

ST. SCHOLASTICA ACADEMY
Athletic Department



Stingers

Parent/Student Athletic Handbook 2009-10

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Introduction

This handbook provides our parents and student-athletes with the information they need about our program and policies, as well as the school's expectations of the coaching staff. We ensure equal opportunities to all students regardless of race, color, national origin, religion, or disabilities under the by-laws of the IHSA, and the Girls Catholic Athletic Conference (GCAC). There is a lot of material within this handbook. It contains information that will impact your daily life. Please keep it in a handy location.

St. Scholastica Academy has a long tradition of excellence in interscholastic athletics. The school offers activities in nine different sports.

Philosophy

The St. Scholastica Academy Athletic Department gives young women an opportunity to compete on the interscholastic level in a variety of sports. It seeks to promote teamwork among peers and adults in the spirit of competition. Athletics should function as an integral part of the total curriculum. The student-athlete exemplifies the five tenets of a Benedictine education:

- ❖ Love of Learning
- ❖ Sense of Balance
- ❖ Respect for the Individual
- ❖ Stewardship of gifts
- ❖ Community

Each student/athlete takes pride in building and representing the ongoing tradition of Benedictine excellence in athletic achievement, which enhances life-long learning. St. Scholastica has a great tradition in interscholastic athletics. Our athletic teams are respected by all. Your decision to participate on an athletic team at SSA indicated that you are willing to make a commitment to uphold the tradition that has been established by many great athletes before you.

Athletic Principles

1. The Athletic Program is an integral part of the instructional program of the school.
2. The Athletic Program is financed from the general school fund.
3. The Athletic Program operates under the rules of the Illinois High School Association (IHSA) and the Girls' Catholic Athletic Conference (GCAC).
4. The Athletic Program regards instruction as the primary objective of amateur athletics. This corresponds with the school's educational objectives and with what is in the best interest of the student-athlete's health and welfare.
5. The Athletic Program is here to provide wholesome opportunities for students to develop favorable habits and attitudes of social and group living.
6. Every effort is made to support our program with the best facilities, equipment and the most qualified staff available.
7. Coaches, directors, and sponsors should also teach the specific skills necessary for improvement in activities and provide guidance in the development of self-realization,

good sportsmanship, cooperation, leadership, ethical behavior, artistic sensitivity, and concern for one another as people.

Athletic Policies

St. Scholastica Academy is a member of the Illinois High School Association (IHSA) and the Girls Catholic Athletic Conference (GCAC). We uphold and apply all rules and regulations in all sports on all levels of participation as outlined by the IHSA and GCAC.

Before participating in any athletic event, a student must submit the following items to the Athletic Director by the deadline for each season:

- A. Annual Physical
- B. Athletic Permit Card/Code of Conduct
- C. Athletic Emergency Card
- D. All Appropriate Sports Fees – including uniform fees

Student/athletes may not tryout or participate in any practices or contests until all of the above are turned into the athletic department. **NO EXCEPTIONS.**

Rules Governing SSA Athletes

1. Any athlete who is dropped from one squad for disciplinary reasons shall not be eligible to compete in another sport of the remainder of that sport season. A student who quits an athletic team must receive approval from the athletic director to participate on another athletic team during that same sport season.
2. Before an athlete can be issued equipment to practice or play in a contest, all previous equipment that was issued to her must be returned. No athlete will receive an athletic award if their equipment has not been turned in.
3. The awards banquet is an important part of the athlete's season. Only absences excused by the athletic director are acceptable. Failure to attend a banquet will result in withholding your award. The athletic department insures that no athlete will miss an awards banquet due to finances. If there is a financial problem, see the athletic director.
4. No athlete may practice or participate in an athletic contest without submitting a completed **ATHLETIC PERMIT CARD**.
5. In general, varsity athletes are expected to be in attendance during winter and spring vacations. Lower level athletes must be certain to notify their coaches if they are planning to be on a family vacation.
6. All athletes must be in attendance in their classes in order to compete in practice or contest on that date.
7. Athletes are responsible for each item of equipment issued. Lost equipment must be paid for at the replacement cost that is stated on the Uniform Contract.
8. Transportation to away games will be provided by the school. Therefore, an athlete must go to the game with their team. They are not permitted to drive to or from a competition. They may go home with a parent or another parent only if the parent signs out with the coach.
9. Athletes must follow all school rules in the student handbook at athletic practices and competitions.
10. Athletes must be in attendance for all practices and games.

