaches.

THE PRINCIPAL RESERVES THE RIGHT TO DETERMINE THE SERIOUSNESS OF STUDENT BEHAVIOR. THE PRINCIPAL WILL ALSO DETERMINE IF CERTAIN CASES OF MISCONDUCT REQUIRE STRONGER MEASURES FOR THE ATHLETE PARTICIPATING IN SCL SPORTS.

## **CONCUSSION PROTOCOL FOR ST. CATHERINE LABOURE ATHLETIC TEAMS:**

Adapted from the CDC and the 3<sup>rd</sup> International Conference on Concussion in Sport Document created 7/1/2011,

Reviewed 4/24/2013, 7/2015, 7/2017, 6/2018

A concussion is a brain injury and all brain injuries are serious. They are caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. They can range from mild to severe and can disrupt the way the brain normally works.

Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly. In other words, even a “ding” or a bump on the head can be serious. You can’t see a concussion and most sports concussions occur without loss of consciousness. Signs and symptoms of concussion may show up right after the injury or can take hours or days to fully appear. If your child reports any symptoms of concussion, or if you notice the symptoms or signs of concussion yourself, seek medical attention right away.

### **What can happen if my child keeps on playing with a concussion or returns too soon?**

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often fail to report symptoms of injuries. Concussions are no different. As a result, education of administrators, coaches, parents and students is the key to student-athlete’s safety.

### **If you think your child has suffered a concussion**

Any athlete even suspected of suffering a concussion should be removed from the game or practice immediately. No athlete may return to activity after an apparent head injury or concussion regardless, of how mild it seems or how quickly symptoms clear, without medical clearance. Close observation of the athlete should continue for several hours. The Return-to- Play Policy of the IESA and IHSA requires athletes to provide their school with written clearance from either a physician licensed to practice medicine in all its branches or a certified athletic trainer working in conjunction with a physician licensed to practice medicine in all its branches prior to returning to play or practice following a concussion or after being removed from an interscholastic contest due to a possible head injury or concussion and not cleared to return to that same contest. In accordance with state law, all schools are required to follow this policy.

You should also inform your child’s coach if you think that your child may have a concussion. Remember it’s better to miss one game than miss the whole season. When in doubt, the athlete sits out. For current and up-to-date information on concussions you can go to: <http://www.cdc.gov/ConcussionInYouthSports/>

**Symptoms may include one or more of the following:**

- Headaches
- “Pressure in head”
- Nausea or vomiting
- Neck pain
- Balance problems or dizziness
- Blurred, double, or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or slowed down
- Feeling foggy or groggy
- Drowsiness
- Change in sleep patterns

- Amnesia
- “Don’t feel right”
- Fatigue or low energy
- Sadness
- Nervousness or anxiety
- Irritability
- More emotional
- Confusion
- Concentration or memory problems (forgetting game plays)
- Repeating the same question/comment

**What should I look for if I think my athlete has a concussion?**

## ATHLETIC CONTRACT

I have read, understand, and shall abide by the athletic guideline set forth by Saint Catherine Labouré School.

**\*\*\*AS A PARENT OF AN ATHLETE PARTICIPATING IN THE SCL SPORTS PROGRAM I AGREE TO SUPPORT AND/OR VOLUNTEER MY TIME WITH THE TWO BOOSTER CLUB FUNDRAISERS-CANDY DRIVE HELD IN THE FALL AND WALK-A-THON HELD IN THE SPRING. I AM ALSO RESPONSIBLE IN PAYING THE \$100.00 FAMILY SPORTS FEE , SELLING TWO CASES OF CHOCOLATES, AND FILLING OUT THE ENTIRE WALK-A-THON PLEDGE SHEET.**

My son(s)/daughter(s) will be participating in the following sports programs SOCCER, VOLLEYBALL, BASKETBALL, GOLF and LACROSSE during the 2022-23 school year.

Please list sports: \_\_\_\_\_

Athlete's Signature

Parent Signature Home Phone #

Emergency Telephone #

\_\_\_\_\_  
Contact Person and number

### Student/Parent Consent and Acknowledgements:

By signing this form, we acknowledge we have been provided information regarding concussions.

**Student:**

Student Name (Print): \_\_\_\_\_

Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Parent or Legal Guardian:**

Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Relationship to Student: \_\_\_\_\_

**\*\*Each year Council II-3A schools are required to keep a signed Acknowledgement and Consent form and a current Pre-participation Physical Examination on file for all student athletes. THIS FORM MUST BE COMPLETED AND RETURNED WITH A COPY OF THE ATHLETES PHYSICAL TO THE ATHLETIC DIRECTOR/OR COACH, BEFORE YOUR CHILD PARTICIPATES ON ANY SCL SPORTS TEAMS.**

**2022-2023**

Dear Parent:

Our Council II-3A is requiring that all athletes have a yearly physical allowing them to be eligible to participate in sports. Below is a physical form for your physician to fill out. Please attach the form to your athletic guidelines you will turn in at the start of the season. **NO CHILD WILL PLAY FOR ST. CATHRINE's IF THEY DO NOT HAVE AN UPDATED PHYSICAL FORM ON FILE.**

Sincerely,

Ms. Eileen Savino

**St. Catherine Laboure Athletic Department  
Physical Exam Form**

PLAYER'S NAME \_\_\_\_\_ HEIGHT \_\_\_\_\_ WEIGHT \_\_\_\_\_

ALLERGIES: \_\_\_\_\_

MEDICATION: \_\_\_\_\_

PERTINENT FACTS: \_\_\_\_\_

ATHLETICS ALLOWED: \_\_\_\_\_ ALL SPORTS

\_\_\_\_\_ VOLLEYBALL (Girls/Boys) \_\_\_\_\_ SOCCER \_\_\_\_\_ GOLF \_\_\_\_\_ BASKETBALL \_\_\_\_\_ LACROSSE

I hereby certify that I have examined the above student and that there appears to be no medical reason why he/she is not physically able to compete in supervised athletic activities checked above at St. Catherine Laboure School.

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Signature of Physician

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Date of Physical

**IF THE PHYSICAL IS MORE THAN A YEAR OLD IT IS NOT ACCEPTABLE.**