Academic Athletic Eligibility

- A. Athletic eligibility will be done on a weekly basis throughout each season.
- B. Eligibility will be checked every Friday, and athletes will be notified by the coach.
- C. The eligibility week is Monday through Sunday. During Christmas and Easter Break, eligibility will be qualified as one week (i.e. one Monday through Sunday period).
- D. Any student/athlete, who is suspended from school during any given season, will not be allowed to practice or participate in contest(s) on the day(s) of suspension. The Principal, Vice Principal, Athletic Director and/or Coach have the right to suspend an athlete for violation of contract/team rules.
- E. Below are the categories in which an athlete may fall under if her cumulative grade is an “F.”

INELIGIBLE: A student is failing (1) class. She may participate in practice, attend meetings, but she may not attend any contest.

INELIGIBLE: A student is failing (2 or more) classes. She may not participate in practice, attend meetings or attend any contest.

NOTE:

- 1. A student/athlete who is ineligible will remain ineligible for the whole week. The student status will be updated each Friday after the grades are turned in, and it will start on the following Monday.
- 2. Any student/athlete who is ineligible for three (3) consecutive weeks in any given season, or receives a failing grade at midquarter/quarter may risk the possibility of being dismissed from a team.

Athletic Department Regulations

- A. **ATHLETIC INJURIES** – All injuries must be reported to the head coach immediately. The coach will fill out an Accident Report to be filed with the Athletic Director. If an injury is severe, and or medical attention is required, **a doctor’s note must be on file with the Athletic Director before a student may resume practice/competition.**
- B. **AWARDS** – All athletes are expected to complete their season, **including GCAC and IHSA Tournaments,** in order to be eligible for an official school award. The awards are as follows:

1st Year Participant	Numerals	
2 nd Year Participant	Blue Minor Letter for lower level sports w/Pin	
Varsity Sports	Blue Major Letter	1 st year
	Service Bar	2 nd year
	Service Bar	3 rd year
	Service Bar & Plaque	4 th year

- Each team member that completes her season, in addition to any other awards, will receive Certificate of Participation.
- Each student that participates on a varsity level sport is eligible for GCAC All-Conference, GCAC All-Academic, IHSA all-state, as well as media awards.
- St. Scholastica will provide additional awards to each team based on the coach's request.
- **Award Guidelines (Coaches determine the award)**
 - **M.V.P. (Most Valuable Player)** – This award typically goes to your overall best student/athlete. This is the player that you can't play without.
 - **M.I.P. (Most Improved player)** – This award goes to the student/athlete that has improved since the first day of practice. She works on her skills on a consistent basis and shows improvement over the course of the season.
 - **Coach's Award** – This award goes to the student/athlete that goes above and beyond the call of duty. She might be that athlete that is always on time to practice, never complains, will help put equipment away when it isn't her turn. This athlete gives unconditionally to the team.
 - **Leadership Award** – This award goes to the student/athlete that leads without being asked to lead. She may or may not be a captain. This is someone who players/teammates look up to.
 - **Spirit Award** – This award goes to the student/athlete who is always positive, encouraging, and always has team/school spirit. This athlete knows how to keep team morale up, even when things get difficult.
- **End of the Year Awards**
 - **Outstanding Senior – (Sports Woman)** – This award combines athletic achievement in at least two varsity level sports, academic achievement (at least 3.0 GPA), service to school/community/athletic department, good sportsmanship, and is held in high regard by peers and coaches.
 - **All-Around Athlete** – This award goes to a student/athlete who is in at least two varsity sports for more than two consecutive years, must be in good academic standing, receive an all-conference honor in at least one sport, receive MVP in at least one sport, show good sportsmanship, and is held in high regard by peers and coaches.

C. **DRESS CODE** – The student/athlete presents an image of St. Scholastica Academy not only at an athletic contest, but also in traveling to and from contests. Each student's attire must be neat and clean. When traveling to and from contests, teams are required to dress in attire that the head coach and Athletic Director deem appropriate for that sport.

D. **TEAM SHIRTS** – Each student-athlete will receive a shirt representing the team in which she is participating. This shirt can be worn on game days or spirit days. These shirts must be tucked in and be neat in appearance. **Athletic uniforms are not to be worn during the school day under any circumstance.**

E. **I.H.S.A.** – According to I.H.S.A. regulations, an athlete is not allowed to play on any outside team of the same sport while her school team is in season. This may jeopardize an athlete's eligibility (see IHSA rules).

- F. **CONTRACTS** - All permit cards must be signed by all appropriate parties and turned in by the due date. All rules apply once a contract has been signed and turned in. Consequences may occur if policies or rules are disregarded or broken.
- G. **ATTENDANCE** – Any student absent from school more than 5 mods on a given day may not participate in any school-related activity that day. Exceptions to this guideline may only be made with the permission of the Principal.
- H. **FEES** – All athletes are to pay the appropriate fees once they have made a team. 1st sport fee is \$65.00, 2nd sport fee is \$50.00, and the 3rd sport fee is \$40.00. This fee is non-refundable.
1. A student/athlete may not quit one sport to join another sport.
 2. All athletes are required to attend every scheduled practice and athletic contest. A player not attending practice/contest may be liable to suspension and possible dismissal from that team. **The Athletic Department minimum standards are no more than four (4) excused absences and no more than two (2) unexcused absences.**
 3. Any athlete who wants to dismiss herself from a sport must discuss this with the coach. If she does decide to leave a team, she must return all equipment and uniforms to the coach.
 4. The head coach may remove a player from a team at any time, if her behavior and/or attitude are deemed detrimental to the best interest of the team, after consultation with the athletic director.
- I. **SPORTSMANSHIP** – In a joint effort with the IHSA and GCAC, St. Scholastica Academy will not tolerate any abusive language of opposing members, officials, coaches, or teammates. Each student/athlete should always exercise self-control during practices or contests. Any member of a SSA team who displays un-sportsmanship conduct before, during, or after a game will be liable to suspension or dismissal from a team. Athletes should treat opponents and official with respect at all times. Never argue or make gestures indicating dislike for an official's decision.

Uniform Distribution/Collection

Each team member will receive a school assigned uniform. The coach will distribute the uniforms on each sport's assigned day. The athlete will receive a uniform contract that must be signed by a parent(s)/guardian(s) and returned to the coach. Each student-athlete will be held responsible for all uniform(s) and any equipment assigned by the coach. Failure to return any uniform(s)/equipment can and may result in a non-reimbursement of funds from St. Scholastica Athletics and ineligibility to take semester exams.

Transportation

St. Scholastica provides transportation to all away athletic contests by van or bus. Athletes are not allowed to drive to any away contest under any circumstance. Parents/Guardians may drive athletes home following an athletic contest provided they sign the athlete out with the coach.

Coaches must enforce this rule.

Athletes riding in a van or bus should observe the following:

1. Shoes must be clean before entering van/bus (NO spikes or cleats).
2. The van/bus is to be entered from the front (side) doors only.
3. A coach must be present to supervise.
4. Proper language and conduct is expected.
5. Athletes must remain seated in the van/bus at all time.
6. Food and drink must be limited and all garbage disposed of upon exiting van/bus.
7. **Seat belts must be worn at all times when riding in the van.**

Note: If a practice facility is off-campus, and a parent gives permission to drive to the site, a note must be on file. The student can drive only herself to the practice facility, and no other teammates can be in the car unless it is stated in the note as to who will be traveling with the athlete that is considered the primary driver. Failure to comply with this rule can result in suspension of athletic competition.

Media

The Publicity Release Policy in the student handbook applies to coverage of athletic events.

Training Rules

A student who is in possession of, purchases, uses, or is under the influence of alcohol, marijuana, drugs or any illegal substance, or is in possession of any drug related paraphernalia, is suspended immediately and may be liable to expulsion. If a student-athlete is seen smoking or drinking during the calendar year she may jeopardize her eligibility and be liable to removal from her team. Please refer to the Athletic Code of Conduct.

The Athletic Director retains the right to make amendments to the Athletic Policies and Regulations during the course of the school year for just cause. In the event that changes are made, the parents and athletes will be given notification of such changes from the Athletic Director.